

## Conditioning & Fitness Concepts IV - PE211

---

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

**WHEN** Start Date: 08/20/2025 End Date: 12/10/2025

**Days:**

MW

4:30 PM - 5:30 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

**INSTRUCTOR**

ROBERT SPIES

**BOOKS**

No textbooks for this course.