

## Conditioning & Fitness Concepts IV - PE211

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**Section:** PE211 011253S 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:** Football team only.

**WHEN** Start Date: 06/29/2026 End Date: 07/23/2026

**Days:**

Arranged

Arranged

Campus: Main Campus

Building: Sports Arena

Room: SAMGYM

### **INSTRUCTOR**

DREW DALLAS

### **BOOKS**

No textbooks for this course.