

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