## Nebraska Wesleyan University

Catalog 2015-2016

Course:

## HHP 1050 Fitness Walk/Run

1 hour

## Departments/Programs:

Health and Human Performance

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.)