## Personal and Community Health - PE105

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**Section:** PE105 816261S Online
**Credit Hours:** 3.00
**Course Description:** Knowledge of body functions, body care, diseases and their prevention and body abuse.
**WHEN** Start Date: 09/08/2026 End Date: 12/10/2026
**Days:**
Arranged
Arranged

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