

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.