

Physical Education and Athletics

FACULTY

Peter T.C. Smith, Director of Athletics, Recreation, and Physical Education

Christopher E. Brown, Head Men's Soccer Coach

Kelly M. Bryan, Head Women's Soccer Coach

Meredith Buzzi, Head Women's Lacrosse Coach

Katie Charles, Head Volleyball Coach

John Cox, Assistant Men's and Women's Tennis Coach

Matthew A. Croci, Head Men's Basketball Coach

Arlen Galloway, Assistant Men's Basketball Coach

Russell P. Geiger, Head Golf Coach

Emily F. Heithaus, Coordinator for Lifetime Fitness and Physical Education

Suzanne K. Helfant, Head Women's Basketball Coach

Doug Misarti, Head Men's Lacrosse Coach

Stephanie L. Penner, Head Softball Coach

Scott J. Peppel, Head Athletic Trainer

Theodore J. Stanley, Head Football Coach

E. Scott Thielke, Head Men's and Women's Tennis Coach

Aaron Weddle, Assistant Men's and Women's Swimming Coach

COURSE OFFERINGS

Courses are offered in four six-week sessions during the year. Each course is .13 unit, except where noted.

Goals for the courses include: (1) engaging in physical activities that maintain and improve personal wellness; (2) fostering an appreciation of physical activities that will bring enjoyment and well-being while in college and in future years; (3) promoting comprehension of the benefits of physical activity on health; (4) developing practical athletic skills; (5) learning how to maximize the results of physical activity throughout life; and (6) developing a broad knowledge base regarding personal health and wellness.

The grading of activity-based courses is pass-fail, but these do not count against Kenyon's limit of 2 units of pass/fail credit. Sports Medicine and Wellness, CPR and First Aid, Lifeguard Training, and Wilderness First Aid receive a letter grade and count toward the student's grade point average. Evaluation criteria include attendance, effort, cooperation, written tests, subject knowledge, and physical proficiency. Students may take only one physical-education course per six-week session. PHSD courses may not be repeated for credit. Students may apply a maximum of .5 unit of PHSD courses toward the 16 units needed for graduation.

PHYSICAL EDUCATION COURSES

PHSD 110 Personal Fitness

Credit: .13 unit

This course features a program of fitness activities, designed by the student and a member of the physical-education faculty. The student and faculty member develop fitness goals and strategies (activities and a schedule) to reach those goals. Class time is spent completing various fitness tests and workouts. A training log is kept by the student throughout the course. The student will also become familiar with principles of fitness and basic self-assessment techniques. Offered during the first half of each semester.

Instructor: Buzzi

PHSD 113 Lifeguard Training

Credit: .25 unit

This course provides students with the knowledge, skills, and methods for teaching swimming strokes and water safety. Successful completion of the course results in a Red Cross certificate. The course yields .25 unit of credit and runs for two consecutive sessions during the fall semester only. There is a charge for Red Cross instructional materials. Prerequisite: intermediate or advanced level of swimming proficiency. Offered once yearly during the fall semester.

Instructor: Weddle

PHSD 115 Beginning Swimming Training

Credit: .13 unit

This is a half semester course in basic swim training in which the focus is on the knowledge and skill necessary to swim the five basic strokes (front crawl, back crawl, elementary backstroke, sidestroke, breaststroke) to increase endurance, to gain further understanding of mechanical and physiological concepts and to increase and improve safety and rescue skills. Prerequisite: proof of comfort in deep water. Offered once yearly during the first half of the spring semester.

Instructor: Smith

PHSD 122 Racquetball

Credit: .13 unit

The course is designed for participants with all levels of experience. Basic techniques, mechanics, and tactical considerations are taught in an environment where the activity itself is the teaching tool. A brief history of the activity and safety considerations for the participant prior to and during play will be presented. Physical preparation for play, technical performance, and tactical strategies will be introduced within the context of the physiological principles and laws of movement. Offered once yearly during the first half of the spring semester.

Instructor: Galloway

PHSD 124 Tennis*Credit: .13 unit*

The course is designed for participants with all levels of experience. Basic techniques, mechanics, and tactical considerations are taught in an environment where the activity itself is the teaching tool. A brief history of the activity and safety considerations for the participant prior to and during play will be presented. Physical preparation for play, technical performance, and tactical strategies will be introduced within the context of the physiological principles and laws of movement. Offered twice yearly: in the first half of the fall semester and the second half of the spring semester.

*Instructor: Cox, Thielke***PHSD 126 Intro to 5K Running***Credit: .13 unit*

Introduction to 5K Running will provide the student with the basis for a lifetime of activity. Running is an ideal form of fitness training: it provides health and wellness benefits, requires minimal equipment, and can be done nearly anywhere. Moreover, most people can do it. The student will learn technique and form, basic training programs, and safety. A portion of each class will be spent building endurance and speed through running workouts that will vary depending upon the fitness level of the student. Throughout the course, the student will keep a training journal, logging weekly mileage, nutrition, and weekly goals. At the end of the course, the students will compete in a 5K race, either recreationally or competitively. Offered once yearly, during the second half of the spring semester.

*Instructor: E. Heithaus***PHSD 132 Beginning Weight Training***Credit: .13 unit*

The course is designed to introduce the basic techniques and principles of strength training through the use of Nautilus and free-weight equipment. Physiological principles of isokinetic, isotonic, and isometric training will be developed. Safe and appropriate methods of equipment use will be emphasized. Offered during the first half of each semester.

PHSD 136 Golf*Credit: .13 unit*

This course is designed for participants with all levels of experience. Basic fundamentals and techniques of the game are taught. The strategy of the game is explored and individualized to the student. Successful completion of the course will result in an understanding and appreciation of the game. Offered twice yearly: in the first half of the fall semester and the second half of the spring semester.

*Instructor: Croci, Geiger***PHSD 170 Sports Medicine and Wellness***Credit: .25 unit*

The aim of this course is to enable students to make well-informed decisions about a healthy lifestyle. Students will learn the fundamental principles of sports medicine, a discipline derived from exercise physiology and orthopedic medicine. Although traditionally concerned with athletic injuries, this field has expanded to include an array of health-related areas, including nutrition, the use of performance-enhancing supplements, strength training and cardiovascular fitness, basic psychology, pharmacology, and substance abuse. By learning about these topics, students will be better prepared to make sensible lifestyle choices that can improve the quality of health and wellness in their lives. Offered each semester.

*Instructor: Peppel***PHSD 180 Speed and Agility Training***Credit: .13 unit*

Speed and agility are vital for safe and successful participation in recreational sport. Students will learn fundamental running mechanics, drills, and plyometric exercises designed to enhance their potential for greater speed and lateral movement ability. Safe and appropriate training methods will be taught. Pre- and post-training testing will be completed in order to document the student's progress. Offered during the first half of each semester.

*Instructor: Bryan, Helfant***PHSD 181 Advanced Speed and Agility Training***Credit: .13 unit*

Coordination training is an important but often overlooked aspect of every athlete's development. Advanced Speed and Agility Training progresses beyond the fundamentals learned in Speed and Agility Training, and will provide a detailed and innovative system for the development of coordination and speed training. Using a combination of drills with specialized speed and agility equipment, this class will improve balance, body control, acceleration, and reaction speed. This class is geared toward individuals looking for an opportunity to obtain the elusive "winning edge." Prerequisite: PHSD 180.

PHSD 182 CPR and First Aid*Credit: .13 unit*

This class is designed to prepare the student to take the American Red Cross CPR and first aid certification tests. The student will learn to safely and effectively care for adult, child, and infant victims of cardiopulmonary emergencies; choking; cuts, scrapes, and bruises; burns; muscle, bone, or joint injuries; sudden illnesses; and poisoning. The student will be able to demonstrate proper precautions to guard against blood-borne illness and to use an automated external defibrillator. Upon successful completion of the course, the student will be eligible to take the American Red Cross certification tests for the above listed

skills. There is a charge for Red Cross instructional materials. Offered during the second half of each semester.

Instructor: E. Heithaus

PHSD 184 Wilderness First Aid

Credit: .13 unit

Wilderness First Aid is designed to meet the need of first-aid training for anyone who works, travels, or spends time in rural or wilderness areas. Emergency situations in a rural or backcountry area can be particularly dangerous, as help is sometimes delayed for a significant period of time. In these cases, basic first-aid training is often not enough to save the life of the victim. The student will learn to apply first aid beyond the basics covered in American Red Cross standard first-aid classes, including completing a physical exam, treating wounds and head/neck/spinal injuries, dealing with heat and cold illness, caring for major injuries, and evacuating the backcountry. The student will learn how to signal for help when phones are not available and create crude shelters for protection from the elements. Upon successful completion of classroom and skill components, the student will be eligible to receive the American Red Cross Wilderness First Aid certification. There is a charge for Red Cross instructional materials. Offered during the first half of each semester.

Instructor: E. Heithaus

PHSD 186 Beginning Yoga

Credit: .13 unit

Beginning Yoga is intended to provide the student with a solid base for his or her yoga practice. An understanding of theory and history is necessary to develop a successful yoga practice. Each class period will include discussion and practice. No prerequisites. Offered during the first half of the fall semester.

Instructor: E. Heithaus

PHSD 493 Individual Study

Credit: .13 unit-.25 unit