

Conditioning and Fitness Concepts IV - PE211

Section: PE211 141252S 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 Start Date: 01/13/2026 End Date: 05/07/2026

Days:

TR

4:30 PM - 5:30 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

ROBERT SPIES

BOOKS

No textbooks for this course.