

Conditioning and Fitness Concepts I - PE126

Section: PE126 001243S Main Campus

Section Type: Lecture

Credit Hours: 1.00

Course Description: Introduction to physical activities and concepts to enable students to make intelligent decisions leading to healthy life styles.

Section Notes: Football team only

WHEN

Days: MTWRF

Times: 07:00 AM - 08:20 AM

Start Date: 07/16/2025

End Date: 07/31/2025

WHERE

Campus: Main Campus

Building: Shears Technology Center

Room: STC113

INSTRUCTOR

MATT WALLERSTEDT

BOOKS

No textbooks for this course.