## Conditioning & Fitness Concepts IV - PE211

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**Section:** PE211 004261S 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:** Soccer team only.
**WHEN** Start Date: 08/20/2026 End Date: 12/10/2026
**Days:**
TR
Arranged

Campus: Main Campus
Building: Sports Arena
Room: SA118

**INSTRUCTOR**
SAMMY LANE
**BOOKS**
No textbooks for this course.