

Conditioning & Fitness Concepts V - PE212

Section: PE212 151242S 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 volleyball team only.

WHEN

Days: M W

Times: 03:00 PM - 04:00 PM

Start Date: 01/13/2025

End Date: 05/07/2025

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

DAYANA ACEVEDO RIOS

BOOKS

No textbooks for this course.