

Conditioning & Fitness Concepts II - PE127

Section: PE127 011253S Main Campus

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 Start Date: 06/29/2026 End Date: 07/23/2026

Days:

MTWRF

2:00 PM - 5:00 PM

Campus: Main Campus

Building: Sports Arena

Room: SAMGYM

INSTRUCTOR

DREW DALLAS

BOOKS

No textbooks for this course.