PHYSICAL EDUCATION AND ATHLETICS (PE)

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
Fall and 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, A. O'Byrne, J. Ward, A. Whitcomb
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 Healthy Habit Training
Fall.
This course will provide the structure and instruction to practice a healthy start to the day for the mind and body. In support of the Be Well Program, this course introduces morning habits and routines that promote daily attention to health, wellness, and empowerment. Class time will include breathing exercises, meditation, physical activity, reflection, journaling, and goal setting. Students will have an individual morning routine mapped out for daily use beyond the course to approach each day with a proactive and positive mindset.
E. Robson
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-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.
D. Allen, J. Hartshorn, A. O'Byrne, B. Proctor, A. Santiago, J. Ward
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
Spring.
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.
L. Cameron
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
Fall.
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
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.
A. Santiago
Restrictions: This course is limited to first-years and sophomores.
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-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
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.
I. Carpio, A. O'Byrne
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
Spring.
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.
J. Ward
Notes: 1 PE unit. Repeatable.

PE-140 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.
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.
L. Xaba
Restrictions: This course is limited to first-years and sophomores.
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-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, A. O'Byrne, B. Proctor, A. Whitcomb
Notes: 1 PE unit. Repeatable.

PE-231 Intermediate Tennis
Not Scheduled for This Year.
Reviews the basic strokes. Emphasizes the lob, overhead, return of serve, and strategy for both singles and doubles.
A. Santiago
Prereq: PE-131.
Notes: 2 PE units. 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. 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.
A. Golembeski, The department
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.
L. Donaldson, A. Golembeski, 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, 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
Fall.
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. 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.
A. Ingelis, P. Pierce
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
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-356 High Intermediate/Advanced Dressage
Not Scheduled for This Year.
For dressage riders at the high intermediate and advanced levels who are interested in a once-per-week riding class. Riders will work to confidently influence horses at all three gaits and perform dressage movements with the correct application and timing of the aids.
The department
Instructor permission required.
Advisory: Riders should be capable of riding upper training or first level at a minimum.
Notes: 1 PE unit. Riding Fee $500. Meets once per week. 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.
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. Ingelis
Notes: 2 PE units. Repeatable. Fee: $850.

PE-459 Private Riding Instruction

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

PE-459RB Private Riding Instruction 1x/week
Fall.
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
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.
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.
J. Collins
Instructor permission required.
Notes: 2 PE units. Repeatable. Fee: $1105, 17 lessons.

PE-461RB Semi-Private Riding Instruction 1x/week
Fall.
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
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.
The department
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.*

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
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
Instructor permission required.
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.
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.
J. Ward
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
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.
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.

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.