

## Conditioning & Fitness Concepts V - PE212

---

**Section:** PE212 001251S Main Campus

**Credit Hours:** 1.00

**Course Description:** Continuation of PE211. Advanced instruction and practice in physical fitness, body mechanics, weight training and lifetime wellness.

**Section Notes:** For men's basketball team only.

**WHEN** Start Date: 08/21/2025 End Date: 12/11/2025

**Days:**

TR

3:00 PM - 4:00 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

**INSTRUCTOR**

KYLE FISHER

**BOOKS**

No textbooks for this course.