

Conditioning & Fitness Concepts VI - PE213

Section: PE213 071251S 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: 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.