

# **PED-120 : Walking for Fitness**

**Credits** 1

**Lab** 3

**Lecture** 0

**Clinical/WkExp** 0

**Session Cycle**

ALL

## **Description**

This course introduces fitness through walking. Emphasis is placed on stretching, conditioning exercises, proper clothing, fluid needs, and injury prevention. Upon completion, students should be able to participate in a recreational walking program.