Conditioning & Fitness Concepts V - PE212

Section: PE212 003251S Main Campus

Section Type: Lecture **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 golf team only.

WHEN Start Date: 09/15/2025 End Date: 12/10/2025

Days: MW

3:00 PM - 4:00 PM Campus: Main Campus Building: Sports Arena

Room: SA118

INSTRUCTOR CHRIS YOUNG BOOKS

No textbooks for this course.