Aerobic Fitness III - PE188

Section: PE188 011261S Main Campus
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: 08/21/2026 End Date: 12/07/2026
Days:
MF
Arranged

Campus: Main Campus
Building: Sports Arena
Room: SA128

INSTRUCTOR
SAMANTHA BELL
BOOKS
No textbooks for this course.