

Conditioning and Fitness Concepts I - PE126

Section: PE126 005193S 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

GREGORY CROSS, JR.

BOOKS

No textbooks for this course.