

## Conditioning and Fitness Concepts II - PE127

---

**Section:** PE127 161251S 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 women's softball team only.

**WHEN**

Days: MTWR

Times: 01:30 PM - 02:00 PM

Start Date: 08/20/2025

End Date: 12/11/2025

**WHERE**

Campus: Main Campus

Building: Sports Arena

Room: SA118

**INSTRUCTOR**

JAIME ROSE

**BOOKS**

No textbooks for this course.