

Conditioning & Fitness Concepts VI - PE213

Section: PE213 161251S 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 women's softball team only.

WHEN

Days: MTWR

Times: 01:30 PM - 02:00 PM

Start Date: 08/20/2025

End Date: 12/11/2025

WHERE

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

JAIME ROSE

BOOKS

No textbooks for this course.