

## Conditioning and Fitness Concepts IV - PE211

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**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.