

Conditioning & Fitness Concepts VI - PE213

Section: PE213 002251S Main Campus

Credit Hours: 1.00

Course Description: Continuation of PE212. Advanced instruction and practice in physical fitness, body mechanics, weight training and lifetime wellness.

Section Notes: Football team only

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

Days:

MW

2:00 PM - 3:00 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

DREW DALLAS

BOOKS

No textbooks for this course.