

Conditioning & Fitness Concepts I - PE126

Section: PE126 001253S Main Campus

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 Start Date: 07/15/2026 End Date: 07/30/2026

Days:

MTWRF

7:00 AM - 8:20 AM

Campus: Main Campus

Building: Shears Technology Center

Room: STC113

INSTRUCTOR

MATT WALLERSTEDT

BOOKS

No textbooks for this course.