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