

## Conditioning & Fitness Concepts V - PE212

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**Section:** PE212 161251S 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 women's softball team only.

**WHEN** Start Date: 08/20/2025 End Date: 12/11/2025

**Days:**

MTWR

1:30 PM - 2:00 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

**INSTRUCTOR**

JAIME ROSE

**BOOKS**

No textbooks for this course.