Conditioning & Fitness Concepts VI - PE213

Section: PE213 161261S 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: Softball team only.
WHEN Start Date: 08/19/2026 End Date: 12/10/2026
Days:
MTWR
Arranged

Campus: Main Campus
Building: Sports Arena
Room: SA118

INSTRUCTOR
JAIME ROSE
BOOKS
No textbooks for this course.