
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

Lecture Hours 0

Lab Hours 2

Transfer Code

Code C

Core Course

Prerequisites

None

Corequisites

None