

Conditioning and Fitness Concepts IV - PE211

Section: PE211 191252S 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: 01/12/2026 End Date: 05/07/2026

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.