## **Nebraska Wesleyan University**

Catalog 2012-2013

Course:

## **HHP 040 Fitness Cycling**

1 hours

## Departments/Programs:

Health and Human Performance

A course designed to introduce students to outdoor cycling and to improve cardiovascular endurance through individual and group workouts. Bike and helmet required. May be repeated for a maximum of 2 credits.

Pass/Fail only.