

Conditioning and Fitness Concepts II - PE127

Section: PE127 012193S 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: For football team only.

WHEN

Days: MTWRF

Times: 07:00 AM - 08:20 AM

Start Date: 07/15/2020

End Date: 07/29/2020

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SAMGYM

INSTRUCTOR

DREW DALLAS

BOOKS

No textbooks for this course.