

Conditioning & Fitness Concepts I - PE126

Section: PE126 003251S 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: 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.