Physical Education: Running (PERU)

Courses

PERU 131. Jog-Run. 1 Credit.
Instruction in running mechnics including intervals and pacing. Various running surfaces and courses, injury prevention, and cardiovascular endurance are emphasized.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PERU 199. Special Studies: [Topic]. 1-2 Credits.
Experimental course - topic varies.
Repeatable 99 times
Additional Information:
General Limitation applies: Activity Course

PERU 331. 5K Training I. 1-2 Credits.
Techniques for increasing speed and preparation for road racing.
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.
Experimental course - topic varies.
Repeatable 99 times
Additional Information:
General Limitation applies: Activity Course