

## Conditioning and Fitness Concepts I - PE126

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**Section:** PE126 005233S 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.

**WHEN**

Days: MTWRF

Times: 07:00 AM - 08:20 AM

Start Date: 07/16/2024

End Date: 07/31/2024

**WHERE**

Campus: Main Campus

Building: Parker Student Union

Room: PSU013

**INSTRUCTOR**

GREGORY CROSS, JR.

**BOOKS**

No textbooks for this course.