

Conditioning and Fitness Concepts IV - PE211

Section: PE211 031242S 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: For women's soccer team only.

WHEN

Days: T R

Times: 02:00 PM - 03:00 PM

Start Date: 01/14/2025

End Date: 05/08/2025

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

SAMMY LANE

BOOKS

No textbooks for this course.