Conditioning & Fitness Concepts V - PE212

Section: PE212 071261S 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: Track team only.
WHEN Start Date: 08/19/2026 End Date: 12/09/2026
Days:
MW
Arranged

Campus: Main Campus
Building: Sports Arena
Room: SA118

INSTRUCTOR
ROBERT SPIES
BOOKS
No textbooks for this course.