

Conditioning and Fitness Concepts IV - PE211

Section: PE211 010243S Main Campus

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: Football team only

WHEN

Days: Arranged

Times: Arranged

Start Date: 06/02/2025

End Date: 06/26/2025

WHERE

Face-to-Face

INSTRUCTOR

DREW DALLAS

BOOKS

No textbooks for this course.