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 Start Date: 08/20/2025 End Date: 12/11/2025

Days: MTWR

1:30 PM - 2:00 PM Campus: Main Campus Building: Sports Arena

Room: SA118

INSTRUCTOR JAIME ROSE

BOOKS

No textbooks for this course.