

## Conditioning & Fitness Concepts I - PE126

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**Section:** PE126 004253S 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:** Football team only.

**WHEN** Start Date: 07/15/2026 End Date: 07/30/2026

**Days:**

MTWRF

7:00 AM - 8:20 AM

Campus: Main Campus

Building: Science Hall

Room: SH119

**INSTRUCTOR**

MALCOLM ASKEW

**BOOKS**

No textbooks for this course.