Conditioning and Fitness Concepts I - PE126

Section: PE126 041251S 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 cheer team only.

WHEN Start Date: 08/20/2025 End Date: 12/10/2025

Days: MW

5:30 AM - 6:30 AM Campus: Main Campus Building: Sports Arena

Room: SA118

INSTRUCTOR SAMANTHA BELL BOOKS

No textbooks for this course.