

Conditioning and Fitness Concepts I - PE126

Section: PE126 161251S 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 women's softball team only.

WHEN

Days: MTWR

Times: 01:30 PM - 02:00 PM

Start Date: 08/20/2025

End Date: 12/11/2025

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

JAIME ROSE

BOOKS

No textbooks for this course.