

## Conditioning & Fitness Concepts III - PE210

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**Section:** PE210 004251S Main Campus

**Credit Hours:** 1.00

**Course Description:** Continuation of PE127. Intermediate instruction and practice in physical fitness, body mechanics, weight training and lifetime wellness.

**Section Notes:** For women's soccer team only.

**WHEN** Start Date: 08/21/2025 End Date: 12/11/2025

**Days:**

TR

2:30 PM - 3:30 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

**INSTRUCTOR**

SAMMY LANE

**BOOKS**

No textbooks for this course.