Nebraska Wesleyan University

HHP 1050 Fitness Walk/Run

Catalog

2020-2021

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 fall semester.)

Course Hours

1 hour

Departments

1. Health and Human Performance