Physical Education and Athletics

Lecturers Allen, Esber, Friedman, Haneishi, Hendricks (chair), Hutcheson, Lee, Perrella, Priest, Putnam, Robson, Santiago, Scecina, Terrell, Walko, Whitcomb; Riding Instructors Collins, Law, Pierce.

Overview

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 on.) 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). 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 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 Department of Dance 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 one’s 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 also may 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 http://athletics.mtholyoke.edu/facilities/equestrian_center/riding_program or email equestrian@mtholyoke.edu.

Contact Info

Lori Hendricks, chair
Cathleen Smelcer, senior administrative assistant

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.
Applies to requirement(s): Physical Education
D. Allen, C. Lee
Notes: 2 PE Units.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-102 Springboard Diving
Fall
An introduction to the techniques of springboard diving. Includes forward, backward, inward, reverse and twisting dives.
Applies to requirement(s): Physical Education
R. Battis
Notes: 2 PE Units.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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.
Applies to requirement(s): Physical Education
M. Scecina
Notes: 2 PE Units. Course can be repeated for additional PE units. Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-104 Beginning Scuba Diving
Fall and Spring
Designed for those 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. Applies to requirement(s): Physical Education S. Ausevich
Notes: 2 PE Units. Course can be repeated for additional PE units. Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-105 Aqua-Jogging for Fitness
Spring
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 warm up, 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. Applies to requirement(s): Physical Education C. Lee
Notes: 1 PE Unit. Course can be repeated for additional PE units. Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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. Applies to requirement(s): Physical Education D. Allen
Notes: 2 PE Units. Course can be repeated for additional PE units. Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-303 Swim and Stay Fit
Spring
Offers conditioning through endurance swimming. Includes instruction on stroke technique. Applies to requirement(s): Physical Education D. Allen
Advisory: For intermediate and advanced swimmers
Notes: 2 PE Units. Course can be repeated for additional PE units. Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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. Applies to requirement(s): Physical Education D. Allen
Restrictions: Course limited to sophomores, juniors and seniors
Advisory: Screening test; for advanced swimmers.

Exercise, Fitness, and Wellness

PE-122 Fitness for Life
Fall
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. Applies to requirement(s): Physical Education M. Esber, S. Terrell
Notes: 3 PE Units. Course can be repeated for additional PE units. Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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. Applies to requirement(s): Physical Education M. Esber, H. Putnam, S. Terrell, A. Whitcomb
Notes: 2 PE Units. Course can be repeated for additional PE units. Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-129 Fitness Walking With Fido
Not Scheduled for This Year
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. Applies to requirement(s): Physical Education C. Lee
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.

Applications to requirement(s): Physical Education
M. Esber, L. Hendricks
Notes: 2 PE Units. No repeats
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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.

Applications to requirement(s): Physical Education
E. Perrella
Notes: 2 PE Units. No repeats
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-111 Basic Self-Defense for Women
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.

Applications to requirement(s): Physical Education
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.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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.

Applications to requirement(s): Physical Education
L. Cameron, K. Haneishi
Notes: 1 PE Unit. Half semester. Fee: $25
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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. Two sections; one the first half of the semester and one, the second half of the semester.
Applications to requirement(s): Physical Education
M. Kinuta
Notes: 1 PE Unit. Half semester. Fee: $25
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-118 Folk Dance
Not Scheduled for This Year
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.
Applications to requirement(s): Physical Education
J. Friedman, S. Terrell
Notes: 1 PE Unit. First half of semester. Students are encouraged to take both folk and ballroom dance (second half of semester). These are scheduled so that students can be involved the entire semester. Fee $25.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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.
Applications to requirement(s): Physical Education
J. Carey
Notes: 1 PE Unit. Half semester. Fee: $25
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-211 Keychain Self-Defense for Women
Spring
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.
Applications to requirement(s): Physical Education
B. Arrighi
Prereq: Physical Education 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.
Course can be repeated for additional PE units. 
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-212 Intermediate Yoga**

*Fall and Spring*

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.

Applies to requirement(s): Physical Education
L.Cameron, K. Haneishi
Advisory: Previous experience suggested.
Notes: 1 PE Unit. Half semester. Fee: $25.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**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.

Applies to requirement(s): Physical Education
J. Carey
Advisory: Previous experience suggested.
Notes: 1 PE Unit. Half semester. Fee: $25.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**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.

Applies to requirement(s): Physical Education
M. Esber, M. Scecina, S. Terrell, A. Whitcomb
Notes: 1 PE Unit. Half semester.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-131 Beginning Tennis**

*Fall and Spring*

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

Applies to requirement(s): Physical Education
A. Santiago, S. Terrell
Notes: 2 PE Units.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-132 Beginning Soccer**

*Not Scheduled for This Year*

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

Applies to requirement(s): Physical Education
K. Haneishi
Notes: 1 PE Unit. Half semester.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-133 Beginning 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.

Applies to requirement(s): Physical Education
D. Allen
Advisory: Must be a swimmer; swim test given at first class meeting.
Notes: 1 PE Unit. Half semester.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**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.

Applies to requirement(s): Physical Education
M. Esber, M. Sceica
Notes: 1 PE Unit. Half semester.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-135 Beginning Volleyball**

*Spring*

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

Applies to requirement(s): Physical Education
S. Terrell
Notes: 1 PE Unit. Half semester.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**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 both half semesters (sections 01 and 02) be taken. 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.

Applies to requirement(s): Physical Education
D. McMenamin, T. Yamashita
Notes: 1 PE Unit. Half semester. Fee: $25.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-137 Beginning Golf**

*Fall and Spring*

Covers the fundamentals - complete swing, golf course etiquette, golf rules. Dress code for the Orchards golf course must be adhered to. No tank or halter tops or denim. Sleeveless tops must have collars and shorts must be no higher than 4 inches above the knee. Classes meet at golf course. For those with little or no golf experience.

Applies to requirement(s): Physical Education
T. Walko
Notes: 1 PE Unit. Half semester; equipment provided; fee: $25.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).
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 participants' rowing stroke in the rowing tank or on the rowing machines (ergometers). Proper stretching and strategies for working out will also be discussed. Participants of this class will also be cleared to use the crew team's rowing machines.  
*Applies to requirement(s): Physical Education*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*  
*T. Walko*  
*Notes: 1 PE Unit. Half semester course. Equipment provided. Fee: $25.*  
*Course can be repeated for additional PE units.*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*

PE-141 Beginning Sculling/Rowing  
**Not Scheduled for This Year**  
Rowing is a lifelong activity that provides excellent cardiovascular conditioning as well as full body muscular training. This course is designed to introduce participants to sculling-rowing with two oars/person. Boat care and rigging will also be taught. Participants must pass a swimming test.  
*Applies to requirement(s): Physical Education*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*  
*H. Putnam*  
*Notes: 2 PE Units. Half semester class. Transportation will be provided to the boathouse.*  
*Course can be repeated for additional PE units.*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*

PE-142 Beginning Squash  
**Fall and Spring**  
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.  
*Applies to requirement(s): Physical Education*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*  
*A. Santiago*  
*Notes: 2 PE Units. Course can be repeated for additional PE units.*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*

PE-143 Beginning Racquetball  
**Fall and Spring**  
This course is an introduction to the game of racquetball. Covers basic strokes, rules, and strategy. For those with little or no racquetball experience.  
*Applies to requirement(s): Physical Education*  
*M. Esber, M. Scecina*  
*Notes: 1 PE Unit. Half semester course.*  
*Course can be repeated for additional PE units.*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*

PE-144 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 racketball/racquetball experience.  
*Applies to requirement(s): Physical Education*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*  
*A. Santiago*  
*Notes: 1 PE Unit. Half semester course.*  
*Course can be repeated for additional PE units.*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*

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.  
*Applies to requirement(s): Physical Education*  
*A. Santiago*  
*Prereq: Physical Education 131.*  
*Notes: 2 PE Units.*  
*Course can be repeated for additional PE units.*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*

PE-234 Intermediate Badminton  
**Fall and Spring**  
This course continues the basic skills and emphasizes playing formations, defensive and offensive shots and strategies for singles and doubles play.  
*Applies to requirement(s): Physical Education*  
*M. Esber, M. Scecina*  
*Prereq: Physical Education 134 or 234.*  
*Notes: 1 PE Unit. Half semester course, usually following Physical Education 134.*  
*Course can be repeated for additional PE units.*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*

PE-235 Intermediate Volleyball  
**Spring**  
Elaborates on fundamental skills of beginning volleyball, in addition to the more advanced skills of blocking and individual defense.  
*Applies to requirement(s): Physical Education*  
*S. Terrell*  
*Prereq: Physical Education 135.*  
*Notes: 1 PE Unit. Half semester course.*  
*Course can be repeated for additional PE units.*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*

PE-236 Intermediate Fencing  
**Spring**  
Continues the basic skills and emphasizes more complicated strategies and tactics. Expands on handwork and footwork.  
*Applies to requirement(s): Physical Education*  
*D. McMenamin*  
*Notes: 1 PE Unit. Fee course.*  
*Course can be repeated for additional PE units.*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*

PE-237 Intermediate Golf  
**Fall and Spring**  
Offers on-course instruction in appropriate shots for various situations. For those with some golf experience. Dress code for the Orchards Golf Club must be adhered to. No tank or halter tops or denim. Sleeveless tops must have collars and shorts must be no higher than 4 inches above the knee.  
*Applies to requirement(s): Physical Education*  
*T. Walko*  
*Notes: 1 PE Unit. Half semester; equipment provided; fee: $25.*  
*Course can be repeated for additional PE units.*  
*Grading: Standard PE grading (Satisfactory completion of PE units or NC).*

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.

Applies to requirement(s): Physical Education
E. Donaldson, L. Sattler
Notes: 2 PE Units. Riding fee $600; two 60-minute meetings.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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.

Applies to requirement(s): Physical Education
L. Sattler
Notes: 2 PE Units. Riding fee $600; two 60-minute meetings.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-053 Beginning Intensive Riding
Not Scheduled for This Year
Beginning riding course to cover material listed in 051 level courses over a shortened time frame.

Applies to requirement(s): Physical Education
The department
Notes: 1 PE Unit.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-054 Team Beginner/Advanced Beginner Riding
Not Scheduled for This Year
This class is for riders of the 051/052 level who are in need of a physical education riding class to satisfy the riding team requirement of being in a PE class.

Applies to requirement(s): Physical Education
The department
Instructor permission required.
Notes: 2 PE Units.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-055 Western Beginning Riding
Fall and Spring
Teaches safety and general procedures in handling, grooming, and tacking the horse for Western style riding. Students will learn and practice the basic Western style riding position and communication aids for stopping, going, and turning at the walk and jog. For those with no or very limited horse experience.

Applies to requirement(s): Physical Education
K. Wainscott
Notes: 1 PE Unit. One meeting 60 minutes. Fee $350
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-151 Low-Intermediate Riding
PE-151LA 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.

Applies to requirement(s): Physical Education
E. Donaldson, L. Sattler
Notes: 2 PE units. Riding fee $600. Two 60 minute classes.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-151LB Low-Intermediate Riding
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.

Applies to requirement(s): Physical Education
J. Wilda
Notes: 1 PE Unit. Riding fee $350. One 60 minute class.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-155 Novice Western Riding
Fall
Reviews basic riding position with emphasis on greater control and harmony with the horse.

Applies to requirement(s): Physical Education
K. Wainscott
Advisory: For the rider who has some riding experience but is new to Western or has completed Western Beginning Riding, PE-055.
Notes: 1 PE unit. One meeting 60 minutes. Fee $350
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-250 Intermediate General Riding
Fall and Spring
For riders with moderate experience who would like to ride one/time per week on the flat. Riders must be capable of walking, trotting, and cantering. The instructor will stress fun and finer communication with the horse both on the ground and riding through use of both natural and classical approaches. Topics such as bareback, games, longe-ing, green horse training, and principals of classic and hunt seat equitation and dressage will be explored.

Applies to requirement(s): Physical Education
L. Sattler, J. Wilda
Restrictions: Course limited to sophomores, juniors and seniors
Notes: 1 PE Unit. One meeting 60 minutes. Fee $405
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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.

Applies to requirement(s): Physical Education
E. Donaldson, C. Law
Restrictions: Course limited to sophomores, juniors and seniors
Notes: 2 PE Units. Riding Fee $765. Two 60 minute classes.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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.

Applies to requirement(s): Physical Education
M. Hilly
Restrictions: Course limited to sophomores, juniors and seniors  
Advisory: Must be able to walk-trot-canter.  
Notes: 1 PE unit. One 60 minute class. Fee $405.  
Course can be repeated for additional PE units.  
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-255 Intermediate Western Horsemanship  
Fall and Spring  
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.  
Applies to requirement(s): Physical Education  
K. Wainscott  
Restrictions: Course limited to sophomores, juniors and seniors  
Advisory: For riders that are capable at the walk, jog and lope.  
Notes: 1 PE Unit. One 60 minute class. Fee $405.  
Course can be repeated for additional PE units.  
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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.  
Applies to requirement(s): Physical Education  
C. Law  
Restrictions: Course limited to sophomores, juniors and seniors  
Notes: 2 PE Units. Riding Fee $765. Two 60 minute classes. Combined with PE-451.  
Course can be repeated for additional PE units.  
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-352 Intermediate Dressage  
PE-352DA Intermediate Dressage  
Spring  
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.  
Applies to requirement(s): Physical Education  
M. Hilly, L. Sattler  
Notes: 2 PE units. Riding Fee $765. Two 60 minute classes.  
Course can be repeated for additional PE units.  
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-352DB Intermediate Dressage  
Fall and Spring  
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.  
Applies to requirement(s): Physical Education  
M. Hilly, L. Sattler  
Notes: 1 PE unit. One 60 minute class. Fee $405.  
Course can be repeated for additional PE units.  
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-354 Modified High Intermediate Riding  
Fall and Spring  
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.  
Applies to requirement(s): Physical Education  
J. Collins  
Restrictions: Course limited to sophomores, juniors and seniors  
Notes: 2 PE Units. Riding Fee $765. Two 60 minute classes.  
Course can be repeated for additional PE units.  
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-355 Advanced Western Riding  
Not Scheduled for This Year  
For riders with significant Western-style riding experience. The class will focus on further refinement and effective use of the aids for training in equitation, pleasure, trail, and reining.  
Applies to requirement(s): Physical Education  
K. Wainscott  
Notes: 1 PE Unit. One 60 minute class. Fee $405.  
Course can be repeated for additional PE units.  
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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.  
Applies to requirement(s): Physical Education  
N. Cannici, C. Law  
Restrictions: Course limited to sophomores, juniors and seniors  
Notes: 2 PE Units. Riding Fee $765. Two 60 minute classes.  
Course can be repeated for additional PE units.  
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

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.  
Applies to requirement(s): Physical Education  
M. Hilly  
Instructor permission required.  
Notes: 2 PE Units. Riding Fee $765. Two 60 minute classes.  
Course can be repeated for additional PE units.  
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-455 Bringing Dressage Theory to Life  
Fall and Spring  
This course will explore a series of principles and movements in classical dressage with extensive use of video and text and then work to apply this knowledge in mounted sessions. For advanced dressage riders. Class will meet one time per week mounted and one time per week unmounted. Unmounted session meeting time TBD by instructor and class at first class meeting. One section offered.  
Applies to requirement(s): Physical Education  
P. Pierce  
Instructor permission required.  
Notes: 2 PE Units. Riding Fee $605. Two 60 minute classes.  

Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-456 Jumping for Boarders and Ship-Ins**
*Fall and Spring*
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.
Applies to requirement(s): Physical Education
J. Collins
Instructor permission required.
Notes: 1 PE Unit. One 60 minute class. Fee $405.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-458 Riding Team**
*Fall and Spring*
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.
Applies to requirement(s): Physical Education
C. Law
Instructor permission required.
Notes: 1 PE Unit.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-459 Private Riding Instruction**
*Fall and Spring*
Applies to requirement(s): Physical Education
P. Pierce
Instructor permission required.
Notes: 1 PE Unit. 9 lessons (45 minutes); Riding Fee
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**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.
Applies to requirement(s): Physical Education
J. Collins, M. Hilly, C. Law, P. Pierce, J. Wilda
Instructor permission required.
Notes: 2 PE units. 17 lessons; riding fee $1360.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**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.
Applies to requirement(s): Physical Education
J. Collins, M. Hilly, C. Law, P. Pierce, J. Wilda
Instructor permission required.

Notes: 1 PE unit. 10 lessons; riding fee $720.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-460 Private Hunter Seat Inst**
*Not Scheduled for This Year*
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.
Applies to requirement(s): Physical Education
J. Collins, E. Donaldson, C. Law, J. Wilda
Instructor permission required.
Notes: 1 PE Unit. 9 lessons (45 minutes); Riding Fee
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-461 Semi-Private Riding Instruction**
*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.
Applies to requirement(s): Physical Education
C. Law
Instructor permission required.
Notes: 1 PE Unit. 9 lessons (50 minutes); Enrollment limited to 2-3 students per class; Riding Fee
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-461RA Semi-Private Riding Instruction 2x/week**
*Fall and Spring*
Semi-private instruction available by arrangement and permission of instructor. Until further notice, semi-private lessons are only available for those with their own horses or those with access to privately owned horses.
Applies to requirement(s): Physical Education
J. Collins, M. Hilly, C. Law, P. Pierce, J. Wilda
Instructor permission required.
Notes: 2 PE units. 17 lessons; enrollment limited to 2-3 students per class; riding fee $935.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**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.
Applies to requirement(s): Physical Education
J. Collins, M. Hilly, C. Law, P. Pierce, J. Wilda
Instructor permission required.
Notes: 1 PE unit. 10 lessons; enrollment limited to 2-3 students per class; riding fee $495.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

**PE-462 Semi-Private Dressage Instruction**
*Not Scheduled for This Year*
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.
Applies to requirement(s): Physical Education
The department

Phys. Ed. and Athletics 8
Instructor permission required.
Notes: 1 PE Unit. 9 lessons (50 minutes); Riding Fee
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-463 Private Western Instruction
Not Scheduled for This Year
Private instruction available by arrangement and permission of instructor only.
Private lessons are only available for those with their own horses or on schoolhorses if availability permits. Our schoolhorses will be assigned to group PE classes first.
Applies to requirement(s): Physical Education
P. Pierce
Instructor permission required.
Notes: 1 PE Unit. Riding Fee
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

Academic Courses

PHYED-275 Introduction to Sport Pedagogy
Spring
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. Academic credit only.
Credits: 4

PHYED-295 Independent Study
Fall and Spring
The department
Instructor permission required.
Credits: 2-4
Course can be repeated for credit.

PHYED-395 Independent Study
Fall and Spring
The department
Instructor permission required.
Credits: 4-8
Course can be repeated for credit.

Athletics

PE-401 Intercollegiate Swimming and Diving Team
Spring
Includes eight to ten dual or tri meets. Seven Sisters Tournament, NEWMAC Championship, and the New England Championships. Season runs mid-October through March.
Applies to requirement(s): Physical Education
D. Allen
Notes: 2 PE Units. Team selection by tryouts. 5 meetings
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-423 Intercollegiate Cross-Country Running Team
Fall
Includes five to seven meets. Seven Sisters Invitational Tournament, New England Championships, and NEWMAC Championship.
Applies to requirement(s): Physical Education
J. Adams
Advisory: Team selection by tryouts.
Notes: 2 PE Units. 5 meetings.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-431 Intercollegiate Tennis Team
Fall and Spring
Includes twelve fall and eight spring matches. Seven Sisters Tournament, New England Intercollegiate Tournament, and NEWMAC Competition.
Applies to requirement(s): Physical Education
A. Santiago
Advisory: Team selection by tryouts.
Notes: 1 PE Unit. Team selection by tryouts; 5 meetings
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-432 Intercollegiate Soccer Team
Fall
Includes fourteen-game schedule. NEWMAC Championship.
Applies to requirement(s): Physical Education
K. Haneishi
Advisory: Team selection by tryouts.
Notes: 2 PE Units. 5 meetings.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-435 Intercollegiate Volleyball Team
Fall
Includes 18- to 20-match schedule. Seven Sisters Tournament, Volleyball Hall of Fame Invitational, and NEWMAC Championship.
Applies to requirement(s): Physical Education
S. Terrell
Advisory: Team selection by tryouts.
Notes: 2 PE Units. 5 meetings.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-437 Intercollegiate Golf Team
Fall and Spring
Includes dual matches, invitational tournaments, Massachusetts and Eastern Intercollegiate Golf Championships.
Applies to requirement(s): Physical Education
T. Walko
Notes: 1 PE Unit. Team selection by tryouts; 5 meetings
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-438 Intercollegiate Basketball Team
Spring
Includes 20 games per season. Seven Sisters Tournament and NEWMAC Championship. Season runs from October through March.
Applies to requirement(s): Physical Education
M. Scecina
Notes: 2 PE Units. Team selection by tryouts; 5 meetings.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-441 Intercollegiate Rowing Team
Fall and Spring
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.
Applies to requirement(s): Physical Education
J. Crawford, H. Putnam
Notes: 1 PE Unit. Selection by tryouts beginning the first day of classes in the fall semester; 5 meetings
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-442 Intercollegiate Squash Team
Spring
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.
Applies to requirement(s): Physical Education
E. Robson
Notes: 2 PE Units. Team selection by tryouts in mid-October; 5 meetings
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-443 Intercollegiate Track and Field Team
Spring
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.
Applies to requirement(s): Physical Education
C. Lee
Notes: 2 PE Units. Team selection by tryout; 5 meetings
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-445 Intercollegiate Lacrosse Team
Spring
Includes 14-game schedule. Seven Sisters Tournament and NEWMAC Championship.
Applies to requirement(s): Physical Education
M. Esber
Notes: 2 PE Units. Team selection by tryout; 5 meetings
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).

PE-446 Intercollegiate Field Hockey Team
Fall
Includes 18-game schedule. Seven Sisters Tournament and NEWMAC Championship.
Applies to requirement(s): Physical Education
A. Whitcomb
Advisory: Team selection by tryouts.
Notes: 2 PE Units. 5 meetings.
Course can be repeated for additional PE units.
Grading: Standard PE grading (Satisfactory completion of PE units or NC).