

# PET: Physical Education Theory Courses

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## Courses

PET 1905 Directed Study

1-12 sh (may be repeated indefinitely for credit)

PET 2824 Analysis of Team Sports

3 sh (may not be repeated for credit)

Designed for potential physical education teachers and sports administrators. Emphasis is on development and understanding of skills in the most popular team sports in physical education and sports programs. Students are expected to participate in the class by teaching, coaching, practicing and learning sport skills. Skills are measured through midterm assessment (no physical performance standards, only cognitive understanding of game performance skills) and lesson assessment (teaching/coaching skill evaluation).

PET 3020 Foundations of Physical Education and Sport Management

3 sh (may not be repeated for credit)

For physical education and sport management majors. Designed to acquaint them with the knowledge and understanding related to the development of physical education and sport and its significance to modern society.

PET 3123 Historical Foundations of Sport and Fitness

3 sh (may not be repeated for credit)

For physical education and fitness and sport coaching majors. Designed to acquaint them with the knowledge and understanding related to the history and development of physical education, coaching, and physical activity professions.

PET 3351C Applied Exercise Physiology

3 sh (may not be repeated for credit)

Prerequisite: BSC 1085 OR APK 2100C

This course provides an overview of the fundamentals of exercise physiology, including muscles and muscle adaptation, fuel for exercise, and the cardiorespiratory system. This course specifically focuses on the hands-on practical application of these concepts and expands this knowledge to address the design of training programs for achieving specific goals. Special consideration of modifications for training programs, including adjustments for changes in altitude or temperature and considerations for populations such as children, older adults, and pregnant women will be discussed.

PET 3556C Designing Resistance Training Programs

3 sh (may not be repeated for credit)

Prerequisite: (PET 3351C OR APK 3110) AND (APK 3110L)

This course outlines and applies the principles of fitness training and exercise programming. Various types of strength training techniques, including isometric and eccentric training will be implemented. Students will learn how and participate in weight training programs that interact with the other fitness components such as aerobic, interval, plyometric, and flexibility training. Students will gain hands-on experience in advanced training techniques, learn how to manipulate training variables in long-term weight training programming in order to improve various fitness and health goals.

PET 3640 Adapted Physical Education and Sport

3 sh (may not be repeated for credit)

Handicapping conditions and how physical activity is adapted to the special needs of individuals with these conditions.

PET 3825 Educational Gymnastics and Dance

3 sh (may not be repeated for credit)

Provides the physical education major with some fundamental knowledge and abilities of gymnastics, dance and how to teach these two areas. Helps the student understand the contribution of dance and gymnastics to the field of Physical Education.

PET 3905 Directed Study

1-12 sh (may be repeated indefinitely for credit)

PET 4092 Skills and Tactics of Sport

3 sh (may not be repeated for credit)

Skillful performance in games and sports and an understanding of the tactics in those activities. Students will actively participate in a variety of games, create modified games, assess game performance, and apply tactical skills.

PET 4310C Mechanics of Human Motion

3 sh (may not be repeated for credit)

Prerequisite: APK 3110/L OR PET 3351C

Anatomical, mechanical, analytical and functional aspects of human motor performance; emphasis upon analysis of joint actions and mechanical principles and their application to efficient movement. This course focuses on applied biomechanics and skill development for students in the Fitness and Sport Coaching and Physical Education-Teacher Education (PETE) specializations. Material and supply fee will be assessed for integrated lab.

PET 4434 Physical Education in the Elementary School

3 sh (may not be repeated for credit)

Designed to provide a knowledge base so prospective physical education teachers can plan and implement appropriate activities for the elementary school.

PET 4442 Physical Education in the High School

2 sh (may not be repeated for credit)

Co-requisite: PET 4928

Designed to provide a knowledge base from which prospective physical education teachers can plan and implement appropriate activities in the high school setting. Material and Supply Fee will be assessed.

PET 4710 Special Methods in Physical Education

3 sh (may not be repeated for credit)

Acquaints student with specific methods, problems, and issues involved in teaching physical education in public schools.

PET 4720 Physical Education in the Elementary School

2 sh (may not be repeated for credit)

Co-requisite: PET 4926

Designed to provide a knowledge base so prospective physical education teachers can plan and implement appropriate activities for the elementary school. Material and Supply fee will be assessed.

PET 4730 Physical Education in the Middle School  
2 sh (may not be repeated for credit)  
Co-requisite: PET 4927

Designed to provide a knowledge base from which prospective physical education teachers can plan and implement appropriate activities for the middle school student. Emphasis is placed on understanding the progression from middle school to the high school developmental curricula.

PET 4744 Student Teaching in Physical Education  
3-10 sh (may not be repeated for credit)  
Prerequisite: (1 AND (1 AND 1 AND 1 AND 1 AND 1 AND 1

Fourteen weeks of supervised teaching in a public or private school. Student teaching assignments will be made by application in Teacher Education Student Assessment System. Permission is required.

PET 4765 Theory and Practice of Coaching  
3 sh (may not be repeated for credit)

Introduction to coaching as a profession including ethical and legal considerations. Techniques and methods of coaching are explored. Active participation in a coaching internship in a selected sport and permission is required.

PET 4820 Physical Activity for Adolescents  
3 sh (may not be repeated for credit)

Designed to provide a knowledge base from which prospective physical education teachers and fitness specialists can plan and implement appropriate physical activities for adolescents and young adults.

PET 4905 Directed Study  
1-12 sh (may be repeated indefinitely for credit)

PET 4926 Practicum I: Elementary School Physical Education  
1 sh (may not be repeated for credit)  
Co-requisite: PET 4720

Students will complete 30 hours of practical observation in elementary school level physical education. A minimum of three hours per week will be spent observing in the assigned school setting. Completion of first two levels of Physical Education Teacher Education transition criteria must be met before assignment. Application for school assignment must be made in the Teacher Education Student Assessment System by the specified deadline. Contact your advisor for confirmation of this deadline.

PET 4927 Practicum II: Middle School Physical Education  
1 sh (may not be repeated for credit)  
Co-requisite: PET 4730

Students will complete 30 hours of practical observation in middle school level physical education. A minimum of three hours per week will be spent observing in the assigned school setting. Completion of first two levels of Physical Education Teacher Education transition criteria must be met before assignment. Application for school assignment must be made in the Teacher Education Student Assessment System by the specified deadline. Contact your advisor for confirmation of this deadline.

PET 4928 Practicum III: High School Physical Education  
1 sh (may not be repeated for credit)  
Co-requisite: PET 4442

Students will complete 30 hours of practical observation in high school level physical education. A minimum of three hours per week will be spent observing in the assigned school setting. Completion of first two levels of Physical Education Teacher Education transition criteria must be met before assignment. Application for school assignment must be made in the Teacher Education Student Assessment System by the specified deadline. Contact your advisor for confirmation of this deadline.

PET 4948 Physical Education Practicum  
3 sh (may not be repeated for credit)

Students will complete practical observation and teachings in various physical education levels. Application for school assignment must be made in the Teacher Education Student Assessment System by the specified deadline.

PET 5701 Systematic Observation in Sport and Physical Activity  
3 sh (may not be repeated for credit)

Students will learn to use a systematic approach to observe participants during teaching, coaching, and training. Emphasis will be on using published systematic observation instruments and the development of new instruments as objective tools for observation.

PET 5702 Advanced Management of Physical Activity Programs  
3 sh (may not be repeated for credit)

This course will prepare students to effectively use current theory and administrative techniques to design and implement appropriate physical activity programs. Emphasis is placed on developing and implementing program plans.

PET 5708 Physical Activity Program Development  
3 sh (may not be repeated for credit)

The aim of this course is to examine models and current research related to curriculum and program design in physical activity disciplines. This course will provide students with skills that will enable them to interpret, critique, evaluate, justify, and develop physical activity curricula and programs.

PET 5709 Advanced Physical Activity Program Development  
3 sh (may not be repeated for credit)

This course will assist students in developing knowledge and skills in the development of health supportive physical activity programs. This course will provide students with skills that will enable them to examine, evaluate, and create physical activity curricula and programs using health as a focus.

PET 5805 Analysis and Supervision in Sport and Physical Activity  
3 sh (may not be repeated for credit)

This course prepares students to analyze and supervise teaching, training, and quality in physical activity disciplines.

PET 5905 Directed Study  
1-12 sh (may be repeated indefinitely for credit)

PET 6015 Professional Issues in Physical Activity Disciplines  
3 sh (may not be repeated for credit)

This course will assist students in understanding professional issues and concerns that are inherent parts of physical activity professions and to apply that understanding to professional participation and service contributions. Students will analyze and evaluate online professional information, critically analyze physical activity problems, critique and debate complex ethical problems within the field of physical activity, and articulate a sound philosophy for physical activity leadership.

PET 6223 Teaching and Motivation for Physical Activity Leaders  
3 sh (may not be repeated for credit)

This course will lead students through the exploration of sport psychology research, particularly in areas that connect psychology and physical activity behavior. Students will connect theory to practice by integrating research and theory into logical coaching and teaching frameworks. Additional content will focus on how training actions impact performance and motivation.

PET 6706 Analysis of Research in Physical Activity Disciplines  
3 sh (may not be repeated for credit)

The purpose of this course is to introduce students to various streams of research in physical activity domains and help them understand and critically analyze the quality of that research and its influence on professional activity.

PET 6707 Advanced Research Procedures  
3 sh (may not be repeated for credit)

This course is designed to develop the student's proficiency in conducting independent, original research. This includes protecting research participants, modifying research goals, communicating rationales for changes in a study, collecting data, analyzing statistical data, and advanced scholarly writing.

PET 6905 Directed Study  
1-12 sh (may be repeated indefinitely for credit)

PET 6950 Project in Lieu of Thesis  
3 sh (may be repeated for up to 6 sh of credit)

The project in lieu of thesis is a project or activity that makes a significant contribution to the field(s) associated with physical education and human performance fields. Project ideas will be conceptualized and organized by the student and the course instructor. There is no set format and guidelines for each individual project will be determined by the nature of the topic and the guidance of the instructor. Students will be guided toward project completion over two semesters.

PET 7003 Advanced Theoretical Models of Health and Physical Education  
3 sh (may not be repeated for credit)

Provides the student with knowledge of common theoretical models used in health and physical education and the skills to use the theories in practice.

PET 7516 Advanced Assessment and Evaluation in Health and Physical Education  
3 sh (may not be repeated for credit)

Prepares doctoral students to assess student learning in PreK-12 and higher education settings and to conduct effective program evaluations.

PET 7533 Behavioral Observation Methods in Physical Education and Health  
3 sh (may not be repeated for credit)

Students will advance their understanding and application of naturalistic inquiry, systematic observation, and behavioral observation practices in physical education and health settings as used for research, evaluation, and supervisory purposes.

PET 7535 Strategic Planning and Instructional Design in PE and Health  
3 sh (may not be repeated for credit)

Examines instructional models, planning theory, and current research related to physical education and health curriculum and instructional design in K-12 schools and in higher education. Students will advance their knowledge, understanding, and application of the process of planning and designing elementary, secondary, and higher education physical education and health programs.

PET 7708 Research on Teaching Physical Education and Health  
3 sh (may not be repeated for credit)

Provides students with skills to interpret, critique, and evaluate research in physical education and health teaching. Attention focused on the application of research within the context of physical and health education teaching.

PET 7774 Models of Teaching in Physical Education and Health  
3 sh (may not be repeated for credit)

Provides theory and practice in teaching strategies designed to facilitate learner achievement in the cognitive, effective, and psycho motor domains.