

Conditioning and Fitness Concepts I - PE126

Section: PE126 111252S 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 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

MATT MARTIN

BOOKS

No textbooks for this course.