

Aerobic Fitness III - PE188

Section: PE188 011232S Main Campus

Section Type: Lecture

Credit Hours: 1.00

Course Description: Continuation of PE187 Aerobic Fitness II. Further study in aerobic fitness with an emphasis on development of aerobic exercise combinations through dance routines and cardiovascular workouts.

WHEN

Days: M F

Times: 07:00 AM - 08:30 AM

Start Date: 01/08/2024

End Date: 04/29/2024

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

SAMANTHA BELL

BOOKS

No textbooks for this course.