

Conditioning and Fitness Concepts I - PE126

Section: PE126 141242S 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 team only.

WHEN

Days: T R

Times: 04:30 PM - 05:30 PM

Start Date: 01/14/2025

End Date: 05/08/2025

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

ROBERT SPIES

BOOKS

No textbooks for this course.