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.) Within physical education, two classes are offered for academic credit: Introduction to Sport Pedagogy (4 academic credits) and a first-year seminar, Pursuit of Wellness (4 academic credits). See the end of the physical education listings for these courses.

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 four 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.

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 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 participate in their physical education class if the instructor feels that either the student’s or horse’s safety and well-being is 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.

If you have questions about your riding level, please 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
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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, Teaching Spring Only
Jeanne Friedman, Senior Lecturer in Physical Education and Athletics
Kanae Haneishi, Head Soccer Coach; Senior Lecturer in Physical Education and Athletics
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
Laurie Priest, Senior Lecturer in Physical Education and Athletics
Aldo Santiago, Head Tennis Coach; Senior Lecturer in Physical Education and Athletics
Michelle Scecina, Head Basketball 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

Seth Hussey, Head Rowing Coach and Lecturer in Physical Education and Athletics

Erin Robson, Head Squash Coach; Lecturer in Physical Education and Athletics

Joy Collins, Riding Program and Community Lesson Manager, Riding Instructor

Carol Law, Program Director, Riding Instructor

Paula Pierce, Director of Equestrian Center, Riding Instructor

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, C. Lee, M. Scecina
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.

M. Scecina
Notes: 2 PE units. Repeatable.

PE-104 Beginning 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
Fall.
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: 2 PE units. 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. No repeats.

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.

C. Lee
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.

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 Beginning 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, A. Whitcomb
Notes: 1 PE Unit. Half semester. 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, M. Esber, S. Hussey
Notes: 1 PE Unit. Half semester. No repeats.

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. No repeats.

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.
L. Hendricks, M. Scecina
Notes: 2 PE units. No repeats; half semester.

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
Notes: 1 PE Unit. Half semester; course fee $25; RAD manual $5; no repeats; dress comfortably with athletic shoes with non-marking soles.

PE-112 Beginning 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 is an introduction to 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.
L. Cameron, K. Haneishi

PE-114 Beginning 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

PE-119 Ballroom Dance
Fall and Spring.
Introduces ballroom dances such as foxtrot, rhumba, waltz, polka, cha-cha, tango, and swing.
L. Priest
Notes: 1 PE unit. No repeats. Half semester.

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 the basic exercises that strengthen the major muscle groups of the body creating length and flexibility in an integrated way.
J. Carey
Notes: 1 PE unit. No repeats. Half semester. Fee: $25

PE-211 RAD (Rape Aggression Defense) Keychain Self Defense
Spring.
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 anyone, with a minimum of training, to defend oneself, by nullifying any power/strength imbalance between oneself and the attacker.
B. Arrighi
Prereq: PE-111.
Advisory: Completion of a Basic RAD self defense class.
Notes: 1 PE unit. Half semester. Course fee $25; RAD manual and Kubotan $10; dress comfortably with athletic shoes with non-marking soles. No repeats.

PE-226 Intermediate Pilates
Fall and Spring.
This course continues the work of Pilates mat exercises. Students will attain a deeper understanding of the movement patterns and refine their skills to achieve a higher level of core conditioning and control.
J. Carey
Advisory: Previous experience suggested.
Physical Education and Athletics

**Sports**

**PE-130 Beginning 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

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

**PE-131 Beginning Tennis**

*Fall and Spring.*

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

A. Santiago

*Notes: 2 PE units. Repeatable.*

**PE-132 Beginning Soccer**

*Spring.*

This course will provide basic skills and knowledge necessary for safe enjoyment of recreational flat water canoeing. It will cover basic 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.

D. Allen

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

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

**PE-133 Beginning Canoeing**

*Fall.*

This course covers the fundamentals - complete swing, golf course etiquette, golf rules. Classes meet at golf course. For those with little or no golf experience.

T. Walko

*Notes: 1 PE unit. Half semester; equipment provided; fee: $25. Repeatable.*

**PE-134 Beginning Badminton**

*Fall and Spring.*

This course is an introduction to the game of badminton. Teaches the skills, rules and strategy of singles and doubles. It is designed for students who have little or no badminton experience.

M. Scecina, A. Whitcomb

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

**PE-135 Beginning Volleyball**

*Spring.*

Reviews the basic strokes, rules, and strategy for both singles and doubles. Taught in conjunction with Physical Education 235s. For those with little or no experience.

I. Carpio

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

**PE-136 Beginning 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 one another'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

*Advisory: First-half section (01) required before taking second-half section (02).*

*Notes: 1 PE Unit. Half semester. Fee: $25. Repeatable.*

**PE-137 Beginning Golf**

*Fall and Spring.*

Covers the fundamentals - complete swing, golf course etiquette, golf rules. Classes meet at golf course. For those with little or no golf experience.

S. Haneishi

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

**PE-140 Beginning Indoor Rowing**

*Fall and 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.

E. Robson

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

**PE-144 Beginning Racquetball**

*Fall.*

This course is an introduction to the game of racquetball. Covers basic strokes, rules, and strategy. For those with little or no racquetball experience.

A. Whitcomb

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

**PE-146 Beginning 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 racquetball/racketball experience.

E. Robson

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

**PE-147 Squash**

*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.

E. Robson

*Notes: 2 PE units. Repeatable.*

**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.

I. Carpio

*Prereq: PE-131. Notes: 2 PE units. Repeatable.*

**PE-234 Intermediate Badminton**

*Not Scheduled for This Year.*

This course continues the basic skills and emphasizes playing formations, defensive and offensive shots and strategies for singles and doubles.

M. Scecina

*Prereq: PE-134 or PE-234. Notes: 1 PE unit. Half semester course, usually following Physical Education 134. Repeatable.*
Physical Education and Athletics

PE-235 Intermediate Volleyball  
Not Scheduled for This Year.  
Elaborates on fundamental skills of beginning volleyball, in addition to the more advanced skills of blocking and individual defense.  
The department  
Prereq: PE-135.  
Notes: 1 PE unit. Fall semester. Repeatable.

PE-236 Intermediate Fencing  
Spring.  
Continues the basic skills and emphasizes more complicated strategies and tactics. Expands on handwork and footwork.  
D. McMenamin  
Notes: 1 PE unit. Fall semester. $25 fee. Repeatable.

PE-237 Intermediate Golf  
Fall and Spring.  
Offers on-course instruction in appropriate shots for various situations. For those with some golf experience.  
T. Walko  
Notes: 1 PE unit. Fall semester; equipment provided; fee: $25. Repeatable.

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 with an introduction to the canter. Instruction will be multidisciplinary. Special emphasis on horse care and overall stable management. For those with no prior horse experience and/or no formal riding instruction.  
E. Donaldson, J. Collins, S. Fox, R. Sattler  
Notes: 2 PE Units. Riding fee $765; two 60-minute meetings. Repeatable.

PE-052 Beginning Riding II  
Fall and Spring.  
Reviews basic riding position and the proper aids for the walk and trot with emphasis on greater control and harmony with the horse. Continues the introduction and practice of canter work and introduces the jumping position.  
J. Collins, E. Donaldson, J. Lee, S. Trase  
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 introduces 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 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 one's western riding skills including horsemanship, showmanship, trail and pattern work. Riders must be able to walk, jog and lope.  
K. Crutchfield, J. Wilda  
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, C. Law, R. Sattler, J. Wilda  

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, K. Crutchfield, 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.  
E. Donaldson, J. Lee, P. Pierce, L. Sattler  

PE-354 Modified High Intermediate Riding  
Fall.  
For riders highly competent on the flat, in the hunt seat, or in dressage discipline who have less or minimal expertise over fences. Working on the flat, riders will be challenged with classic equitation and dressage principals. On jumping days, they will be led step by step to work on position and the fundamentals of jumping.  
C. Law, R. Sattler  

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  
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-456 Jumping for Boarders and Ship-Ins
Fall.
For experienced jumping riders with their own mounts to learn and practice over fences weekly. Hunter, jumper, equitation, and event riders welcome. Each week gymnastics and/or full courses will be used to best train the horse and rider to negotiate jumping obstacles in a smooth and harmonious manner with emphasis on track, pace, balance, rhythm, and timing. In the event a personal horse becomes unusable, a pro-rated fee will be incurred.
J. Collins
Instructor permission required.
Notes: 2 PE units. Riding Fee $765. Repeatable.

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.
J. Collins, K. Crutchfield, C. Law, P. Pierce, R. Sattler, J. Wilda
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 horse or those with access to privately owned horses.
J. Collins, K. Crutchfield, C. Law, P. Pierce, R. Sattler, J. Wilda
Instructor permission required.
Notes: 1 PE unit. 9 lessons (45-60 minutes); once per week. Riding fee $720. Repeatable.

PE-461 Semi-Private Riding Instruction
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 horse or those with access to privately owned horses.
J. Collins, K. Crutchfield, C. Law, P. Pierce, R. Sattler, J. Wilda
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, C. Law, 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.
Inclues 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 fourteen-game schedule. NEWMAC Championship.

K. Haneishi  
**Advisory:** Team selection by tryouts.  
**Notes:** 2 PE units. 5 meetings. Repeatable.

**PE-435 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-437 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-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.

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