## 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. As needed.

Credits: 1

Transfer Code: Code C

Lab Hours: 2 Lecture Hours: 0

**Program:** Physical Education

1 2023-24 Catalog