

Conditioning and Fitness Concepts I - PE126

Section: PE126 031252S 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: For women's soccer team only.

WHEN Start Date: 01/13/2026 End Date: 05/07/2026

Days:

TR

2:00 PM - 3:00 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

SAMMY LANE

BOOKS

No textbooks for this course.