## Personal and Community Health - PE105

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**Section:** PE105 011261S Main Campus
**Credit Hours:** 3.00
**Course Description:** Knowledge of body functions, body care, diseases and their prevention and body abuse.
**WHEN** Start Date: 08/19/2026 End Date: 12/09/2026
**Days:**
MWF
10:20 AM - 11:20 AM
Campus: Main Campus
Building: Science Hall
Room: SH126

**INSTRUCTOR**
THAYNE EDIGER
**BOOKS**
Title: (CU) PRINCIPLES AND LABS FOR FITNESS & W 17 Edition
Author: HOEGER AND METEER
Required: Yes