Physical Education: Running Courses

Courses

PERU 131. Jog-Run. 1 Credit.
Repeatable. Instruction in running mechnics including intervals and pacing. Various running surfaces and courses, injury prevention, and cardiovascular endurance are emphasized. Repeatable once for a maximum of 2 credits.

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

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.
Prereq: PERU 131 or equivalent.

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