

PET-PHYSICAL EDUCATION THEORY

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 gain hands on experience and practicum based knowledge. Students will develop and implements specific fitness programs 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 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.

Prerequisite: Admission to the BAS in Leadership Program and approval by program manager.

Corequisite: MAN 4940