**Nebraska Wesleyan University**

# HHP 1050 Fitness Walk/Run

## Catalog

2015-2016

## 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 hour

## Departments

1. Health and Human Performance