**Nebraska Wesleyan University**

# HHP 031 Fitness Walk/Run

## Catalog

2012-2013

## Course Description

A course designed to improve cardiovascular endurance through individual workouts, and to introduce students to fitness-related principles. May be repeated for maximum of 2 credit hours.

Pass/Fail only.

(Normally offered each spring semester.)

## Course Hours

1 hours

## Departments

1. Health and Human Performance