

PHYSICAL EDUCATION TECHNICAL (PET)

PET264 Concepts Indiv Fitness Program 3 credits (2 lec, 2 lec lab hrs/wk)

This course prepares students with knowledge skills and abilities needed to improve the health and fitness of individuals through personal training. Academic concepts are presented in contemporary practice settings giving students a foundation in theory and application useful for pursuit of a career in fitness or for personal enrichment.

This course may be taken 1 time for credit.

Course classification: CTE

PET267 Group Fitness Concepts 2 credits (4 lec lab hrs/wk)

This course is designed to teach the theory methods and techniques of group fitness concepts. Emphasis will be placed on skill development and instructional methods.

This course may be taken 1 time for credit.

Course classification: CTE