

## Conditioning & Fitness Concepts I - PE126

---

**Section:** PE126 111252S 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 football team only.

**WHEN** Start Date: 01/12/2026 End Date: 05/06/2026

**Days:**

MW

3:00 PM - 4:00 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

**INSTRUCTOR**

DREW DALLAS

**BOOKS**

No textbooks for this course.