

PHYSICAL ACTIVITY GENERAL (PEGA)

PEGA 1272 Strength Training 2 Credits

Department: College of Education Human Dev

This course is designed to provide information on the benefits of anaerobic training, proper lifting technique as well as program design and outcome.

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

PEGA 1276 Walking for Fitness 2 Credits

Department: College of Education Human Dev

This course is designed to provide information on the benefits of aerobic exercise, walking programs including intensity and equipment needed to exercise safely.

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS