

Conditioning & Fitness Concepts VI - PE213

Section: PE213 111232S 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 football team only.

WHEN

Days: M W

Times: 03:00 PM - 04:00 PM

Start Date: 01/08/2024

End Date: 05/01/2024

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

MATT MARTIN

BOOKS

No textbooks for this course.