

Conditioning & Fitness Concepts VI - PE213

Section: PE213 091251S 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 women's basketball team only.

WHEN Start Date: 08/21/2025 End Date: 12/11/2025

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.