PET: Physical Education Theory Courses

**Courses**

**PET 1905  Directed Study**  
College of Health, Department of Movement Sciences and Health  
1-12 sh (may be repeated indefinitely for credit)

**PET 2824  Analysis of Team Sports**  
College of Health, Department of Movement Sciences and Health  
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**  
College of Health, Department of Movement Sciences and Health  
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**  
College of Health, Department of Movement Sciences and Health  
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 3344C  Athletic Coaching Methods**  
College of Health, Department of Movement Sciences and Health  
3 sh (may not be repeated for credit)  
This course provides students with specific methods on how to effectively coach in athletic and fitness settings. Emphasis is placed on understanding athletes, developing a clear coaching philosophy, planning for practices, games and seasons, player development, managing the athletic or fitness setting, and evaluating performance before, during, and between sport seasons.

**PET 3351C  Applied Exercise Physiology**  
College of Health, Department of Movement Sciences and Health  
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**  
College of Health, Department of Movement Sciences and Health  
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 isotonic 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**  
College of Health, Department of Movement Sciences and Health  
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**  
College of Health, Department of Movement Sciences and Health  
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**  
College of Health, Department of Movement Sciences and Health  
1-12 sh (may be repeated indefinitely for credit)

**PET 4092  Skills and Tactics of Sport**  
College of Health, Department of Movement Sciences and Health  
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
3-10 sh (may not be repeated for credit)
Prerequisite: (1 FTCE Subject Area Test One AND (1 FTCE Subject Area Test Two AND 1 FTCE Special Ed AND 1 FTCE General Ed AND 1 FTCE Professional Ed AND 1 FTCE Subject Area Test One AND 1 FTCE Elementary Ed
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
1-12 sh (may not be repeated for credit)

PET 4926  Practicum I: Elementary School Physical Education
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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 4940 Internship
College of Health, Department of Movement Sciences and Health
1-6 sh (may be repeated for up to 6 sh of credit)
Placement in an appropriate agency or organization for the purpose of gaining some experience in the field. Faculty and agency personnel will supervise the student as the student participates in a wide range of services available in the setting. Goals and objectives will be planned by the student, instructor and agency supervisor. Reports will be required on a regular basis with a final report and oral interview. Permission is required.

PET 4948 Physical Education Practicum
College of Health, Department of Movement Sciences and Health
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 5001 Systematic Observation in Sport and Physical Activity
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
1-12 sh (may be repeated indefinitely for credit)

PET 6015 Professional Issues in Physical Activity Disciplines
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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
College of Health, Department of Movement Sciences and Health
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  
College of Health, Department of Movement Sciences and Health  
1-12 sh (may be repeated indefinitely for credit)  

PET 6950  Project in Lieu of Thesis  
College of Health, Department of Movement Sciences and Health  
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  
College of Health, Department of Movement Sciences and Health  
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  
College of Health, Department of Movement Sciences and Health  
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  
College of Health, Department of Movement Sciences 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  
College of Health, Department of Movement Sciences 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  
College of Health, Department of Movement Sciences 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  
College of Health, Department of Movement Sciences 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.