Conditioning & Fitness Concepts V - PE212

Section: PE212 081251S 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 men's baseball team only.

WHEN Start Date: 08/20/2025 End Date: 12/10/2025

Days: MW

4:00 PM - 5:00 PM Campus: Main Campus Building: Sports Arena

Room: SA118

INSTRUCTOR SETH WHEELER BOOKS

No textbooks for this course.