

## **Conditioning and Fitness Concepts I - PE126**

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**Section:** PE126 171252S Main Campus

**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 cheer team only.

**WHEN** Start Date: 01/12/2026 End Date: 05/06/2026

**Days:**

MW

5:30 AM - 6:30 AM

Campus: Main Campus

Building: Sports Arena

Room: SA118

### **INSTRUCTOR**

SAMANTHA BELL

### **BOOKS**

No textbooks for this course.