

Conditioning and Fitness Concepts IV - PE211

Section: PE211 141242S 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 team only.

WHEN

Days: T R

Times: 04:30 PM - 05:30 PM

Start Date: 01/14/2025

End Date: 05/08/2025

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

ROBERT SPIES

BOOKS

No textbooks for this course.