

## Conditioning and Fitness Concepts I - PE126

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**Section:** PE126 141252S 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** Start Date: 01/13/2026 End Date: 05/07/2026

**Days:**

TR

4:30 PM - 5:30 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

### **INSTRUCTOR**

ROBERT SPIES

### **BOOKS**

No textbooks for this course.