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## PHYSICAL EDUCATION

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### About the Programs

The Physical Education program offers Puget Sound students 45 different activity courses including fitness, recreational activities, sports skills, dance, and varsity sports. It is the goal of the program to promote the development and maintenance of physical fitness as a lifestyle through sport, recreational, and dance activities; to cultivate in students an understanding of the physiological importance of physical activity; to provide opportunities to develop students' level of concentration, discipline, and emotional control through skill development and competition; and to promote social interaction now and in the future through sport and recreational participation.

### Course Offerings

#### Intercollegiate Varsity Sports

- A. Offered only in one semester at one-half activity unit each. Pass-fail grading only.
- 101 Cross Country (men and women)
  - 102 Football (men)
  - 103A Soccer (men)
  - 103B Soccer (women)
  - 104 Volleyball (women)
  - 108 Baseball (men)
  - 109 Softball (women)
  - 110 Crew (men and women)
  - 111 Golf (men and women)
  - 112 Tennis (men and women)
  - 113 Track (men and women)
  - 115 Lacrosse (women)
- B. Offered in both semesters at one-quarter activity unit each. Pass-fail grading only.
- 105A Basketball (men)
  - 105B Basketball (women)
  - 107 Swimming (men and women)
  - 114 Cheerleading (men and women)

#### Activity Courses

(One-quarter activity unit each)

Activity classes are generally offered four days a week for half a semester or two days a week for the entire semester. There are a few exceptions for specialty classes. Consult the schedule of classes for exact starting dates. *Pass-fail grading only unless otherwise indicated.*

**122 Strength Training and Conditioning** 0.25 activity unit This course introduces the principles of increasing levels of strength and endurance for the student. Instruction of correct lifting techniques using free weight equipment, safety, circuit training, setting up individual weight training workouts, and combining flexibility and endurance within

workouts are covered. The student in this course is involved in active participation.

**123 Advanced Conditioning** 0.25 activity unit This course involves advanced lifting techniques, safety, percentage lifting schedule, progressive flexibility skills, and speed/agility development. Each student is given an individualized training program. *Prerequisite: reported good health on a physical not more than one year old.*

**124 Jogging** 0.25 activity unit Instruction on physiological benefits and hazards of jogging as well as group participation in off-campus and on-campus runs. Intended for the beginning-intermediate runner. *Prerequisite: reported good health on a physical not more than one year old.*

**125 Circuit Training** 0.25 activity unit This course introduces the principles of circuit training, flexibility, and endurance within workouts. Instruction of correct lifting techniques, proper fitting of equipment, and safety are covered. The student in this course is involved in active participation.

**126 Individualized Fitness** 0.25 activity unit Instruction, periodic testing, and personalized, progressively structured cardiovascular fitness program tailored to each individual's capabilities.

**127 Walking for Fitness** 0.25 activity unit Instruction on the physiological benefits and techniques of various fitness walking styles. The class includes group and individual walks on and off campus. It is intended for the beginning or intermediate walker. *Offered Spring term only.*

**130 Scuba** 0.25 activity unit Basic scuba instruction leading to ability to receive certification by the Professional Association of Diving Instructors. Unique consideration: course fee to cover cost of renting certified scuba equipment. Some course requirements to be held off campus. Must provide own snorkeling equipment. *Prerequisite: PE 157 or an intermediate level of swimming skills.*

**131 Introduction to Backpacking** 0.25 activity unit This course, which is for the novice or near-novice hiker or backpacker, runs for the first half of the fall semester. It consists of evening lectures, one day hike, and two overnight hikes. The course covers such topics as proper equipment, the basics of camping, cooking in the outdoors, safety, and wilderness ethics. A primary emphasis of the course is to promote lifetime enjoyment of the natural environment through hiking and backpacking. Unique consideration: course fee to cover cost of some food, equipment, and transportation on hikes. *Offered Fall semester only.*

**132 Advanced Backpacking and Basic Mountaineering** 0.25 activity unit This course, which is for the intermediate or advanced hiker, runs for a full semester. The course, in addition to lectures, includes three overnight hikes. The primary emphasis of the course is on cold weather, off-trail travel in the alpine environment. As a result of this, the lecture material leans heavily on one's ability to read the terrain, navigate with and without map and compass, meet mountain emergencies, and plan for the extended backcountry trip. Skills taught include use of avalanche beacons, ice axe use, and snow analysis. Unique consideration: course fee to cover cost of food, equipment, and transportation on hikes. *Prerequisite: PE 131 or permission of instructor. Offered Spring term only.*

**134 Beginning Rock Climbing** 0.25 activity unit An introduction to the skills, terminology, and fundamentals of movement utilized in the sport of rock climbing. The class emphasizes safety and movement

as well as the basics of climbing-specific training. Upon completion of the course, the individual will possess the necessary skills to utilize the university climbing facility and will have the working knowledge of the basic elements necessary to enjoy rock climbing. Unique consideration: course fee to cover cost of facility fee and harness rental.

**135 Basic Sailing** 0.25 activity unit This is a basic sailing class that combines twelve hours of classroom lecture with twelve hours of on-the-water experience to develop manual skills and reinforce theoretical lecture material. Graduates of the course will have attained the knowledge and experience base to handle a boat under 25 feet for day sailing in normal weather and will qualify for ASA Basic Sailing Certification. On-the-water sails will occur on selected weekdays and weekends. Unique consideration: course fee to cover cost of equipment rental. Offered Spring semester only.

**137 Beginning Riding** 0.25 activity unit This class introduces the novice rider to the fundamentals of horsemanship as well as the proper administration of care for the horse and equipment. The two hours a week include one hour of actual riding time in which the student learns to walk, trot, and canter the horse, and one hour of preparing and caring for the horse and equipment. Students are expected to provide their own transportation to stables and appropriate foot gear. Unique consideration: course fee to cover cost of horses and equipment.

**138 Intermediate Riding** 0.25 activity unit This course refines the rider's fundamentals of horsemanship as well as the proper administration of care for the horse and equipment. The student has a more responsible role in caring for the horse. The two hours a week include one hour of actual riding time devoted to refinement of the rider's position and a more sophisticated use of the aids, and one hour of preparing and caring for the horse and equipment. The student needs to be proficient at the walk, trot (posting and sitting), and canter. Unique consideration: course fee to cover cost of horses and equipment. Students provide their own transportation to stables. *Prerequisite: PE 137 and instructor's permission.*

**141 Bowling** 0.25 activity unit Instruction in scoring, terminology, history, and fundamental technique for beginning bowlers, an introduction to competitive bowling, league play, and advanced techniques. Unique consideration: course fee to cover rental of the bowling lanes.

**145 Pickleball/Badminton/Racquetball** 0.25 activity unit This course is designed as a comprehensive overview of the fundamentals of badminton, pickleball and racquetball in an effort to develop an appreciation within the student for the benefits of participating in these lifetime activities. Emphasis is placed on the acquisition of good skill technique and an understanding of the kinesiological principles of correct form which allows the student to successfully progress to a higher skill level. An understanding of the rules, terminology, basic histories, safety precautions, strategies, and court descriptions as well as the physiological and sociological benefits of the sports is provided. Students must provide their own racquets (racquetball only). *Offered Spring term only.*

**146 Martial Arts** 0.25 activity unit This class introduces students to the general theory of martial arts and offers instructions for basic techniques. The course helps students to determine their specific area of interest for future study and improvement. Students are required to purchase a martial arts uniform. *Offered Fall term only.*

**147 Tai Chi for Health** 0.25 activity unit This class introduces students to one of five major styles of Tai Chi exercise, Yang style. Students learn general theory of Tai Chi, basic Yang style techniques (including pushing hands), and a barehanded Yang style form. Students

also learn basics of relaxation and Qi exercise (Qi Gong). *Offered Spring term only.*

**150 Beginning Yoga** 0.25 activity unit This course introduces basic yoga techniques (postures), breathing practices, and relaxation techniques to the beginning yoga practitioner. During the semester, students work on refining alignment in the asanas, increasing strength and flexibility, and changing stress patterns. In this non-competitive class environment, students are encouraged to challenge themselves while accepting any personal limitations. Alternate postures are taught depending upon individual abilities or needs.

**152 Beginning Golf** 0.25 activity unit Instruction in scoring, terminology, and fundamental technique. Unique consideration: course fee to cover usage of equipment and facility. Students must provide their own transportation to golf center.

**153 Intermediate Golf** 0.25 activity unit Instruction in history, terminology, safety, etiquette rules, strategy, and intermediate skills of golf. Unique consideration: course fee to cover equipment and facility usage. Students must provide their own transportation to golf center. *Prerequisite: PE 152 or its equivalent. Offered Spring term only.*

**156 Swimming for Non-Swimmers** 0.25 activity unit This class is designed for students who are non-swimmers—those who cannot stay afloat in deep water. Class activities include adjustment to the water, treading, correct breathing, basic water safety, and elementary swimming strokes. *Prerequisite: should be a non-swimmer—one who cannot stay afloat in deep water. Offered Spring term only every other year.*

**158 Swim for Fitness** 0.25 activity unit This course is intended to develop technical stroke skill and proper methods of swim stroke mechanics, toward application of a successful exercise routine. Student skill level should include the ability to swim at least four lengths of the pool without stopping. Knowledge and skill in both freestyle and backstroke desired, but not required. Students must be comfortable swimming in deep water.

**159 Lifeguard Training** 0.25 activity unit Lifesaving techniques leading to certification by the American Red Cross in Lifeguard Training. Requires above average swimming ability, particularly in sidestroke, breaststroke, underwater swimming, and swimming endurance. *Prerequisite: ability to pass the equivalent of the Red Cross Swimmer test. Offered Spring term every other year.*

**161 Beginning Tennis** 0.25 activity unit Introduction to the fundamental skills, rules and terminology of tennis. Emphasis is placed on the development of good technique in the serve, forehand, and backhand. Unique consideration: students must provide their own racquets.

**170 Zumba Fitness** 0.25 activity unit Zumba® is a Latin inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system. Zumba integrates some of the basic principles of aerobic, interval and effective fitness resistance training to maximize caloric output, cardiovascular benefits, and total body toning. Zumba provides a vibrant non-intimidating opportunity for dancers and non-dancers to participate in a group aerobic class. No dancing experience necessary.

**180 Beginning Ballet** 0.25 activity unit A study of the basic theories and techniques of classical ballet wherein the historic vocabulary of ballet is taught. Beginning ballet is designed for the beginning ballet student with no previous dance training. *Offered Fall term only.*

**181 Intermediate Ballet** 0.25 activity unit A continuation of beginning ballet, introducing intermediate level ballet technique, including the first level of the study of *pas de deux*. Designed for the student with a background in ballet. *Prerequisite: PE 180 or its equivalent. Offered Spring term only.*

**185 Aerobic Conditioning** 0.25 activity unit Students will develop aerobic capacity through a blend of workouts involving the rowing ergometer, running, and the stationary bicycle. Students are instructed how to individualize a periodized training regimen based on their own fitness goals. Supplemental work to improve core stability and muscular endurance is included as well. *Course offered in second half of fall semester only.*

**186 Folk Dance** 0.25 activity unit This course is designed for the beginning and intermediate dancer. A variety of international dances are taught at the beginning-intermediate level. *Offered Spring term only.*

**188 Step Aerobics/Z Dance Fitness/Toning** 0.25 activity unit This course incorporates dance step aerobics and toning exercises to improve total fitness (i.e. cardiovascular endurance, strength, and flexibility) and to provide an understanding of the physiological benefits of safe aerobic exercise.

**196 First Aid and CPR** 0.25 activity unit This class is conducted following the guidelines of the American Red Cross, Department of Transportation, American Heart Association, and American Academy of Orthopaedic Surgeons. Emphasis is placed upon the body's reaction to trauma and the causes, immediate recognition and early care of medical conditions and injuries. Certification in Cardio-Pulmonary Resuscitation (CPR), and training on use of AED are also included. Unique consideration: course fee. *Offered Spring term only.*