## **Conditioning and Fitness Concepts IV - PE211**

**Section:** PE211 121251S 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 volleyball team only.

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

**Days:** MW

3:00 PM - 4:00 PM Campus: Main Campus Building: Sports Arena

Room: SA118

**INSTRUCTOR** 

DAYANA ACEVEDO TRENT

**BOOKS** 

No textbooks for this course.