

Conditioning & Fitness Concepts IV - PE211

Section: PE211 121261S 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: Volleyball team only.

WHEN Start Date: 08/19/2026 End Date: 12/09/2026

Days:

MW

Arranged

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

DAYANA ACEVEDO TRENT

BOOKS

No textbooks for this course.