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.