Personal and Community Health - PE105

Section: PE105 021261S 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
11:30 AM - 12:30 PM
Campus: Main Campus
Building: Science Hall
Room: SH104

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