## **Conditioning and Fitness Concepts I - PE126**

**Section:** PE126 004251S 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 women's soccer team only.

**WHEN** Start Date: 08/21/2025 End Date: 12/11/2025

**Days:** TR

2:30 PM - 3:30 PM Campus: Main Campus Building: Sports Arena

Room: SA118

**INSTRUCTOR** SAMMY LANE

**BOOKS** 

No textbooks for this course.