

# PHYSICAL EDUCATION AND ATHLETICS

## Overview and Contact Information

The Department of Physical Education aims to develop in the student an awareness and an intelligent understanding of the need for and effects of healthy physical activity. The instructional program offers opportunities for the student to acquire lifetime sport and movement skills that will enhance the overall quality of life, both now and in the future.

Four physical education units are required of all students, except transfer students and Frances Perkins Scholars who are required to complete two physical education units. Students who do not feel safe in deep water are encouraged to take a swimming course.

Most physical education courses meet two hours a week for one semester, for two physical education units. Some courses, however, meet for half a semester, for one physical education unit.

Fees are indicated where required.

The physical education department does not offer a physical education major, but a student may propose an 18-credit educational studies minor with a concentration in sport pedagogy and coaching. (See the Educational Studies chapter for further information.)

Courses numbered 100 are at the beginning level; those numbered 200 are intermediate; those numbered 300 are advanced; and those numbered 400 indicate varsity teams and/or special advanced courses.

The second number in each course number indicates a specific area of study as follows: 0, aquatics; 1, dance and individual activities; 2, exercise, fitness, and wellness; 3 and 4, varsity sports; and 5, riding.

## Dance

All Department of Dance technique courses satisfy both academic and physical education requirements. There is no "physical education unit only" option for dance department courses. Students must meet the attendance requirement to receive two physical education units. See Dance (<http://catalog.mtholyoke.edu/areas-study/dance/#coursestext>) for course descriptions.

## Riding

The Equestrian Center and its instructors are licensed by the Commonwealth of Massachusetts. Under Massachusetts law, "an Equine Professional is not liable for an injury to, or death of, a participant in equine activities resulting from the inherent risk of equine activities, pursuant to section 2D of Chapter 128 of the General Laws."

Mount Holyoke College has the option to cancel/combine classes to maintain an enrollment of three or more in a class.

All riders must wear properly fitting headgear passing or surpassing current applicable ASTM/SEI standards with harness secured when mounted. With the exception of beginner classes, all riders must have the following riding attire to participate in riding classes: approved helmet, riding breeches, and correct footwear. Correct footwear includes: paddock boots with half chaps or tall riding boots. Full chaps and paddock boots are allowed during cold weather. No tank tops.

All riders must be prepared to allow approximately one half-hour before and after each class to properly groom, tack, and cool out their horse.

Courses in riding at Mount Holyoke are offered by the Equestrian Program within the Department of Physical Education and Athletics. Students who wish to participate must register for the appropriate riding course with an understanding of the course's level and any prerequisites.

Riding is a sport in which the rider's balance and the horse's balance are integrally connected. When a rider's body weight is significantly high for their height, the rider may struggle enough with their balance to endanger both their own and their horse's safety, especially when learning to ride and jump. There are also times when the Equestrian Program does not have horses suitable to carry these riders. With these two facts in mind, the Equestrian Program cannot mount persons who fall outside the safe limits of the horse's weight carrying capacity. The Equestrian Program reserves the right to prohibit students' participation in a riding class/practice/lesson or to limit the horses that they ride. The Equestrian Program may also limit the activities in which they participate within their PE class/practice/lesson if the instructor/coach feels that either the student's or horse's safety and well-being are at risk.

The Equestrian Program requires all riders to complete a form at the beginning of each semester that indicates their height and a weight range so that they may be appropriately mounted. Each active member of the MHC school horse herd has a weight limit based on the United States Equestrian Federation (USEF) recommendations. The USEF recommends that horses with a cannon bone measurement below a certain diameter not carry riders over a certain weight.

Currently our herd falls into the following measurements:

- Cannon bone circumference of 8 in. - Weight of rider up to 168 lbs.
- Cannon bone circumference of 8.5 in - Weight of rider up to 181 lbs.
- Cannon bone circumference of 9 in - Weight of rider up to 196 lbs.
- Cannon bone circumference 10 in. - Weight of rider up to 210 lbs.

Factors such as the length of the horse's back in relation to its height, how much a horse should carry in respect to the rider's weight as a percent of its own body weight (15-20% maximum), age, and soundness history may impact the horse's weight carrying capacity. Thus, the USEF recommended limit may be reduced based on these factors. The MHC Riding Program centers the health and well-being of the horse herd and makes its decisions accordingly related to riding schedule and competitions.

Students are expected to adhere to the honor code and treat the horses ethically by not riding a horse for whom they may exceed the weight limit: our very limited number of highest weight carrying mounts currently have a limitation of 200-210lbs. If a student's riding cannot be accommodated at Mount Holyoke within the current semester, they are encouraged to pursue any of the unmounted options available to be with horses at MHC. These include, but are not limited to, horsemanship membership in the club teams or working in the stables.

Students with any questions about their riding level should see the Riding Program ([http://athletics.mtholyoke.edu/facilities/equestrian\\_center/riding\\_program/](http://athletics.mtholyoke.edu/facilities/equestrian_center/riding_program/)) website or email [equestrian@mtholyoke.edu](mailto:equestrian@mtholyoke.edu).

## Contact Information

**Andrea Ricketts-Preston, Director of Athletics and Chair of Physical Education**

**Vissi Rizos, Non-Riding Physical Education Coordinator**

**Joy Collins, Riding Physical Education Coordinator**

106 Kendall Sports & Dance Complex; Equestrian Center  
413-538-2310 (PE & Athletics); 413-538-2472 (Equestrian)  
<https://www.mtholyoke.edu/academics/find-your-program/physical-education-and-athletics> (<https://www.mtholyoke.edu/academics/find-your-program/physical-education-and-athletics/>)

## Instructors

### Instructors and Coaches in the Department of Physical Education and Athletics:

Andrea Ricketts-Preston, Director of Athletics and Chair of Physical Education

David Allen, Head Swimming and Diving Coach, Senior Lecturer

Rachael Araujo, Diving Coach

Anne O'Byrne, Head Lacrosse Coach, Lecturer

Nicole Cannici, Riding Instructor

Thomas Cardosi, Head Ice Hockey Coach

Iris Carpio, Head Volleyball Coach, Lecturer

Joy Collins, Riding Program Manager

Elizabeth Donaldson, Riding Instructor

Alexander Gonzalez, Dispatcher

Jennifer Hartshorn, Head Track and Field and Cross Country Coach, Lecturer

Paige Howell, Head Ultimate Frisbee Coach

Alison Ingellis, Dressage Instructor and Event Coordinator

Carol Law, Director of Intercollegiate Coaching

Julie LeGrand, Assistant Rugby Coach

Morgan Lynch, Riding Instructor

Cara Murphy, Head Rowing Coach

Mara Niefer, Riding Instructor

Laura Peteros, Physical Education Instructor and IEA Coach

Breena Proctor, Head Soccer Coach, Lecturer

Walker Sorensen, Fencing Club Sport Head Coach

Elizabeth Tascione, Drop-In Class Instructor

William Tyler, Assistant Swimming Coach

Hailey Verelst, Head Rugby Coach

Kelli Wainscott, Western Riding Instructor

Abby Wemhoff, Basketball Coach and Lecturer

Andrea Whitcomb, Head Field Hockey Coach, Senior Lecturer

## Course Offerings

### Aquatics

#### PE-101 Beginning Swimming

*Fall and Spring.*

For the student who has little to no experience in the water. Introduces breath control, bobbing and floating. Stresses safety and comfort in the water and covers basic strokes and water entries.

*D. Allen, W. Tyler*

*Notes: 1 PE unit. Half semester. Repeatable.*

#### PE-102 Springboard Diving

*Fall.*

An introduction to the techniques of springboard diving. Includes forward, backward, inward, reverse and twisting dives.

*R. Araujo*

*Notes: 2 PE units. Repeatable.*

#### PE-103 Advanced Beginning Swimming

*Fall and Spring.*

For students who are comfortable in the water with a few basic swimming skills. Reviews the basic front and back strokes, floating and treading water. Introduces additional strokes and techniques.

*D. Allen, W. Tyler*

*Notes: 1 PE unit. Half semester. Repeatable.*

#### PE-303 Swim and Stay Fit

*Not Scheduled for This Year.*

Offers conditioning through endurance swimming. Includes instruction on stroke technique.

*D. Allen*

*Advisory: For intermediate and advanced swimmers*

*Notes: 2 PE units. Repeatable.*

#### PE-306 Red Cross Lifeguard Training

*Fall.*

Includes certifications in Lifeguarding, CPR for the Professional Rescuer, and Standard First Aid. Requirements include text and assigned reading and a written and practical final examination.

*D. Allen*

*Advisory: Screening test; for advanced swimmers.*

*Notes: 3 PE units with certification, 2 PE units without. Some classes for the required CPR training portion will meet between 8:00am and 9:50am. Fee course. Repeatable.*

## Exercise, Fitness, and Wellness

#### PE-113 Introduction to Mindfulness

*Spring.*

This course will introduce the practice of mindfulness to the student. Scientific research has shown that practicing mindfulness can help people manage stress and enhance their quality of life. It can help people cope with anxiety, navigate the tasks they face, and achieve meaningful personal growth. The course will be based on Koru Mindfulness and cover topics such as body scanning, belly breathing, dynamic breathing, eating meditation, walking meditation, Gathas and guided imagery. The course supports the four areas of the Be Well initiative including a healthy mind, body, community, and life.

*D. Allen*

*Restrictions: This course is limited to first-years and sophomores.*

*Notes: 1 PE unit. Half semester. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-123 Running for Fitness**

*Spring.*

Covers all aspects of running, including gear, training, and running techniques. All levels of runners welcome.

*J. Hartshorn*

*Restrictions: This course is limited to first-years and sophomores.*

*Notes: 1 PE unit. Half semester. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-125 Weight Training**

*Fall and Spring.*

Covers basic weight-training techniques and theory. Instructs students in the use of weight machines and a variety of other modalities. Allows students to develop individualized weight-training programs.

*J. Hartshorn, L. Montigny, A. Wemhoff*

*Restrictions: This course is limited to first-years and sophomores.*

*Notes: 1 PE Unit. Half semester. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-127 Be Well: Fitness and Wellness**

*Spring.*

This course will focus on studying and applying various physical activity and wellness concepts critical to achieving a state of total well-being.

This encompasses the physical, mental, emotional, social, and spiritual dimensions of the whole person. The course will introduce students to the methods and means of developing and maintaining balanced lifetime habits of wellness. The course will provide a complete and practical source of knowledge that will lead to the development and understanding of healthy lifestyles and attitudes. Students will be able to develop, pursue and participate in individual fitness and wellness programs. All activities can be modified for any level of physical ability.

*J. Collett, B. Proctor*

*Notes: 2 PE units.*

**PE-128 Walking for Fitness**

*Fall and Spring.*

Covers all aspects of walking, focusing on incorporating walking into a lifetime fitness regimen. Emphasis on cardiovascular fitness by use of heart rate monitoring and perceived exertion. Goals will be set for distance and time.

*A. O'Byrne, I. Carpio, B. Proctor, K. Walker, A. Whitcomb, The department*

*Restrictions: This course is limited to first-years and sophomores.*

*Notes: 1 PE Unit. Half semester. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-161 Introduction to HIIT (High-Intensity Interval Training)**

*Spring.*

HIIT (High-Intensity Interval Training) is a method of exercising that combines high-intensity bouts of exercise with periods of rest or lower-intensity exercises in that relatively short period of time. HIIT has become a popular method of exercising because of the associated cardiovascular health benefits that can be achieved in a relatively short period of time. A typical HIIT workout is 10-30 minutes long depending on programming. In this course, students will be introduced to HIIT training in a safe and phased manner while workouts progressively become harder. Each class session will include a proper warm-up, a HIIT workout, and mobility work as a cool down. HIIT workouts may combine anaerobic (e.g. jumping, sprinting), aerobic (e.g. walking, jogging), strength (e.g. push-ups, lunges), and core (e.g. planks, squats) exercises.

*I. Carpio*

*Restrictions: This course is limited to first-years and sophomores.*

*Advisory: Although it is highly recommended that students who take this class already be physically active, students who are serious about learning how to exercise are encouraged to take the course.*

*Notes: 1 PE unit. Half semester. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-163 Train for a 5K Run**

*Not Scheduled for This Year.*

This semester-long physical education class is for runners of all levels – from beginners excited to improve to individuals who are ready to step up their training. Each class includes a running workout and running workshop. Students will be introduced to different types of workouts (such as intervals, fartleks, and tempos) and will learn how to adjust these workouts to meet their individual fitness needs. Workshop topics will include form and technique, stretching and foam rolling, strength training, injury prevention, nutrition, and many others. At the end of the course, students have the opportunity to participate in two local 5K races, one at Mount Holyoke and one at UMass.

*L. Ritchie*

*Notes: 2 PE units. Repeatable.*

**PE-325 Functional Strength Training**

*Spring.*

Introduces an integrated, functional approach to strength training that incorporates balance, coordination, and agility. Teaches weight training without machines, using dumbbells, medicine balls, stability balls, and primarily utilizing body weight to grow stronger. Mini lectures on a variety of related exercise topics will also be given.

*E. Perrella*

*Advisory: This class is designed for students who have at least a minimal level of fitness.*

*Notes: 1 PE unit. Half semester. Repeatable.*

**Dance and Individual Activities****PE-110 Hiking in the Pioneer Valley**

*Fall.*

This course will introduce and develop an understanding of the activity of hiking by presenting the basics in the form of lecture and activity. It will cover safety, equipment, and planning trips. Course will consist of local hikes.

*J. Hartshorn, C. Murphy*

*Restrictions: This course is limited to first-years and sophomores.*

*Notes: 2 PE units. Half semester. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-111 RAD (Rape Aggression Defense) Self Defense**

*Fall and Spring.*

This course is part of a nationally-recognized program in Rape Aggression Defense (RAD). It will cover "streetwise" self-defense techniques, including stances, blocking, kicking, striking, voice commands and ground defense. It will also impart techniques for risk awareness, risk recognition and risk reduction.

*K. Cournoyer-Cronk, A. Gonzalez*

*Restrictions: This course is limited to first-years and sophomores.*

*Notes: 1 PE unit. Half semester. Repeatable; dress comfortably with athletic shoes with non-marking soles. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-112 Yoga**

*Fall and Spring.*

Yoga is an ancient practice from India that develops a balance of physical strength and flexibility and promotes evenness of mind. This class introduces and builds on basic postures, meditation, and breathing techniques with a focus on unifying breath with movement. Revered for its therapeutic benefits, yoga can be practiced by people of all abilities with safe and healthy results.

*B. Tascione*

*Restrictions: This course is limited to first-years and sophomores.*

*Notes: 1 PE unit. Half semester. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration. It is strongly recommended that students bring their own yoga mats.*

**PE-211 RAD (Rape Aggression Defense) Keychain Self Defense**

*Not Scheduled for This Year.*

This six-week course is a continuation of the RAD Self-Defense course. The Kubotan is a keychain that doubles as a self-defense tool. It is easy to learn to use and carry. The keychain can enable any person, with a minimum of training, to defend oneself, by nullifying any power/strength imbalance between oneself and the attacker.

*K. Cournoyer-Cronk, A. Gonzalez*

*Restrictions: This course is limited to first-years and sophomores.*

*Prereq: PE-111.*

*Advisory: Completion of a basic RAD self defense class.*

*Notes: 1 PE unit. Half semester; dress comfortably with athletic shoes with non-marking soles. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**Sports****PE-131 Beginning Tennis**

*Fall and Spring.*

This course is an introduction to the game of tennis. It covers the basic skills, rules and strategy of singles and doubles. It is designed for beginning players with little or no tennis experience.

*K. Bradway*

*Restrictions: This course is limited to first-years and sophomores.*

*Notes: 1 PE unit. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-132 Soccer**

*Spring.*

Covers basic technique and strategies as well as the rules of the game. Designed for those with little or no previous experience.

*B. Proctor*

*Restrictions: This course is limited to first-years and sophomores.*

*Notes: 1 PE unit. Half semester. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-133 Canoeing**

*Fall.*

This course will provide basic skills and knowledge necessary for safe enjoyment of recreational flat water canoeing. It will cover basic tandem bow and stern strokes. It will provide students with the awareness of common hazards associated with the sport and develop the safety knowledge to avoid such hazards.

*J. Hartshorn, C. Murphy*

*Restrictions: This course is limited to first-years and sophomores.*

*Advisory: Must be a swimmer; swim test given at first class meeting.*

*Notes: 1 PE unit. Half semester. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-134 Badminton**

*Spring.*

This course is an introduction to the game of badminton. Teaches and builds on the skills, rules and strategy of singles and doubles.

*I. Carpio*

*Restrictions: This course is limited to first-years and sophomores.*

*Notes: 1 PE unit. Half semester. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-135 Volleyball**

*Not Scheduled for This Year.*

Covers and builds on basic skills and strategies of volleyball.

*I. Carpio*

*Restrictions: This course is limited to first-years and sophomores.*

*Notes: 1 PE unit. Half semester. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.*

**PE-138 Basketball**

*Fall and Spring.*

Basketball is a team sport that is played in a five on five format with all players playing both offense and defense. This course is designed for people who have limited experience of the game. Students of this class will be given the opportunity to develop knowledge, skills, and techniques of basketball.

*T. Bravo, A. Wemhoff*

*Notes: 1 PE unit. Repeatable.*

**PE-140 Indoor Rowing**

*Fall.*

Rowing is a lifelong activity that provides great cardiovascular conditioning as well as an overall muscular workout. This course will introduce or perfect the participant's rowing stroke in the rowing tank or on the rowing machines (ergometers). Proper stretching and strategies for working out will also be discussed.

*C. Murphy*

*Notes: 1 PE unit. Half semester. Repeatable.*

**PE-147 Squash***Fall and Spring.*

Squash is a course that reviews all of the basic shots, techniques, and strategies for the game of squash. This course is appropriate for students with or without experience in squash or other racquet sports.

*K. Bradway**Restrictions: This course is limited to first-years and sophomores.**Notes: 1 PE unit. Repeatable. Seats will open to all class years during the second week of pre-registration; additional reserved seats for first-years will open for first-year preregistration.***PE-148 Pickleball***Fall and Spring.*

This course is designed for players with little or no experience in pickleball. The students will be introduced to the following: rules and scoring; groundstrokes, volleys, serves, return of serve, dinks, drop shots, lobs, and overhead smash; basic singles and doubles play; sportsmanship guide, pickleball etiquette; safety; and life-long play.

*I. Carpio, B. Proctor, A. Whitcomb**Notes: 1 PE unit. Repeatable.***Riding****PE-050 Introduction to Horses***Spring.*

This class is designed to both introduce students to working with horses and provide guidelines for correct horsemanship with those that have prior experience. It will be unmounted with a focus on interactions with horses from the ground. Topics and activities will provide comfort and familiarity around horses, physical exercise through handling horse and stable tasks, learned movements, mindfulness of one's actions, and contemplation of horse behavior. Students will learn how to engage with horses to hone leadership skills and safe handling.

*The department**Notes: 1 PE unit. Repeatable with permission only.***PE-051 Beginning Riding: An Introductory Course***Fall and Spring.*

Teaches safety and general procedures in handling, grooming, and tacking the horse. Allows mounted students to learn and practice the basic riding position and communication aids for stopping, going and turning at the walk and trot. Instruction will be multidisciplinary. Special emphasis on horse care and overall stable management, with one meeting per week unmounted. For those with no prior horse experience and/or no formal riding instruction.

*E. Donaldson, L. Etzel, A. Golembeski, K. Michaels, The department**Restrictions: This course is limited to first-years and sophomores.**Notes: 2 PE units. Repeatable. Fee: \$850.***PE-052 Beginning Riding II***Fall and Spring.*

Continues to teach unmounted safe handling and tacking procedures. Reviews basic riding position and the proper aids for the walk and trot with emphasis on greater control and harmony with the horse. Introduces canter work and the jumping position.

*E. Donaldson, L. Etzel, A. Golembeski, K. Michaels, The department**Notes: 2 PE units. Repeatable. Fee: \$850.***PE-151 Low-Intermediate Riding***Fall and Spring.*

Teaches students to improve control of the horse on the flat and may introduce low jumps. Focus on the rider includes developing a stable position, strength, and balance. For riders capable of controlling a horse at the walk, trot, and beginning canter.

*J. Collins, E. Donaldson, L. Sattler, S. Trase**Notes: 2 PE units. Repeatable. Fee: \$850.***PE-155 Novice Western Riding***Fall and Spring.*

For the rider who would like to develop western riding skills including horsemanship, showmanship, trail and pattern work. Riders must be able to walk, jog and lope.

*J. Collins, The department**Advisory: Riders must be able to walk, jog, and lope.**Notes: 2 PE units. Riding fee \$850. Repeatable.***PE-250 Intermediate General Riding***Not Scheduled for This Year.*

For riders with moderate experience who would like to ride on the flat (no jumping). Riders must be capable of walking, trotting and cantering. The instructor will stress finer communication with the horse through use of both modern and classical approaches and exercises. Principles of hunt seat equitation and dressage style riding will be explored as well as tangential topics such as longe-ing, bareback, green horse training and in hand work.

*A. Ingellis**Notes: 2 PE units. Fee \$850. Repeatable.***PE-251 Intermediate Riding***Fall and Spring.*

Focuses on improving the rider's effective use of the aids to influence the horse and on developing a secure position and balance. For those capable of riding on the flat and over two-foot jumps, while maintaining control of the horse.

*R. Bigelow, N. Cannici, N. Eula, C. Law, M. Lynch, L. Peteros**Instructor permission required.**Notes: 2 PE units. Repeatable. Fee: \$850.***PE-252 Introduction to Dressage***Fall and Spring.*

Teaches riders with a solid mastery of riding at all three gaits and how to begin to put a horse on the bit. Teaches students how to correctly ride the dressage movements required at the lower training levels while focusing on confidence.

*L. Etzel, A. Ingellis**Advisory: Must be able to walk-trot-canter.**Notes: 2 PE units. Repeatable. Fee: \$850.***PE-351 High-Intermediate Riding***Fall and Spring.*

Emphasizes maintaining proper position and balance at all paces and over more complex courses. Focuses on riding technique to persuasively influence the horse's movements. Riders taking this class should be capable of jumping a three-foot course and riding more athletic horses.

*C. Law, N. Cannici, M. Lynch**Notes: 2 PE units. Repeatable. Fee: \$850.*

**PE-352 Intermediate Dressage***Fall and Spring.*

Teaches riding to students who have had an introduction to dressage how to gain more confidence and skill, influencing horses in all three gaits and how to correctly ride the dressage movements required at the upper training levels. Riders must be able to put most horses on the bit.

*A. Ingellis**Notes: 2 PE units. Repeatable. Fee: \$850.***PE-451 Advanced Riding***Fall and Spring.*

Develops the art of communication with the horse for improved harmony through effective use of legs, seat, and hands in dressage and when jumping. Riders taking this course should be capable of jumping a 3'3" to 3'6" course.

*N. Cannici, J. Collins, N. Eula, C. Law**Notes: 2 PE units. Repeatable. Fee: \$850.***PE-452 Advanced Dressage***Fall and Spring.*

For experienced dressage riders to improve understanding of straightness, rhythm, obedience, and suppleness. The goal is to improve application of aids through a balanced and effective seat. Riders at this level must have experience riding First Level movements or above.

*A. Ingellis**Notes: 2 PE units. Repeatable. Fee: \$850.***PE-459 Private Riding Instruction****PE-459RA Private Riding Instruction 2x/week***Spring.*

Private instruction available by arrangement and permission of instructor. Until further notice, private lessons are only available for those with their own horses or those with access to privately owned horses.

*N. Cannici, J. Collins, A. Ingellis, C. Law**Instructor permission required.**Notes: 2 PE units. Repeatable. Fee: \$1360, 17 lessons.***PE-459RB Private Riding Instruction 1x/week***Spring.*

Private instruction available by arrangement and permission of instructor. Until further notice, private lessons are only available for those with their own horse or those with access to privately owned horses.

*N. Cannici, J. Collins, A. Ingellis, C. Law**Instructor permission required.**Notes: 1 PE unit. 9 lessons; riding fee \$720. Repeatable.***PE-461 Semi-Private Riding Instruction**

Semi-private instruction available by arrangement and permission of instructor. Until further notice, semi private lessons are only available for those with their own horse or those with access to privately owned horses.

**PE-461RA Semi-Private Riding Instruction 2x/week***Fall and Spring.*

Semi-private instruction available by arrangement and permission of instructor. Until further notice, semi-private lessons are only available for those with their own horses or those with access to privately owned horses.

*N. Cannici, J. Collins, A. Ingellis, C. Law**Instructor permission required.**Notes: 2 PE units. Repeatable. Fee: \$1105, 17 lessons.***PE-461RB Semi-Private Riding Instruction 1x/week***Fall and Spring.*

Semi-private instruction available by arrangement and permission of instructor. Until further notice, private lessons are only available for those with their own horses or those with access to privately owned horses.

*N. Cannici, J. Collins, A. Ingellis, C. Law**Instructor permission required.**Notes: 1 PE unit. 9 lessons (45-60 minutes); once per week. Riding fee \$585. Repeatable.***Club Sports****PE-261 Club Fencing***Fall and Spring.*

Club Fencing provides interested students a chance to learn and compete in fencing which may provide continued enjoyment throughout life. The club holds weekly practice sessions, attends USFA tournaments and practices with area clubs.

*W. Sorensen**Instructor permission required.*

*Notes: 1 PE unit. Repeatable. For more information on the club visit Embark (<https://embark.mtholyoke.edu/fencing/home/>). To receive 1 PE unit, a student in the club must register for the class by the add deadline and must sustain club membership throughout the semester. Attendance will be monitored. Retroactive enrollment in the class at any point past the add period will not be allowed.*

**PE-262 Club Ice Hockey***Fall and Spring.*

Club ice hockey is open to those interested in learning the sport. No previous experience is required.

*T. Cardosi**Instructor permission required.*

*Notes: 1 PE unit. Repeatable. For more information on the club visit the club Google site (<https://tinyurl.com/mhcih/>). To receive 1 PE unit, a student in the club must register for the class by the add deadline and must sustain club membership throughout the semester. Attendance will be monitored. Retroactive enrollment in the class at any point past the add period will not be allowed.*

**PE-263 Club Rugby***Fall and Spring.*

Mount Holyoke College Rugby Football Club is a club Rugby Union team. It practices in the fall and spring and has competition in each semester. It is a member of the NEWCRC (15's conference) and NEC7C (7's conference).

*J. LeGrand, H. Verelst**Instructor permission required.*

*Notes: 1 PE unit. Repeatable. For more information on the club visit the Rugby Club site (<https://mountholyokerugby.wordpress.com/>). To receive 1 PE unit, a student in the club must register for the class by the add deadline and must sustain club membership throughout the semester. Attendance will be monitored. Retroactive enrollment in the class at any point past the add period will not be allowed.*

**PE-264 Ultimate Frisbee Club**

*Fall and Spring.*

Ultimate Frisbee Club practices year-round on Tuesday, Wednesday, and Thursday evenings, and has team workouts on Sundays. Many weekends in September, October, March, and April are spent at tournaments. Players on the A team should be fully committed to the team and are expected to attend every practice and tournament. B team players are not held to strict attendance guidelines for competition, but need to attend two practices/week for a PE unit.

*J. Baumann, P. Howell*

*Instructor permission required.*

*Notes: 1 PE unit. Repeatable. For more information on the club visit the Ultimate site (<https://mhc-ultimate.github.io/mhcultimate/about.html>).*

*To receive 1 PE unit, a student in the club must register for the class by the add deadline and must sustain club membership throughout the semester. Attendance will be monitored. Retroactive enrollment in the class at any point past the add period will not be allowed.*

**PE-266 Dressage Club**

*Fall and Spring.*

Dressage is a club sport at Mount Holyoke College. The dressage team is a member of the Intercollegiate Dressage Association (IDA), Region B. Our team has won National Champion honors at Nationals five times (2002, 2003, 2004, 2008, and 2013), and has won Reserve National Champion honors three times (2005, 2007, and 2017). Many of our riders have also earned regional and national individual titles.

*A. Ingellis*

*Instructor permission required.*

*Notes: 1 PE unit. Repeatable. For more information on the club visit the Dressage site (<https://commons.mtholyoke.edu/dressage/>). To receive 1 PE unit, a student in the club must register for the class by the add deadline and must be a mounted rider in the club. Attendance will be monitored.*

*Retroactive enrollment in the class at any point past the add period will not be allowed.*

**PE-267 Western Club**

*Fall and Spring.*

The Western Club competes in the IHSA. We also are affiliated with the AQHA and NRHA and compete in western horsemanship and reining during the season.

*K. Wainscott*

*Instructor permission required.*

*Notes: 1 PE unit. Repeatable. For more information on the club visit the Western site (<https://commons.mtholyoke.edu/mhcwestern/>). To receive 1 PE unit, a student in the club must register for the class by the add deadline and must be a mounted rider in the club. Attendance will be monitored.*

*Retroactive enrollment in the class at any point past the add period will not be allowed.*

**PE-268 Club Squash**

*Fall and Spring.*

Squash is a high-energy racquet sport played by two players or four players on a four-walled court. The game is known for its intense rallies, strategic play, and physical and mental endurance. Players take turns hitting a small rubber ball against the front wall, aiming to outmaneuver their opponent and win points by making the ball difficult to return.

Mount Holyoke Club Squash is excited to introduce the world of squash to newcomers while helping seasoned players refine their skills. Club squash offers competitive opportunities. Members participate in tournaments, testing their skills and gaining valuable experience while fostering a spirit of healthy competition and community.

*R. Hart, The department*

*Instructor permission required.*

*Notes: 1 PE unit. Repeatable. To receive 1 PE unit, a student in the club must register for the class by the add deadline and must sustain club membership throughout the semester. Attendance will be monitored. Retroactive enrollment in the class at any point past the add period will not be allowed.*

**Academic Courses****PHYED-275 Introduction to Sport Pedagogy**

*Not Scheduled for This Year. Credits: 4*

This course is designed to introduce students to the many facets of sport pedagogy and coaching. Our focus is the strategies and styles of coaching youth sports. Topics include coaching philosophy, motor learning, anatomy and physiology, biomechanics, sport psychology and risk management/liability. Other topics include the benefits of playing sports, developing age-appropriate instruction and training, goal setting, effective feedback, special issues in coaching children, and coaches as role models for children. In a local school system, we will apply the concepts and theories learned, by developing and implementing lesson plans to introduce various athletic skills and sports.

*Applies to requirement(s): Meets No Distribution Requirement*

*Other Attribute(s): Community-Based Learning*

*D. Allen*

*Notes: No PE units awarded.*

**PHYED-295 Independent Study**

*Fall and Spring. Credits: 2 - 4*

*The department*

*Instructor permission required.*

**PHYED-395 Independent Study**

*Fall and Spring. Credits: 4 - 8*

*The department*

*Instructor permission required.*

**Athletics****PE-401 Intercollegiate Swimming and Diving Team**

*Spring.*

The intercollegiate swimming and diving teams are comprised of student-athletes with varsity or club experience at the secondary level. Seasons are 18 or 19 weeks. Mandatory practices and/or competitions occur six days per week. If you have not been recruited to participate on a varsity team, contact the head coach for more information.

*D. Allen*

*Notes: 2 PE units. Team selection by tryouts. Repeatable.*

**PE-423 Intercollegiate Cross-Country Running Team**

*Fall.*

Includes five to seven meets. Seven Sisters Invitational Tournament, New England Championships, and NEWMAC Championship.

*J. Hartshorn*

*Instructor permission required.*

*Advisory: Team selection by tryouts.*

*Notes: 2 PE units. 5 meetings. Repeatable.*

**PE-432 Intercollegiate Soccer Team**

*Fall.*

Includes fourteen-game schedule. NEWMAC Championship.

*B. Proctor*

*Instructor permission required.*

*Advisory: Team selection by tryouts.*

*Notes: 2 PE units. 5 meetings. Repeatable.*

**PE-435 Intercollegiate Volleyball Team**

*Fall.*

Includes 18- to 20-match schedule. Volleyball Hall of Fame Invitational, and NEWMAC Championship.

*I. Carpio*

*Instructor permission required.*

*Advisory: Team selection by tryouts.*

*Notes: 2 PE units. 5 meetings. Repeatable.*

**PE-438 Intercollegiate Basketball Team**

*Spring.*

The intercollegiate basketball team is comprised of student-athletes with varsity or club experience at the secondary level. Seasons are 18 or 19 weeks. Mandatory practices and/or competitions occur six days per week. If you have not been recruited to participate on a varsity team, contact the head coach for more information.

*A. Wemhoff*

*Notes: 2 PE units. Team selection by tryouts; 5 meetings. Repeatable.*

**PE-441 Intercollegiate Rowing Team**

*Fall and Spring.*

The intercollegiate rowing team is comprised of student-athletes with varsity or club experience at the secondary level. Seasons are 18 or 19 weeks. Mandatory practices and/or competitions occur six days per week. If you have not been recruited to participate on a varsity team, contact the head coach for more information.

*C. Murphy*

*Instructor permission required.*

*Notes: 1 PE unit for fall participation. 1 PE unit for spring participation. Team selection by tryouts. Repeatable.*

**PE-443 Intercollegiate Track and Field Team**

*Spring.*

The intercollegiate track and field team is comprised of student-athletes with varsity or club experience at the secondary level. Seasons are 18 or 19 weeks. Mandatory practices and/or competitions occur six days per week. If you have not been recruited to participate on a varsity team, contact the head coach for more information.

*J. Hartshorn*

*Notes: 2 PE units. Team selection by tryout; 5 meetings. Repeatable.*

**PE-445 Intercollegiate Lacrosse Team**

*Spring.*

The intercollegiate lacrosse team is comprised of student-athletes with varsity or club experience at the secondary level. Seasons are 18 or 19 weeks. Mandatory practices and/or competitions occur six days per week. If you have not been recruited to participate on a varsity team, contact the head coach for more information.

*A. O'Byrne*

*Notes: 2 PE units. Team selection by tryouts; 5 meetings. Repeatable.*

**PE-446 Intercollegiate Field Hockey Team**

*Fall.*

Includes 18-game schedule. Seven Sisters Tournament and NEWMAC Championship.

*A. Whitcomb*

*Instructor permission required.*

*Advisory: Team selection by tryouts.*

*Notes: 2 PE units. 5 meetings. Repeatable.*

**PE-458 Intercollegiate Riding Team**

*Fall and Spring.*

The intercollegiate riding team is comprised of student-athletes with varsity or club experience at the secondary level. Seasons are 18 or 19 weeks. Mandatory practices and/or competitions occur six days per week. If you have not been recruited to participate on a varsity team, contact the head coach for more information.

*C. Law*

*Instructor permission required.*

*Notes: 1 PE unit. Repeatable.*