

Conditioning and Fitness Concepts II - PE127

Section: PE127 011243S Main Campus

Section Type: Lecture

Credit Hours: 1.00

Course Description: Continuation of PE126. Fundamental instruction and practice in physical fitness, body mechanics, weight training and lifetime wellness.

Section Notes: Football team only

WHEN

Days: MTWRF

Times: 02:00 PM - 05:00 PM

Start Date: 06/30/2025

End Date: 07/24/2025

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SAMGYM

INSTRUCTOR

DREW DALLAS

BOOKS

No textbooks for this course.