

## Conditioning and Fitness Concepts I - PE126

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**Section:** PE126 071251S 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 track/cross country teams only.

**WHEN**

Days: M W

Times: 04:30 PM - 05:30 PM

Start Date: 08/20/2025

End Date: 12/10/2025

**WHERE**

Campus: Main Campus

Building: Sports Arena

Room: SA118

**INSTRUCTOR**

ROBERT SPIES

**BOOKS**

No textbooks for this course.