

## Conditioning and Fitness Concepts III - PE210

---

**Section:** PE210 031252S Main Campus

**Section Type:** Lecture

**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: 01/13/2026 End Date: 05/07/2026

**Days:**

TR

2:00 PM - 3:00 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

### **INSTRUCTOR**

SAMMY LANE

### **BOOKS**

No textbooks for this course.