

PED 286: Varsity Cross Country II

This course covers more advanced cross country techniques. Emphasis is placed on refining skills and developing more advanced strategies and techniques. This course builds upon previous instruction and provides additional opportunities to develop skills. Upon completion, students should be able to participate in competitive cross country.

Credits: 1

Transfer Code: Transfer Code

Code C

Lab Hours: 2

Lecture Hours: 0

Prerequisites:

Instructor permission

Co-Requisites:

None