Aerobic Fitness III - PE188

Section: PE188 011251S 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 Start Date: 08/22/2025 End Date: 12/08/2025

Days: MF

7:00 AM - 8:30 AM Campus: Main Campus Building: Sports Arena

Room: SA128

INSTRUCTOR SAMANTHA BELL BOOKS

No textbooks for this course.