

Conditioning & Fitness Concepts IV - PE211

Section: PE211 161251S 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 women's softball team only.

WHEN Start Date: 08/20/2025 End Date: 12/11/2025

Days:

MTWR

1:30 PM - 2:00 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

JAIME ROSE

BOOKS

No textbooks for this course.