## **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** Start Date: 09/15/2025 End Date: 12/10/2025

**Days:** MW

3:00 PM - 4:00 PM Campus: Main Campus Building: Sports Arena

Room: SA118

INSTRUCTOR CHRIS YOUNG BOOKS

No textbooks for this course.