

# PET-PHYSICAL EDUCATION THEORY (PET)

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## **PET 2210 Sport Psychology (3 Credits)**

This course develops an understanding of the mental aspects of sport performance and learning skills that can be used to enhance sport performance.

## **PET 2385 Introduction to Fitness Assessment and Concepts (2 Credits)**

This course is designed to give students a clear understanding of specific Sports and Fitness assessment techniques and concepts. Students will have the opportunity to have hands on experience and gain practical based knowledge. Students will develop and implement a specific fitness program for different individuals and learn how to perform fitness assessments on their subjects.

## **PET 2622 Care & Prevention of Athletic Injuries (3 Credits)**

This course is designed to provide the participant with increased knowledge, competence and skill in the care and prevention of injuries. The course will familiarize the participant with the cause and prevention of injuries, exercises, practical taping and strapping procedures and the use of treatment modalities. The student will become acquainted with procedures in recognizing, preventing and caring for a wide variety of injuries common to athletics.

## **PET 2760 Theory & Methods of Coaching Sports (3 Credits)**

This course includes the study of the theories and methods of coaching for optimum sports performances, including sport psychology, philosophy of coaching, the learning of motor skills, and styles of leadership behavior. The course provides basic information about the profession and assists athletic coaches at various levels of experience to achieve the fundamental competencies related to preparation for coaching, and to expand their knowledge of the basic concepts of athletic coaching.

## **PET 2930 Selected Topics in Coaching (1-3 Credits)**

Current topics of interest in the area of sport coaching will be discussed. This course has been specially designed to assist students in developing an athlete centered coaching style. Other content may include topics such as analyze and conceptually integrate coaching offensive and defensive strategies & tactics, leadership styles, legal and ethical issues in sports, personnel management, motivation, team building, use of equipment and facilities, rules and terminology in a specific sport, good sportsmanship, and other related topics of interest to a specific sport.

## **PET 3061 Health and Wellness Across Lifespan (3 Credits)**

This course is focused on a deeper understanding of the exercise–health relationship and provides a framework for attaining health and fitness goals for a wide range of ages and abilities.

## **PET 3361 Human Nutrition (3 Credits)**

Study of nutrition with focus on the strategies designed to meet nutrient demands for physical activity, exercise, general health, athletic performance, and weight management.

## **PET 3381 Strength and Conditioning Concepts (3 Credits)**

This course will provide students an opportunity to learn and discuss theories and methodologies related to the fundamental metabolic, neuromuscular, respiratory and cardiovascular concepts and principles of strength and conditioning. This course will also help prepare you for taking the National Strength and Conditioning Associations' Certified Strength and Conditioning Specialist (CSCS) exam.

## **PET 3822 Coaching Team Sports (3 Credits)**

This course has been specially designed to assist students to analyze and conceptually integrate coaching offensive and defensive strategies & tactics, leadership styles, personnel management, motivation, team building, and other related topics of interest in team sports. A study of the rules of numerous team sports and the certifications available are also included.

## **PET 4050 Motor Development and Learning (3 Credits)**

An analysis of the theories and factors influencing the gross and fine motor development skills and how the development of hearing, eye sight, and movement affect development from birth to adulthood.

## **PET 4083 Personal Training Methods (3 Credits)**

An in-depth study into personal training methods, program development, safety protocols, and other fitness related concepts. This class will help prepare you for taking the National Academy of Sports Medicine Certified Personal Trainer exam.

## **PET 4945 Practicum in Sports Leadership (3 Credits)**

Student will complete 150 hours of field experience, with an approved site supervisor, in a sport related organization, association, or business. Students must also take at least one certification exam approved by their advisor. Background check may be required. This course is required be taken in the student's final two semester, depending on sport coaching choice.