

## Aerobic Fitness IV - PE189

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**Section:** PE189 011242S Main Campus

**Section Type:** Lecture

**Credit Hours:** 1.00

**Course Description:** Continuation of PE188 Aerobic Fitness III. Further study in aerobic fitness with an emphasis on developing and instructing aerobic fitness routines.

**WHEN**

Days: M F

Times: 07:00 AM - 08:30 AM

Start Date: 01/13/2025

End Date: 05/05/2025

**WHERE**

Campus: Main Campus

Building: Sports Arena

Room: SA118

**INSTRUCTOR**

SAMANTHA BELL

**BOOKS**

No textbooks for this course.