

Physical Education: Running (PERU)

Courses

PERU 131. Jog-Run. 1 Credit.

Repeatable. Instruction in running mechanics including intervals and pacing. Various running surfaces and courses, injury prevention, and cardiovascular endurance are emphasized. Repeatable once for a maximum of 2 credits.

Repeatable 1 time for a maximum of 2 credits

Additional Information:

General Limitation applies: Activity Course

PERU 199. Special Studies: [Topic]. 1-2 Credits.

Repeatable.

Repeatable 99 times

PERU 331. 5K Training I. 1-2 Credits.

Repeatable. Techniques for increasing speed and preparation for road racing. Repeatable once for maximum of 2 credits per activity.

Requisites: Prereq: PERU 131 or equivalent.

Repeatable 1 time for a maximum of 4 credits

Additional Information:

General Limitation applies: Activity Course

PERU 399. Special Studies: [Topic]. 1-2 Credits.

Repeatable.

Repeatable 99 times