
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

Unless otherwise specified, each course carries 1 unit of credit and is offered at least once each academic year. Please see "Frequency of Course Offerings" on page 18.

Physical Education (PE)

Intercollegiate Varsity Sports

- A. Offered only in one semester at one-half activity unit each. May be repeated for credit. 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. May be repeated for credit. 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 - Men, Women 0.25 activity units. 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. *May be repeated for credit. Pass/Fail Required.*

123 Advanced Conditioning 0.25 activity units. 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. May be repeated for credit. Pass/Fail Required.*

124 Jogging 0.25 activity units. 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. May be repeated for credit. Pass/Fail Required.*

125 Circuit Training 0.25 activity units. 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. *May be repeated for credit. Pass/Fail Required.*

126 Individualized Fitness 0.25 activity units. Instruction, periodic testing, and personalized, progressively structured cardiovascular fitness program tailored to each individual's capabilities. *May be repeated for credit. Pass/Fail Required.*

127 Walking for Fitness 0.25 activity units. 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. *May be repeated for credit. Pass/Fail Required. Offered spring semester.*

130 Scuba 0.25 activity units. 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. Must provide own snorkeling equipment. Some class requirements to be held off campus. *May be repeated for credit. Pass/Fail Required.*

131 Introduction to Backpacking 0.25 activity units. 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. *May be repeated for credit. Pass/Fail Required. Offered fall semester.*

132 Advanced Backpacking and Basic Mountaineering 0.25 activity units. 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 the instructor. *May be repeated for credit. Pass/Fail Required. Offered spring semester.*

134 Beginning Rock Climbing 0.25 activity units. 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. *May be repeated for credit. Pass/Fail Required.*

135 Basic Sailing 0.25 activity units. 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. Students attain the knowledge and experience to handle a boat under 25 feet for day sailing in normal weather and qualify for ASA Basic Sailing Certification. On-the-water sails will occur on selected weekdays and weekends. A course fee is required to cover the cost of equipment rental. *May be repeated for credit. Pass/Fail Required. Offered spring semester.*

137 Beginning Riding 0.25 activity units. 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 and appropriate foot gear. Unique considerations: course fee to cover cost of horses and equipment. Students must provide their own transportation to stables. *May be repeated for credit. Pass/Fail Required.*

138 Intermediate Riding 0.25 activity units. 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. Unique considerations: course fee to cover cost of horses and equipment. Students provide their own transportation to stables. *Prerequisite: PE 137 or permission of the instructor. May be repeated for credit. Pass/Fail Required.*

141 Bowling 0.25 activity units. 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. *May be repeated for credit. Pass/Fail Required.*

145 Pickleball/Badminton/Racquetball 0.25 activity units. 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 pre-

cautions, 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). *May be repeated for credit. Pass/Fail Required. Offered spring semester.*

146 Martial Arts 0.25 activity units. 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. *May be repeated for credit. Pass/Fail Required. Offered fall semester.*

147 Tai Chi for Health 0.25 activity units. 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). *May be repeated for credit. Pass/Fail Required. Offered spring semester.*

150 Beginning Yoga 0.25 activity units. 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 dependent upon individual abilities or needs. *May be repeated for credit. Pass/Fail Required.*

152 Beginning Golf 0.25 activity units. Instruction in scoring, terminology, and fundamental technique. Unique considerations: course fee to cover usage of equipment and facility. Students must provide their own transportation to golf center. *May be repeated for credit. Pass/Fail Required. Offered spring semester.*

153 Intermediate Golf 0.25 activity units. Instruction in history, terminology, safety, etiquette rules, strategy, and intermediate skills of golf. Prerequisite: PE 152 or its equivalent. Unique considerations: course fee to cover equipment and facility usage. Students must provide their own transportation to golf center. *May be repeated for credit. Pass/Fail Required. Offered spring semester.*

156 Swimming for Non-Swimmers 0.25 activity units. 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. May be repeated for credit. Pass/Fail Required.*

158 Swim for Fitness 0.25 activity units. Student skill level should include the ability to swim at least 4 lengths of the pool without stopping. Knowledge and skill in both freestyle and backstroke are desired, but not required. Students must be comfortable swimming in deep water. Using a variety of techniques and energy systems, successful completion of this course will enable participants to create their own exercise routine. Also included is technical instructional feedback on the proper methods of swim stroke mechanics, and their application towards a successful exercise routine. *Prerequisite: PE 157 or be able to pass the Red Cross Intermediate Swimming test. May be repeated for credit. Pass/Fail Required.*

159 Lifeguard Training 0.25 activity units. 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. May be repeated for credit. Pass/Fail Required. Offered every other year.

161 Beginning Tennis 0.25 activity units. 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. *May be repeated for credit. Pass/Fail Required.*

167 Beginning Badminton 0.25 activity units. Instruction will include: rules of badminton, basic fundamentals on playing which include different strokes, the serve, strategies, and types of equipment and its care. *May be repeated for credit. Pass/Fail Required. Offered fall semester.*

170 Zumba Fitness 0.25 activity units. 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. Students learn choreography using such steps as the salsa, cumbia, merengue, reggaeton, hip hop, dance-hall and more. No dancing experience necessary. *May be repeated for credit. Pass/Fail Required.*

180 Beginning Ballet 0.25 activity units. 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. *May be repeated for credit. Pass/Fail Required. Offered fall semester.*

181 Intermediate Ballet 0.25 activity units. 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: Some dance experience suggested. May be repeated for credit. Pass/Fail Required. Offered spring semester.*

185 Aerobic Conditioning 0.25 activity units. Students 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. *May be repeated for credit. Pass/Fail Required. Offered fall semester.*

188 Step Aerobics/Z Dance Fitness/Toning 0.25 activity units. This course combines a mix of Cardio STEP, total body sculpting, Zumba/ Dance fitness fusion, Cardio/weight circuits, Boot Camp, and more. A variety of music genres and dance styles are utilized to condition your total body through strength and endurance exercises using resistance equipment including hand weights, resistance bands, and STEP. *May be repeated for credit. Pass/Fail Required.*

196 First Aid and CPR 0.25 activity units. 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) is also included. *Pass/Fail Required. Offered spring semester.*