

Conditioning & Fitness Concepts I - PE126

Section: PE126 071261S 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: Track team only.

WHEN Start Date: 08/19/2026 End Date: 12/09/2026

Days:

MW

Arranged

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

ROBERT SPIES

BOOKS

No textbooks for this course.