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.

Riding is a sport in which the rider's balance and the horse's balance are
integally connected. When a rider's body weight is significantly high in
relation to height, the rider may struggle enough with their own balance
to endanger both the rider's and horse's safety, especially when learning
to ride and when jumping. There are also times when the Equestrian
Center does not have horses suitable to carry these riders. With these
two facts in mind, the Equestrian Center reserves the right to prohibit
students' participation in a riding class or to limit the horses that they
ride. The Equestrian Center may also limit the activities in which they
may participate within their physical education class if the instructor
feels that either the student's or horse's safety and well-being are at risk.
The Equestrian Center staff is committed to encouraging fitness through
riding and will collaborate with the physical education department to
improve any interested student's fitness level for a safe riding experience.

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

Contact Information
Lori Hendricks, Chair
Cathleen Smelcer, Academic Department Coordinator
Louise Labrie, Academic Department Coordinator

106 Kendall Sports & Dance Complex
413-538-2310
https://www.mtholyoke.edu/acad/physicaleducation

Faculty
David Allen, Head Swimming and Diving Coach; Senior Lecturer in
Physical Education and Athletics
Miriam Esber, Head Lacrosse Coach; Senior Lecturer in Physical
Education and Athletics
Kanae Haneishi, Head Soccer Coach; Senior Lecturer in Physical
Education and Athletics, Teaching Spring Only
Lori Hendricks, Director of Athletics; Senior Lecturer in Physical
Education and Athletics
Summer Hutcheson, Associate Director of Athletics; Senior Lecturer in
Physical Education and Athletics
Christine Lee, Head Track Field Coach; Senior Lecturer in Physical
Education and Athletics
Ellen Perrella, Head Athletic Trainer; Senior Lecturer in Physical Education
and Athletics
Aldo Santiago, Head Tennis Coach; Senior Lecturer in Physical Education
and Athletics
Andrea Whitcomb, Head Field Hockey Coach; Senior Lecturer in Physical
Education and Athletics
Iris Carpio, Head Volleyball Coach; Lecturer in Physical Education and
Athletics
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, M. Cooper
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, C. Lee
Notes: 1 PE unit. Half semester. Repeatable.*

**PE-104 Scuba Diving**
*Fall and Spring.*
Designed for someone with no scuba experience. Consists of classroom and pool time: classroom: learning academics of diving; pool time: learning to use scuba equipment. Optional weekend of ocean diving leading to NAUI Scuba Diver certification, near end of session. First half of semester.

*S. Ausevich
Notes: 2 PE units. Half semester, fee course. Repeatable.*

**PE-105 Aqua-Jogging for Fitness**
*Not Scheduled for This Year.*
This course will focus on Deep Water Running. The students will be upright in the water utilizing the Aqua Jogging belts provided. Each class will begin with a focus of the day (speed, endurance, strength, flexibility), then a warmup, the workout, followed by a cool-down. Students will be introduced to the following information as it relates to the activity of Aqua-Jogging: heart rate, assessment of perceived exertion, recovery, endurance training, speed training, Fartlek training, strength training and flexibility.

*C. Lee
Notes: 1 PE unit. Half-semester. The student must be able to swim safely across the length of the diving well, without the belt, in order to be enrolled in the class. Repeatable.*

**PE-201 Intermediate Swimming**
*Not Scheduled for This Year.*
For the student who is experienced with two to three strokes and can swim a minimum of 25 yards and is comfortable in deep water. Covers the four competitive strokes and recreational strokes and diving.

*D. Allen
Notes: 1 PE units. Half semester. Repeatable.*

**PE-303 Swim and Stay Fit**
*Not Scheduled for This Year.*
Offers conditioning through endurance swimming. Includes instruction on stroke technique.

*C. Lee
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.*

**PE-307 Water Safety Instruction**
*Spring.*
Includes required test, reading assignments, and final examinations. This course will give the student a Red Cross certification to teach basic water safety and learn to swim classes.

*D. Allen, C. Lee
Advisory: Minimum 17 years of age, screening test; for advanced swimmers.
Notes: 3 PE units with certification, 2 PE units without. Fee course. Repeatable.*

Exercise, Fitness, and Wellness

**PE-122 Fitness for Life**
*Not Scheduled for This Year.*
Explains the purpose of physical exercise to enable each student to evaluate one's own level of fitness and design a personalized exercise program that will be beneficial throughout life. Topics include cardiovascular endurance, nutrition, muscular strength and endurance, flexibility, weight management, and stress management. Half lecture, half activity. Required text and examination.

*The department
Notes: 3 PE Units. No repeats.*

**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.

*I. Carpio, S. Hussey, C. Kibler, J. Ward, A. Whitcomb
Restrictions: This course is limited to First-year and Sophomore students.
Notes: 3 PE Units. No repeats.*

**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.

*I. Carpio, S. Hussey, C. Kibler, J. Ward, A. Whitcomb
Restrictions: This course is limited to First-year and Sophomore students.
Notes: 3 PE Units. No repeats.*
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.  
I. Carpio, The department  
Notes: 1 PE Unit. Half semester. 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 body weight to grow stronger. Mini lectures on a variety of related exercise topics will also be given. This class is designed for students who exercise regularly and have at least a minimal level of fitness.  
E. Perrella  
Notes: 2 PE units. 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.  
M. Esber, L. Hendricks  
Restrictions: This course is limited to First-year and Sophomore students.  
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. The semester's study concludes with an optional full contact self-defense simulation.  
B. Arrighi  
Restrictions: This course is limited to First-year and Sophomore students.  
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-130 Table Tennis  
Fall and Spring.  
This course is an introduction to the game of table tennis. The grip, basic rules, serve, forehand and backhand will be introduced. Designed for students who have little or no table tennis experience.  
I. Carpio, M. Esber, A. Whitcomb, The department  
Restrictions: This course is limited to First-year and Sophomore students.  
Notes: 2 PE units. 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-126 Pilates  
Fall and Spring.  
The Pilates Method offers a slow-building repertoire of stabilizing and mobilizing exercises that work the entire body. Focus is on use of breath, core strength, and full body connection. Students will learn and build on the basic exercises that strengthen the major muscle groups of the body creating length and flexibility in an integrated way.  
J. Carey  
Restrictions: This course is limited to First-year and Sophomore students.  
Notes: 6 PE units. Repeatable. Half semester. Fee: $25. 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-126 Pilates  
Fall and Spring.  
The Pilates Method offers a slow-building repertoire of stabilizing and mobilizing exercises that work the entire body. Focus is on use of breath, core strength, and full body connection. Students will learn and build on the basic exercises that strengthen the major muscle groups of the body creating length and flexibility in an integrated way.  
J. Carey  
Restrictions: This course is limited to First-year and Sophomore students.  
Notes: 6 PE units. Repeatable. Half semester. Fee: $25. 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-114 T'ai Chi (Taijiquan)  
Fall and Spring.  
T'ai Chi (Taijiquan) is a slow movement exercise that stimulates energy (Qi). This course introduces the Yang-style form, which includes a sequential pattern of movements that builds strength and flexibility, increases internal energy, and promotes a peaceful feeling in body and mind.  
M. Kinuta  
Restrictions: This course is limited to First-year and Sophomore students.  
Notes: 1 PE unit. Half semester. Fee: $25. 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.  
A. Santiago  
Restrictions: This course is limited to First-year and Sophomore students.  
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-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.  
K. Haneishi  
Notes: 1 PE unit. Half semester. Repeatable.

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.  
S. Haneisy, C. Kibler  
Restrictions: This course is limited to First-year and Sophomore students.  
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  
Fall and Spring.  
This course is an introduction to the game of badminton. Teaches and builds on the skills, rules and strategy of singles and doubles.  
M. Esber, C. Ward  
Restrictions: This course is limited to First-year and Sophomore students.  
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  
Spring.  
Covers and builds on basic skills and strategies of volleyball.  
I. Carpio  
Notes: 1 PE unit. Half semester. Repeatable.

PE-136 Fencing  
Fall and Spring.  
Covers the basics of Olympic-style fencing. You will learn the basic movements and principles of foil fencing and progress to boutting and refereeing another one’s bouts. It is recommended that students who take the first half semester (section 01) also take the second half (02). The second half semester will build on the skills learned in the first half, with the addition of strategy and additional techniques, with plenty of boutting and will culminate in an in-class tournament at the end of the semester.  
D. McMenamin  
Notes: 1 PE Unit. Half semester. Fee: $25. Repeatable.

PE-137 Golf  
Fall and Spring.  
Covers the fundamentals and builds on: complete swing, golf course etiquette, golf rules. Classes meet at golf course.  
T. Walko  
Notes: 1 PE unit. Half semester; equipment provided; fee: $25. Repeatable.

PE-140 Indoor Rowing  
Spring.  
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.  
S. Hussey  
Notes: 1 PE unit. Half semester. Repeatable.

PE-144 Racquetball  
Fall.  
This course is an introduction to the game of racquetball. Covers and builds on basic strokes, rules, and strategy.  
A. Whitcomb  
Notes: 1 PE unit. Half semester. Repeatable.

PE-146 British Racketball  
Fall and Spring.  
This course is an introduction to the game of British racketball which is a game that combines racquetball with a slower ball played on the squash court. The course will cover the techniques, rules, and strategy of racketball. This course is ideal for those with little or no racketball/squash court experience.  
E. Robson  
Restrictions: This course is limited to First-year and Sophomore students.  
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-147 Squash  
Fall.  
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.  
E. Robson  
Restrictions: This course is limited to First-year and Sophomore students.  
Notes: 2 PE units. 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-231 Intermediate Tennis  
Fall and Spring.  
Reviews the basic strokes. Emphasizes the lob, overhead, return of serve, and strategy for both singles and doubles.  
A. Santiago  
Restrictions: This course is limited to First-year and Sophomore students.  
Prereq: PE-131.  
Notes: 2 PE units. 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.

Riding  
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, J. Collins, R. Sattler, The department  
Notes: 2 PE Units. Riding fee $765; two 60-minute meetings. Repeatable.
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.
J. Collins, E. Donaldson, The department
Notes: 2 PE Units. Riding fee $765; two 60-minute meetings. Repeatable.

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.
E. Donaldson, R. Sattler
Notes: 2 PE units. Riding fee $765. Two 60 minute classes. Repeatable.

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.
E. Donaldson
Advisory: Riders must be able to walk, jog, and lope.
Notes: 2 PE units. Riding fee $765. 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.
J. Collins, K. Crutchfield, C. Law, R. Sattler
Notes: 2 PE units. Riding fee $765. Repeatable.

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.
J. Lee
Advisory: Must be able to walk-trot-canter.
Notes: 2 PE units. Riding fee $765. Repeatable.

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.
N. Cannici, C. Law

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.
J. Lee, P. Pierce
Notes: Riding fee $765. Combined with PE-452. Repeatable.

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, C. Law
Notes: 2 PE units. Riding fee $765. Combined with PE-351. Repeatable.

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.
J. Lee
Instructor permission required.

PE-455 Bringing Dressage Theory to Life
Fall and Spring.
This advanced riding course will explore a series of principles and movements in classical dressage and advanced flatwork and will apply this knowledge in mounted sessions with some unmounted lecture sessions.
J. Lee, P. Pierce
Instructor permission required.
Notes: 2 PE units. Riding Fee $765. Two 60 minute classes.

PE-459 Private Riding Instruction

PE-459RA Private Riding Instruction 2x/week
Fall and 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.
Instructor permission required.
Notes: 2 PE units. 17 lessons. Riding fee $1360. Repeatable.

PE-459RB Private Riding Instruction 1x/week
Fall and 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.
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 horses or those with access to privately owned horses.
Instructor permission required.

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.
Instructor permission required.
Notes: 2 PE units. 17 lessons (45-60 minutes), twice per week. Riding fee $935. Repeatable.
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.  
*J. Collins, K. Crutchfield, E. Donaldson, C. Law, J. Lee, P. Pierce, R. Sattler, J. Wilda*  
Instructor permission required.  
**Notes:** 1 PE unit. 9 lessons (45-60 minutes); once per week. Riding fee $495. Repeatable.

### Academic Courses

**PHYED-275 Introduction to Sport Pedagogy**  
**Spring.** 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.  
*C. Kibler*  
**Advisory:** Team selection by tryouts.  
**Notes:** 2 PE units. 5 meetings. Repeatable.

**PE-431 Intercollegiate Tennis Team**  
**Fall and Spring.**  
The intercollegiate tennis 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. Santiago*  
**Notes:** 1 PE unit for fall participation. 1 PE unit for spring participation. Team selection by tryouts. Repeatable.

**PE-432 Intercollegiate Soccer Team**  
**Fall.**  
Includes five to seven meets. Seven Sisters Invitational Tournament, New England Championships, and NEWMAC Championship.  
*A. Tranghese*  
**Advisory:** Team selection by tryouts.  
**Notes:** 2 PE units. 5 meetings. Repeatable.

**PE-433 Intercollegiate Volleyball Team**  
**Fall.**  
Includes 18- to 20-match schedule. Seven Sisters Tournament, Volleyball Hall of Fame Invitational, and NEWMAC Championship.  
*I. Carpio*  
**Advisory:** Team selection by tryouts.  
**Notes:** 2 PE units. 5 meetings. Repeatable.

**PE-434 Intercollegiate Golf Team**  
**Fall and Spring.**  
The intercollegiate golf 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.  
*T. Walko*  
**Notes:** 1 PE unit for fall participation. 1 PE unit for spring participation. Team selection by tryouts. Repeatable.

**PE-435 Intercollegiate Basketball Team**  
**Fall.**  
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.  
*J. Ward*  
**Notes:** 2 PE units. Team selection by tryouts; 5 meetings. Repeatable.

**PE-436 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.  
*M. Burroughs, S. Hussey*  
**Notes:** 1 PE unit for fall participation. 1 PE unit for spring participation. Team selection by tryouts. Repeatable.
PE-442 Intercollegiate Squash Team

Spring.
The intercollegiate squash 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.

E. Robson

Notes: 2 PE units. 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.

C. Lee

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.

M. Esber

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

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.