

## **Conditioning and Fitness Concepts IV - PE211**

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**Section:** PE211 001252S Main Campus

**Credit Hours:** 1.00

**Course Description:** Continuation of PE210. Advanced instruction and practice in physical fitness, body mechanics, weight training and lifetime wellness.

**Section Notes:** For golf team only.

**WHEN** Start Date: 01/12/2026 End Date: 05/06/2026

**Days:**

MW

3:00 PM - 4:00 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

### **INSTRUCTOR**

CHRIS YOUNG

### **BOOKS**

No textbooks for this course.