

## **Conditioning & Fitness Concepts V - PE212**

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**Section:** PE212 171252S 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 cheer team only.

**WHEN** Start Date: 01/12/2026 End Date: 05/06/2026

**Days:**

MW

5:30 AM - 6:30 AM

Campus: Main Campus

Building: Sports Arena

Room: SA118

### **INSTRUCTOR**

SAMANTHA BELL

### **BOOKS**

No textbooks for this course.