

## Conditioning & Fitness Concepts VI - PE213

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**Section:** PE213 051252S Main Campus

**Section Type:** Lecture

**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:** For women's basketball team only.

**WHEN** Start Date: 01/13/2026 End Date: 05/07/2026

**Days:**

TR

3:00 PM - 4:00 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

### **INSTRUCTOR**

TRAVIS KIRK

### **BOOKS**

No textbooks for this course.