Physical Education Activity (PEAC)

Courses

PEAC 12251. Beginning Jogging. 1 Hour.
Instruction and participation in jogging. (Typically offered: Irregular)

PEAC 13951. Fitness Walking. 1 Hour.
Instruction and participation in vigorous walking for cardiovascular development and improvement. (Typically offered: Irregular)

PEAC 16251. Fitness Concepts. 1 Hour.
Acquaints students with a basic knowledge, understanding, and value of physical activity as related to optimal wellness. (Typically offered: Irregular)

PEAC 19051. Special Topics. 1 Hour.
Instruction and participation in specialized activity. (Typically offered: Irregular) May be repeated for up to 4 hours of degree credit.