

## Conditioning and Fitness Concepts I - PE126

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**Section:** PE126 004193S 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 football team only.

**WHEN**

Days: MTWRF

Times: 07:00 AM - 08:20 AM

Start Date: 07/15/2020

End Date: 07/29/2020

**WHERE**

Campus: Main Campus

Building: Sports Arena

Room: SAMGYM

**INSTRUCTOR**

MAURICE GRAY

**BOOKS**

No textbooks for this course.