

# PED 109: Jogging

This course covers the basic concepts involved in safely and effectively improving cardiovascular fitness. Emphasis is placed on walking, jogging, or running as a means of achieving fitness. Upon completion, students should be able to understand and appreciate the benefits derived from these activities.

**Credits:** 1

**Transfer Code:** Transfer Code

Code C

**Lab Hours:** 2

**Lecture Hours:** 0

**Prerequisites:**

None

**Co-Requisites:**

None