

Aerobic Fitness IV - PE189

Section: PE189 011252S Main Campus

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 Start Date: 01/12/2026 End Date: 05/04/2026

Days:

MF

7:00 AM - 8:30 AM

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

SAMANTHA BELL

BOOKS

No textbooks for this course.