

PE 111

Special Topics: Health and Wellness

1 to 3 Credit Hours

A single sport or system of formal exercise selected in response to student interest.

PE 116

Contemporary Topics in Health and Physical Education

3 Credit Hours

This course is designed to assist the student who is preparing to teach. Students have the opportunity to research specific topics related to health and wellness. Attention is given to relating course content to student's major area of study when possible. Offered fall and spring.

PE 117

Principles and Problems of Coaching

3 Credit Hours

This course provides an overview of the concepts that are essential in the preparation of coaching. Students will evaluate the current perspectives and issues in sport psychology and evaluate current theories in sport. Topics include developing a coaching philosophy, evaluating theories in motivation, understanding team dynamics, communicate effectively, and improving player performance. Students will learn how to use the skills gained throughout the class in their everyday life throughout which ever field they choose to pursue. Offered fall and spring.

PE 118

Theory and Technique of Coaching

3 Credit Hours

This course involves the study of theory of various sports and techniques used by the athlete participating in sports. A practical study of the strategy-making decisions a coach should be equipped to make in the major sports: football, basketball, baseball and volleyball. Offered fall and spring.

PE 124

Health and Nutrition Across the Lifespan

3 Credit Hours

This course examines nutrition across the lifespan. The impact of nutrition on preconception, pregnancy, lactation, infancy, childhood, adolescence, adulthood, and aging will be studied. For every phase of life, normal growth and development, nutrient needs, nutrition assessments, and the most common nutritional deficiencies will be addressed. Offered fall and spring.