

Conditioning and Fitness Concepts IV - PE211

Section: PE211 171242S 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 cheer team only.

WHEN

Days: M W

Times: 05:30 AM - 06:30 AM

Start Date: 01/13/2025

End Date: 05/07/2025

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

SAMANTHA BELL

BOOKS

No textbooks for this course.