

Conditioning & Fitness Concepts VI - PE213

Section: PE213 121251S 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 volleyball team only.

WHEN Start Date: 08/20/2025 End Date: 12/10/2025

Days:

MW

3:00 PM - 4:00 PM

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

DAYANA ACEVEDO TRENT

BOOKS

No textbooks for this course.