

Conditioning and Fitness Concepts IV - PE211

Section: PE211 010193S Online

Section Type: Lecture

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 football team only.

WHEN

Days: Arranged

Times: Arranged

Start Date: 06/01/2020

End Date: 06/25/2020

WHERE

Online

INSTRUCTOR

DREW DALLAS

BOOKS

No textbooks for this course.