

Conditioning and Fitness Concepts I - PE126

Section: PE126 007233S 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: Shears Technology Center

Room: STC112

INSTRUCTOR

MATT MARTIN

BOOKS

No textbooks for this course.