## **Conditioning and Fitness Concepts IV - PE211**

**Section:** PE211 161251S 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 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.