

PHYSICAL EDUCATION THEORY (PET)

PET1303 FOUNDATIONS OF EXERCISE SCIENCE (3.00 Credits)

This course is designed to provide a foundational knowledge base which is common to all the different areas of fitness leadership. The didactic instruction lays the groundwork required by the fitness professionals in order to be analytical in their approach to safe and effective exercise programming for the public. Course content is heavy in the areas of anatomy and physiology as well as kinesiology, the science of human movement.

Total Contact Hrs: 48.00

Lecture Hrs: 48.00

PET2622C CARE/PREVENTION/ATHLETIC INJURIES (2.00 Credits)

Develops competence, knowledge and skill in the prevention and care of athletic injuries. Understands physical conditioning, nutrition and types of exercises. THIS COURSE DOES NOT LEAD TO CERTIFICATION OF ATHLETIC TRAINING. IT DOES NOT LEAD TO ANY LICENSE NOR DOES IT LEAD TO PREPARATION OF CERTIFICATION. THIS IS A BASIC COURSE IN PREVENTION OF INJURIES. .

Total Contact Hrs: 48.00

Lecture Hrs: 32.00

Lab Hrs: 16.00