

# PHYSICAL EDUCATION EXERCISE SCIENCE (PEEXS)

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**Care and Prevention of Athletic Injuries**  
PEEXS 291 3 Credits/Units  
2 hours of lecture / 2 hours of lab

**Prerequisite:** FT 150, BIOL 164, or BIOL& 251 (grade of "C" or higher)  
Injury prevention in sports through understanding of conditioning, bio-mechanics, taping, bandaging, nutrition, immediate post-injury care, and rehabilitation of sports injury. [GE, SE][PNP]

**Mental Performance In Sports**  
PEEXS 293 3 Credits/Units  
3 hours of lecture

Theories and strategies of mental preparation for improvement in individual and team performances. Discussion topics include: personality, motivational model, time management/goal setting techniques. Coach profiles, team communication, steps to team building, stress management and performance anxiety and imagery will also be covered. A review of current literature and the case analysis method will provide opportunity for individual and group application of presented materials. [GE, SE][PNP]

**Sport In Society**  
PEEXS 294 3 Credits/Units  
3 hours of lecture

Explores the relationship which exists between the multifaceted world of sport and society. Discussion topics include: racism, gender in equality, aggression, deviancy, media/commercialism, as well as youth sports. Discussion will also include the concept of play, competition and the rapid development of youth sport programs and their impact on the family unit. [GE, PE, SE][PNP]

**Introduction to Sports Officiating**  
PEEXS 295 2 Credits/Units  
2 hours of lecture

This is an introductory course to sports officiating, exploring basic officiating skills including but not limited to communication, conflict management, professionalism, and personal fitness. In addition, practical experience in sport-specific officials associations will prepare students for national and local certifications that will enhance employment opportunities. [GE]