

# Physical Education and Athletics

Lecturers Allen, Esber, Fitzsimmons, Friedman, Haneishi, Lee, Perrella, Priest (*chair*), Santiago, Scecina, Terrell, Whitcomb; Instructor Walko. Riding Instructor, Law, Pierce

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 her overall quality of life, both now and in the future.

Six physical education units are required of all students, except transfer students, whose requirements are based on entering status. Sophomore transfer students need 4 units and junior transfers, 2 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 2 physical education units. Some courses, however, meet for half a semester, for 1 physical education unit.

Fees are indicated where required.

The physical education department does not offer a physical education major program, 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.) We also offer two classes for academic credit: Sport Pedagogy (2 academic credits) and Women in Sport (4 academic credits). Also offered is an academic independent credit option. 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 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, sports; and 5, riding.

## Course Offerings

### Aquatics

#### 101fs Beginning Swimming

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.

*Does not meet a distribution requirement*

*C. Lee, D. Allen*

*2 units*

#### 102f Springboard Diving

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

*Does not meet a distribution requirement*

*M. Clark*

*2 units*

#### 103fs Advanced Beginning Swimming

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.

*Does not meet a distribution requirement*

*M. Scecina*

*2 units*

#### 104fs Beginning Scuba Diving

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.

*Does not meet a distribution requirement*  
*S. Ausevich*  
*fee course; 2 units*

### **201f Intermediate Swimming**

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.

*Does not meet a distribution requirement*  
*C. Lee*  
*2 units*

### **303s Swim and Stay Fit**

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

*Does not meet a distribution requirement*  
*C. Lee*  
*Prereq. For intermediate and advanced swimmers; no repeats; 2 units*

### **306f Red Cross Lifeguard Training**

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.

*Does not meet a distribution requirement*  
*D. Allen*  
*Prereq. screening test; for advanced swimmers; 3 physical education credits with certification, 2 physical education credits without; fee course; some classes for the required CPR training portion will meet between 8:00am and 9:50am.; 2-3 units*

### **307s Red Cross Water Safety Instructor**

Includes required test, reading assignments, and final examinations. This course will give the student a certification to teach basic water safety and learn to swim classes.

*Does not meet a distribution requirement*  
*D. Allen*  
*Prereq. Minimum 17 years of age, screening test; for advanced swimmers; 3 physical education credits with certification, 2 physical education credits without; fee course; 2-3 units*

## **Exercise, Fitness, and Wellness**

### **122fs Fitness for Life**

Explains the purpose of physical exercise to enable each student to evaluate her 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.

*Does not meet a distribution requirement*  
*M. Esber, S. Terrell, A. Whitcomb*  
*no repeats; 3 units*

### **\*123f Running for Fitness**

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

*Does not meet a distribution requirement*  
*M. Esber*  
*half semester. no repeats; 1 unit*

### **125fs Beginning Weight Training**

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.

*Does not meet a distribution requirement*  
*M. Esber, A. Whitcomb, J. Friedman, S. Terrell, K. Haneishi, The department*  
*half semester. no repeats; 1 unit*

### **128fs Walking for Fitness**

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.

*Does not meet a distribution requirement*  
*M. Esber, The department*  
*half semester; no repeats; 1 unit*

### **129s Fitness Walking with Fido**

Students will be transported via College transportation to and from a local Rescue Center. Students will walk in pairs or groups of three. As often as possible, students will walk with dogs, matched to them according to the dogs' age, ability, and fitness level. At other times, students will walk without dogs,

but still in pairs or groups. An instructor will monitor the groups walking.

*Does not meet a distribution requirement*

*C. Lee*

*Prereq. Students should have some prior experience with dogs and dog care. The student should be able to walk comfortably in an urban environment (city sidewalks).; half semester. no repeats; 2 units*

### **\*325f Functional Strength Training**

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.

*Does not meet a distribution requirement*

*E. Perrella*

*no repeats; 2 units*

## **Dance and Individual Activities**

The Department of Physical Education offers instruction in the following individual activities and dance idioms.

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 2 physical education units. See Department of Dance for course descriptions.

### **110f Hiking in the Pioneer Valley**

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.

*Does not meet a distribution requirement*

*C. Lee, L. Priest*

*No repeats; 2 units*

### **111fs Basic Self-Defense for Women**

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.

*Does not meet a distribution requirement*

*B. Arrighi*

*half of semester. course fee \$25; RAD manual \$5; no repeats; dress comfortably with athletic shoes with nonmarking soles; 1 unit*

### **112fs Beginning Yoga**

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.

*Does not meet a distribution requirement*

*K. Haneishi, L. Hastie*

*half semester. fee course; 1 unit*

### **114fs Beginning T’ai Chi**

*Fall 2011*

#### *114f(1) Part I*

T’ai chi is a slow movement exercise that stimulates energy (chi). This course introduces the first half of the Yang-style short form, which begins a flowing sequential pattern of continuous movements that builds strength and flexibility, increases internal energy, and promotes a peaceful feeling in body and mind.

*M. Kinuta*

*first half of semester; fee course; 1 unit*

#### *114f(2) Part II*

This is the second half of the Yang style short form, building on the sequential pattern of movements presented in Beginning T’ai Chi I. Previous experience preferred.

*M. Kinuta*

*Prereq. Beginning Tai Chi I.; second half of semester; fee course; 1 unit*

*Spring 2012**114s(1) Parts I and II*

T'ai chi is a slow movement exercise that stimulates energy (chi). 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*

*fee course; 1 unit*

**117s Bon Odori (Japanese Spiritual Dance)**

This course focuses on a Japanese Buddhist folk dance performed outdoors and danced in a concentric circle around a raised platform. It is celebrated as a reminder of the gratefulness one should feel toward one's ancestors. From this dance of joy comes Bon Odori, a time in which ancestors and their sacrifices are remembered and appreciated. Through studying the dance, students will understand its intentions: remembering and appreciating who you are and where you come from. Because the dance is closely related to Buddhism, this course will provide an opportunity for the students both to exercise through dancing and to calm their minds.

*Does not meet a distribution requirement*

*K. Haneishi*

*half semester; 1 unit*

**118f Folk Dance**

The course is designed to familiarize students with dance styles of different countries around the globe. The purpose of dance and the roles it has played in various cultures will be discussed.

*Does not meet a distribution requirement*

*J. Friedman*

*half semester. No repeats.; 1 unit*

**\*119fs Ballroom Dance**

Introduces ballroom dances such as foxtrot, rumba, waltz, polka, cha-cha, tango, and swing.

*Does not meet a distribution requirement*

*L. Priest*

*half semester. No repeats.; 1 unit*

**126fs Pilates**

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.

*Does not meet a distribution requirement*

*G. Fuller*

*fee course; 1 unit*

**211f Keychain Self-Defense for Women**

This six-week course is a continuation of the Basic Self-Defense for Women 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 herself, by nullifying any power/strength imbalance between herself and her attacker.

*Does not meet a distribution requirement*

*B. Arrighi*

*Prereq. Completion of a Basic RAD self defense class; course fee \$25; RAD manual and Kubotan \$10; dress comfortably with athletic shoes with non-marking soles; no repeats; half semester; 1 unit*

**212fs Intermediate Yoga**

Intermediate yoga introduces more advanced variations of basic postures and is an opportunity for students to deepen their experience of this practice. Yoga vinyasa, a style of yoga that links postures together in a flowing sequence will be introduced along with basic inversions. Recommended for students who have completed beginning yoga.

*Does not meet a distribution requirement*

*K. Haneishi, L. Hastie*

*Prereq. Previous experience suggested.; half semester; fee course; 1 unit*

**\*217s Responding to Emergencies:****Community CPR**

Offers Red Cross certification. Includes reading assignments and examinations. Course content includes current medical information on CPR and the prevention and treatment of injuries and sudden illness with an emphasis on personal safety. Class will need to meet for 8 hours on an agreed-upon Sat-

ursday in February to complete the CPR section.

*Does not meet a distribution requirement*

*E. Perrella*

*fee course; no repeats; 2 units*

### **226fs Pilates II**

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.

*Does not meet a distribution requirement*

*G. Fuller*

*Prereq. Previous experience suggested.; half semester; fee course; 1 unit*

### **311s Advanced Self-Defense for Women**

This course is a continuation in the Rape Aggression Defense (RAD) program. It features dealing with multiple attackers, advanced ground defense, defense against armed assailants, and more.

*Does not meet a distribution requirement*

*B. Arrighi*

*Prereq. Physical Education 111-01; course fee \$25; RAD manual \$5; no repeats; dress comfortably with athletic shoes with nonmarking soles; 1 unit*

## **Sports**

### **130fs Beginning Table Tennis**

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.

*Does not meet a distribution requirement*

*M. Esber, S. Terrell, A. Whitcomb, M. Scecina  
1 unit*

### **131fs Beginning Tennis**

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.

*Does not meet a distribution requirement*

*S. Terrell, J. Friedman, A. Santiago, A.*

*Whitcomb*

*2 units*

### **132s Beginning Soccer**

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

*Does not meet a distribution requirement*

*K. Haneishi*

*half semester; 1 unit*

### **133f Beginning Canoeing**

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.

*Does not meet a distribution requirement*

*D. Allen*

*Prereq. Must be a swimmer; swim test given at first class meeting.; half semester; 1 unit*

### **134fs Beginning Badminton**

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.

*Does not meet a distribution requirement*

*M. Secina, M. Esber*

*half semester for 1 physical education credit; 1 unit*

### **\*135s Beginning Volleyball**

Covers basic skills and strategy. Taught in conjunction with Physical Education 235s. For those with little or no experience.

*Does not meet a distribution requirement*

*S. Terrell*

*half semester; 1 unit*

### **136fs Beginning Fencing**

Covers the basic skills, techniques, and strategy of foil fencing.

*Does not meet a distribution requirement*

*D. McMenamin*

*half semester. fee course; 1 unit*

### **137fs Beginning Golf**

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

*Does not meet a distribution requirement*

*T. Walko*

*half semester; equipment provided; fee course;  
1 unit*

### **139fs Ultimate Frisbee**

This is a non-contact sport played by two seven-player teams. The object of the game is to score goals. The Frisbee may only be moved by passing; the thrower is not allowed to take any steps. When a pass is incomplete, intercepted, etc., a turnover occurs, resulting in a change of possession of the disc. A goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking.

*Does not meet a distribution requirement*

*A. Whitcomb*

*Beginning skill level. Offered first half of fall semester, 2nd half spring semester. No repeats.;  
1 unit*

### **\*140f Beginning Cricket**

Students will be introduced to the basic skills of cricket and will learn how to play a match. They will learn the fundamentals of batting, fielding, bowling and the rules of the game of cricket.

*Does not meet a distribution requirement*

*P. Saunders*

*First half of fall semester.; 1 unit*

### **142fs Beginning Squash**

Introduces sound footwork, forehand, backhand drives, and volleys, lob serve, backwall shots, and boasts. Covers international squash rules and basic strategy. For beginning players who have had little or no squash experience.

*Does not meet a distribution requirement*

*A. Fitzsimmons*

*2 units*

### **144fs Beginning Racquetball and British Racketball**

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

*Does not meet a distribution requirement*

*A. Fitzsimmons, M. Seccina, M. Esber*

*half semester; 1 unit*

### **\*145f Beginning Lacrosse**

Covers stick skills and basic strategies. Scheduled to precede Physical Education 245 for those wanting a full semester of instruction. For those with little or no previous experience.

*Does not meet a distribution requirement*

*M. Esber*

*half semester; 1 unit*

### **231fs Intermediate Tennis**

Reviews the basic strokes. Emphasizes the lob, overhead, return of serve, and strategy for both singles and doubles.

*Does not meet a distribution requirement*

*A. Santiago*

*Prereq. Physical Education 131; 2 units*

### **234s Intermediate Badminton**

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

*Does not meet a distribution requirement*

*M. Esber*

*Prereq. Physical Education 134 or permission of instructor; Half semester course, usually following Physical Education 134.; 1 unit*

### **\*235s Intermediate Volleyball**

Elaborates on fundamental skills of beginning volleyball, in addition to the more advanced skills of blocking and individual defense.

*Does not meet a distribution requirement*

*S. Terrell*

*Prereq. Physical Education 135 or permission of instructor; half semester; 1 unit*

### **236s Intermediate Fencing**

Continues the basic skills and emphasizes more complicated strategies and tactics. Expands on handwork and footwork. Combined class with PE 136-01.

*Does not meet a distribution requirement*

*D. McMenamin*

*first half of semester. fee course; 1 unit*

### **237fs Intermediate Golf**

Offers on-course instruction in appropriate shots for various situations. For those with some golf experience.

*Does not meet a distribution requirement*

*T. Walko*

*half semester; equipment provided; fee course; 1 unit*

### **242s Intermediate Squash**

Reviews stroke techniques, footwork, and basic strategies; introduces more advanced strategies; and shots such as slice serves, cross-court lob returns, reverse boast, and drop shots. Emphasizes consistency in shots, shot combinations, and a thorough knowledge of the rules.

*Does not meet a distribution requirement*

*J. Friedman*

*Prereq. Physical Education 142 or some playing experience.; 2 units*

### **\*245f Intermediate Lacrosse**

Emphasizes defensive techniques and team strategies. For those with some lacrosse experience.

*Does not meet a distribution requirement*

*M. Esber*

*Prereq. Physical Education 145 or permission of instructor; half semester; 1 unit*

### **\*331fs High-Intermediate Tennis**

Teaches the topspin forehand, slice backhand, slice volley, approach shot, defensive lob, and overhead smash. Emphasizes appropriate shot selection and more advanced strategy.

*Does not meet a distribution requirement*

*A. Santiago*

*Prereq. Permission of instructor; half semester; 1 unit*

## **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 for her height, the rider may struggle enough with her own balance to endanger both her own and her 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 PE class if the instructor feels that either the student's or horse's safety and well being is at risk. We are committed to encouraging fitness through riding, and we 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 [www.mtholyoke.edu/athletics/equestrian](http://www.mtholyoke.edu/athletics/equestrian) or email [equestrian@mtholyoke.edu](mailto:equestrian@mtholyoke.edu).

### **51fs Beginning Riding: An Introductory Course**

Covers safety procedures in handling, grooming, tacking, and control of the horse at the walk, trot, and canter; allows students to develop a half-seat position to prepare for jumping. Instruction will be multidisciplinary. Special emphasis on horse care and overall stable management. For those with no prior formal riding instruction.

*Does not meet a distribution requirement*

*R. Sattler, E. Donaldson*

*2 meetings (60 minutes); fee course (Riding Fee: \$560); 2 units*

### **52fs Beginning Riding II**

Reviews basic position and the proper aids for the walk, and trot. Introduces canter work and jumping position. Emphasizes establishing greater control over the horse.

*Does not meet a distribution requirement*

*E. Donaldson, A. Wiktor*

*2 meetings (60 minutes); fee course (riding fee: \$560); 2 units*

### **151fs Low-Intermediate Riding**

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.

*Does not meet a distribution requirement*

*E. Donaldson, R. Sattler*

*2 meetings (60 minutes); fee course (riding fee: \$560); 2 units*

### **250fs Intermediate Basic Flat Work**

The focus will be on improving the rider's effective use of the aids to influence the horse and on developing a secure position and balanced position on the flat. The rider will learn the basics of putting a horse on the bit. Riders will work on strength and balance at all three gaits.

*Does not meet a distribution requirement*

*R. Sattler*

*Prereq. For riders capable of controlling a horse at the intermediate level at the walk, trot, and canter.; One hour class, Monday only. Fee \$350; 1 unit*

### **251fs Intermediate Riding**

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.

*Does not meet a distribution requirement*

*R. Sattler, J. Wilda, E. Donaldson*

*2 meetings (60 minutes); fee course (riding fee: \$560); 2 units*

### **252fs Introduction to Dressage**

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.

*Does not meet a distribution requirement*

*R. Sattler, E. Donaldson*

*Prereq. Must be able to walk-trot-canter.*

*Permission of the instructor.; fee course (Riding Fee \$560). Two 60 minute classes.; 2 units*

### **255fs Intermediate Western Horsemanship**

Focuses on improving the rider's effective use of the aids to influence the horse and to develop a secure position and balance for western horsemanship. Focus on equitation and pattern skills.

*Does not meet a distribution requirement*

*K. Waincott, K. Labbee*

*Prereq. Permission of instructor. For riders that are capable at the walk, jog and lope; fee course (Riding fee \$350). One 60-minute class; 1 unit*

### **351fs High-Intermediate Riding**

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.

*Does not meet a distribution requirement*

*C. Law*

*2 meetings (60 minutes); fee course (riding fee: \$560); 2 units*

### **352fs Intermediate Dressage**

Teaches riders 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.

*Does not meet a distribution requirement*

*R. Schurink, P. Pierce, The department*

*Prereq. permission of instructor; PE 352-01 and -02: fee \$560 (two classes per week). PE 352-03 and -04: fee \$350.00 (one class per week).; 2 units*

### **451fs Advanced Riding**

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.

*Does not meet a distribution requirement*

*C. Law*

*2 meetings (60 minutes); fee course (riding fee: \$560); 2 units*

#### **452fs Advanced Dressage**

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.

*Does not meet a distribution requirement*

*R. Schurink*

*Prereq. permission of instructor; 2 meetings (60 minutes); fee course (riding fee: \$560); 2 units*

#### **455fs Advanced Dressage and Jumping**

This course ties the concepts of straightness, rhythm, obedience and suppleness to technique over fences. Focuses on riders' effectiveness and position in both disciplines. Riders should be comfortable riding a green or unknown horse over a course of 3'3" jumps and capable of riding a 1st level dressage test on an unknown horse. Two spots will be reserved for riders without their own horse.

*Does not meet a distribution requirement*

*P. Pierce, J. Collins*

*Prereq. permission of instructor; 1 meeting of 1.5 hours; fee course (riding fee: \$560); 2 units*

#### **458fs Riding Team**

Team members are required to enroll in one of these levels of riding: 051, 052, 151, 251, 351, 451fs. Team members practice on Fridays. Five shows are in the fall, five shows are in the spring. The College is a member of the Intercollegiate Horse Show Association.

*Does not meet a distribution requirement*

*C. Law*

*Prereq. Permission of instructor; Selection by tryouts in fall and spring.; 1 unit*

#### **459fs Private Dressage Instruction**

Private instruction available at any level with permission and arrangement of the instructor only during the first week of classes.

*Does not meet a distribution requirement*

*C. Law, P. Pierce, The department*

*Prereq. Permission of instructor; 10 lessons (50 minutes); fee course (riding fee: \$750); 1 unit*

#### **460fs Private Hunter Seat Instruction**

Private instruction available at any level with permission and arrangement of the instructor only during the first week of classes.

*Does not meet a distribution requirement*

*C. Law*

*Prereq. Permission of instructor; 10 lessons (50 minutes); fee course (riding fee: \$750); 1 unit*

#### **461fs Semi-Private Hunter Seat Instruction**

Semi-private instruction available at any level with permission and arrangement of the instructor only during the first week of classes.

*Does not meet a distribution requirement*

*C. Law*

*Prereq. Permission of instructor; 10 lessons (50 minutes); limited to two or three students per class; fee course (riding fee: \$560); 1 unit*

#### **462fs Semi-Private Dressage Instruction**

Semi-private instruction available at any level with permission and arrangement of the instructor only during the first week of classes.

*Does not meet a distribution requirement*

*C. Law, P. Pierce*

*Prereq. Permission of instructor; 10 lessons (50 minutes); fee course (riding fee: \$560); 1 unit*

### **Academic**

#### **261s Women in Sport**

(Same as Gender Studies 216) This course is designed to introduce students to the history of women in sport, the status of women in sport since the passage of Title IX in 1972, and current issues impacting women in sport such as race, gender, and sexual orientation. Students will explore the influence of sport on the lives of women and how selected women sport leaders have influenced the growth and development of sport.

*Does not meet a distribution requirement*

*L. Priest*

*No P.E. credit. Academic credit only.; 4 credits*

#### **\*275s Introduction to Sport Pedagogy**

This course is designed to introduce students to sport pedagogy with a focus on coaching youth sports. Topics include coaching philosophy, motor learning, sport physiology, sport biomechanics, sport psychology, and risk

management/liability. We will consider the benefits of playing sports, the development of age appropriate instruction and training programs, goal setting, effective feedback, and the importance of coaches as role models for children.

*Does not meet a distribution requirement*

*D. Allen*

*no PE units are awarded; 2 credits*

### **295fs Independent Study**

Allows academic credit to be given for academic research projects on issues of sports, exercise, and women's health, done under the supervision of department faculty.

*Does not meet a distribution requirement*

*The department*

*Prereq. soph, jr, sr, or permission of department; 1-4 credits*

## **Athletics**

### **401s Intercollegiate Swimming and Diving Team**

Includes eight to ten dual or tri meets. Seven Sisters Tournament, NEWMAC Championship, and the New England Championships. Season runs mid-October through March.

*Does not meet a distribution requirement*

*D. Allen*

*Team selection by tryouts. 5 meetings; 2 units*

### **423f Intercollegiate Cross-Country Running Team**

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

*Does not meet a distribution requirement*

*J. Adams*

*Team selection by tryouts; 5 meetings; 2 units*

### **431fs Intercollegiate Tennis Team**

Includes twelve fall and eight spring matches. Seven Sisters Tournament, New England Intercollegiate Tournament, and NEWMAC Competition.

*Does not meet a distribution requirement*

*A. Santiago*

*Team selection by tryouts; 5 meetings; 1 unit*

### **432f Intercollegiate Soccer Team**

Includes fourteen-game schedule. NEWMAC Championship.

*Does not meet a distribution requirement*

*K. Haneishi*

*Team selection by tryouts; 5 meetings; 2 units*

### **435f Intercollegiate Volleyball Team**

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

*Does not meet a distribution requirement*

*S. Terrell*

*Team selection by tryouts; 5 meetings; 2 units*

### **437fs Intercollegiate Golf Team**

Includes dual matches, invitational tournaments, Massachusetts and Eastern Intercollegiate Golf Championships.

*Does not meet a distribution requirement*

*T. Walko*

*Team selection by tryouts; 5 meetings; 1 unit*

### **438s Intercollegiate Basketball Team**

Includes 20 games per season. Seven Sisters Tournament and NEWMAC Championship. Season runs from October through March.

*Does not meet a distribution requirement*

*M. Seccina*

*Team selection by tryouts; 5 meetings; 2 units*

### **441fs Intercollegiate Crew**

*Fall 2011*

#### *441f(1) Varsity*

Novice squad for first-year rowers and coxswain; varsity squad participation in three fall and seven spring regattas and NEWMAC Championship. ECAC and NCAA National Championship Regattas by invitation annually.

*J. Friedman*

*Selection by tryouts beginning the first day of classes in the fall semester; 5 meetings; 1 unit*

#### *441f(2) Novice*

Novice squad for first-year rowers and coxswain; varsity squad participation in three fall and seven spring regattas and NEWMAC Championship. ECAC and NCAA National Championship Regattas by invitation annually.

*J. Crawford*

*Selection by tryouts beginning the first day of classes in the fall semester; 5 meetings; 1 unit*

*Spring 2012**441s(1) Varsity*

Novice squad for first-year rowers and coxswain; varsity squad participation in three fall and seven spring regattas and NEWMAC Championship. ECAC and NCAA National Championship regattas by invitation annually.

*J. Friedman*

*Selection by tryouts beginning the first day of classes in the fall semester; 5 meetings; 1 unit*

*441s(2) Novice*

Novice squad for first-year rowers and coxswain; varsity squad participation in three fall and seven spring regattas and NEWMAC Championship. ECAC and NCAA National Championship Regattas by invitation annually.

*J. Crawford*

*Selection by tryouts beginning the first day of classes in the fall semester; 5 meetings; 1 unit*

**442s Intercollegiate Squash**

Includes 14 dual matches played mostly at weekend invitational events. Also Seven Sisters Championship and the Howe Cup National Team Championship at Yale University. Season runs from mid-October to the first weekend in March.

*Does not meet a distribution requirement*

*A. Fitzsimmons*

*Team selection by tryouts in mid-October; 5 meetings; 2 units*

**443s Intercollegiate Track and Field Team**

Includes seven meets. Season begins second week of November and lasts until examinations. Begins formally second Monday in January, runs until second weekend in March.

*Does not meet a distribution requirement*

*C. Lee*

*Team selection by tryout; 5 meetings; 2 units*

**445s Intercollegiate Lacrosse Team**

Includes 14-game schedule. Seven Sisters Tournament and NEWMAC Championship.

*Does not meet a distribution requirement*

*M. Esber*

*Team selection by tryouts; 5 meetings; 2 units*

**446f Intercollegiate Field Hockey Team**

Includes 18-game schedule. Seven Sisters Tournament and NEWMAC Championship.  
*Does not meet a distribution requirement*

*A. Whitcomb*

*Team selection by tryouts; 5 meetings; 2 units*