

## Conditioning & Fitness Concepts IV - PE211

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**Section:** PE211 141252S 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 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.