

Conditioning and Fitness Concepts I - PE126

Section: PE126 003251S 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: For golf team only.

WHEN

Days: M W

Times: 03:00 PM - 04:00 PM

Start Date: 09/15/2025

End Date: 12/10/2025

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

CHRIS YOUNG

BOOKS

No textbooks for this course.