

## Conditioning and Fitness Concepts IV - PE211

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**Section:** PE211 071251S 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 track/cross country teams only.

**WHEN**

Days: M W

Times: 04:30 PM - 05:30 PM

Start Date: 08/20/2025

End Date: 12/10/2025

**WHERE**

Campus: Main Campus

Building: Sports Arena

Room: SA118

**INSTRUCTOR**

ROBERT SPIES

**BOOKS**

No textbooks for this course.