Conditioning & Fitness Concepts VI - PE213

Section: PE213 071251S 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 track/cross country teams only. **WHEN** Start Date: 08/20/2025 End Date: 12/10/2025

Days: MW

4:30 PM - 5:30 PM Campus: Main Campus Building: Sports Arena

Room: SA118

INSTRUCTOR ROBERT SPIES BOOKS

No textbooks for this course.