

PHYSICAL EDUCATION

PROFESSOR WALSH
ASSOCIATE PROFESSORS ALDRIDGE, CANFIELD,
FRANKE, HATHORN, JACOBS MOORE, JONES,
LYLES, MIRIELLO, O'CONNELL, PIRANIAN,
RANKIN, STAGNITTA, STICKLEY, TUCKER
ASSISTANT PROFESSORS COLLITON, DADIO
CAMPBELL, McCABE, MOORE, PULSIFER

REQUIREMENTS:

Degree requirements include the *successful completion of five physical education activity courses*, Physical Education (PE) 101 through PE 214. Students may not repeat a course they have already passed with the exception of PE 200 through 214 which may be elected no more than two times for credit. Students may not take corresponding 100- or 200-level courses for more than two terms (e.g. a maximum of two terms of PE 158 and PE 211). Credits taken in excess of these limits will be treated as repeats of the earliest unrepeated credit of this kind.

In addition to the degree requirements, a *swimming proficiency test is required*. No student is exempt from the proficiency test unless he or she receives a medical excuse from the University physician. A student who fails to pass the proficiency test will be placed in fundamental swimming (PE 101). PE 101 will satisfy one of the five activity courses required for a degree. Students are required to take the proficiency test prior to registering for any physical education course and proceeding into the elective program.

Freshmen are given the opportunity to elect whether the grade for the one credit which they will receive in Physical Education will be recorded as a letter grade or recorded as a Pass/Fail grade. This election must be accomplished during the fall term *prior to midterm*. The decision is binding and no subsequent change is permitted.

The University physician will review medical histories and determine whether a student is capable of participating in regular courses or should be placed in PE102, Therapeutic Exercise.

All physical education courses must have departmental approval prior to registration.

SKILLS COURSES

PHYSICAL EDUCATION 101—Fundamental

Swimming

Students who are classified "non-swimmers" based on the proficiency test must register for this course. *Staff.*
Fall, Winter, Spring

PHYSICAL EDUCATION 102—Therapeutic

Exercise

A specialized course employing physical rehabilitation techniques. Students with an acute physical impairment are assigned through consultation with the University Physician in lieu of other physical education courses. May be repeated for degree credit. *Staff.*
Fall, Winter, Spring: arranged

PHYSICAL EDUCATION 111—Aerobic Swimming

Prerequisite: Students must have passed the swimming proficiency test or completed Physical Education 101. A course designed to improved stroke technique and endurance. *Staff.*

Fall, Winter

PHYSICAL EDUCATION 120—Self-Defense

Women only. Limited enrollment. A presentation of an aggression defense system. *Security staff.*

Fall (1st six weeks, 2nd six weeks)

Winter (1st six weeks, 2nd six weeks)

Spring

PHYSICAL EDUCATION 149—Bowling

(Additional special fees and provide own transportation.) *Staff.*

Fall (2nd six weeks)

Winter (1st six weeks)

PHYSICAL EDUCATION 151—Golf

Staff.

Fall (1st six weeks), Winter (2nd six weeks), Spring

PHYSICAL EDUCATION 152—Football

Staff.

Fall

PHYSICAL EDUCATION 154—Aerobic Running

Staff.

Fall (1st six weeks), Spring

PHYSICAL EDUCATION 155—Weight Training

Staff.

Fall, Winter, Spring

PHYSICAL EDUCATION 156—Soccer

Staff.

Fall (1st six weeks), Winter (Indoor)

PHYSICAL EDUCATION 157—Lacrosse

Staff.

Spring: Men, Women

PHYSICAL EDUCATION 158—Tennis

(Students may take this course only once regardless of level.) *Staff.*

Fall: Beginning (1st six weeks), Intermediate (1st six weeks)

Spring: Beginning, Intermediate

PHYSICAL EDUCATION 159—Badminton

Staff.

Fall, Winter, Spring

PHYSICAL EDUCATION 160—Volleyball

Staff.

Fall (Outdoor—1st six weeks)

Winter (Indoor), Spring (Outdoor)

PHYSICAL EDUCATION 162—Racquetball

Staff.

Fall, Winter, Spring

PHYSICAL EDUCATION 165—Basketball

Staff.

Winter

**PHYSICAL EDUCATION 166—Squash**

Staff.
Fall, Winter, Spring

PHYSICAL EDUCATION 167—Snow Skiing

(Additional special fees and provide own transportation.) *Staff: Homestead.*
Winter: arranged (1st class meeting mandatory, 2nd day of term)

PHYSICAL EDUCATION 168—Ice Skating

(Additional special fees and provide own transportation.) *Staff: Homestead.*
Winter: arranged (1st class meeting mandatory, 3rd day of term)

PHYSICAL EDUCATION 169—Aerobics

An overview of alternative styles of aerobic exercise.
Staff.
Fall, Winter

PHYSICAL EDUCATION 170—Horsemanship

(Additional special fees and provide own transportation.) *Staff: Virginia Mountain Outfitters.*
Fall, Spring: arranged (1st class meeting mandatory, 1st day of term)

PHYSICAL EDUCATION 171—Softball

Staff.
Spring

PHYSICAL EDUCATION 174—Outing Activities

(Backpacking)
Staff: Outing Club.
Fall, Spring (all class meetings mandatory)

PHYSICAL EDUCATION 175—Canoeing

Prerequisite: Pass swimming proficiency test. (Additional special fees and provide own transportation.) *Staff: James River Canoe Livery.*
Spring (all class meetings mandatory)

PHYSICAL EDUCATION 176—Bicycling

Staff.
Spring (all class meetings mandatory)

PHYSICAL EDUCATION 178—Dance

(Ballet, Modern)
Students may take this course only once regardless of the type of dance. (Additional special fees.) *Staff.*
Fall, Winter

PHYSICAL EDUCATION 180—Wilderness

Leadership
Prerequisites: Permission of the instructor and Physical Education 174 or equivalent experience. Staff: Outing Club.
Winter

INTERCOLLEGIATE COURSES**PHYSICAL EDUCATION 200—Intercollegiate**

Cross-Country
(Men) *Tucker.* (Women) *E. Pulsifer.*
Fall

PHYSICAL EDUCATION 201—Intercollegiate

Football
Miriello.
Fall

PHYSICAL EDUCATION 202—Intercollegiate Soccer

(Men) *Piranian.* (Women) *Hathorn.*
Fall

PHYSICAL EDUCATION 203—Intercollegiate

Basketball
(Men) *Moore.* (Women) *Dadio Campbell.*
Winter

PHYSICAL EDUCATION 205—Intercollegiate

Swimming
(Men) *A. Pulsifer.* (Women) *Jacobs Moore.*
Winter

PHYSICAL EDUCATION 207—Intercollegiate

Wrestling
Franke.
Winter

PHYSICAL EDUCATION 208—Intercollegiate

Baseball
Stickley.
Winter (2nd six weeks)

PHYSICAL EDUCATION 209—Intercollegiate

Golf
Moore.
Winter (2nd six weeks)

PHYSICAL EDUCATION 210—Intercollegiate

Lacrosse
(Men) *Stagnitta.* (Women) *Hathorn.*
Winter (2nd six weeks)

PHYSICAL EDUCATION 211—Intercollegiate

Tennis
(Men) *Franke.* (Women) *Rankin.*
Winter (2nd six weeks)

PHYSICAL EDUCATION 212—Intercollegiate

Track and Field
(Men) *Aldridge.* (Women) *Tucker.*
Winter

PHYSICAL EDUCATION 214—Intercollegiate

Volleyball
Dadio Campbell.
Fall

LECTURE COURSES**PHYSICAL EDUCATION 301 (2)—Philosophy and Techniques of Coaching**

A comprehensive study of principles, philosophy and techniques of coaching. *O'Connell.*
Fall, Winter

PHYSICAL EDUCATION 302 (2)—Care and Prevention of Athletic Injuries

Fundamentals of human anatomy, kinesiology, and physiology of exercise are studied. Prevention, care, and rehabilitation of injury techniques are analyzed. Discussion and instruction employing the modalities of hydrotherapy, electrotherapy, thermotherapy and cryotherapy are presented. Therapeutic exercise procedures are demonstrated and related to the overall program of athletic training. *Staff.*

Winter, Spring

PHYSICAL EDUCATION 304 (2)—First Aid and Cardiopulmonary Resuscitation

A course designed to provide fundamental principles, knowledge, and skills in First Aid and CPR, leading to American Red Cross certification in Standard First Aid and Community CPR. (First class meeting mandatory.) *Staff.*

Fall, Winter, Spring

PHYSICAL EDUCATION 312 (2)—Lifeguard Training

A course designed to provide the fundamental principles and skills of lifeguarding, leading to American Red Cross certification. *Jacobs Moore.*

Winter

PHYSICAL EDUCATION 313 (2)—Water Safety Instructors' Course

Prerequisites: Permission of the instructor and either Physical Education 312 or valid American Red Cross certification in lifeguard training. A course designed to train and certify individuals to teach all levels of American Red Cross water safety courses. *Jacobs Moore.*

Spring

PHYSICS

(Department of Physics and Engineering)

McCormick Foundation

PROFESSORS WILLIAMS, AKINS, DONAGHY,
NEWBOLT, REESE, VAN NESS

MAJOR

A major in **physics** leading to either a Bachelor of Arts or a Bachelor of Science requires completion of 50 credits including the following:

1. Physics 111, 112, 113, 114, 210, 215, 220, 230, 240 (Engineering 240), 325, 340; and Mathematics 242, 332
2. One of the following laboratory courses: Computer Science 251; Engineering 207, 208, 251; Physics 207, 208
3. Ten credits chosen from among the following:
Chemistry 111, 112 or those numbered 200 or above
Computer Science 111, 112, 120 or those numbered 200 or above
Engineering numbered 200 or above
Mathematics numbered 300 or above
Physics numbered 200 or above

Additional courses required as prerequisites for completion of the above include Mathematics 101, 102, and 221.

Physics-Engineering major leading to a Bachelor of Science degree. The requirements for this program, which is designed for students interested in the field of physics-engineering, are described under Engineering.

HONORS: An Honors Program in physics is offered for qualified students; see department head for details.

PHYSICS 100 (Engineering 100) (1)—Computing in Physics and Engineering

Pass/Fail only. Prerequisite: Permission of the instructor. An introduction to the use of computing tools essential to degree work in physics and engineering. Students are instructed in the use of microcomputers, the university network, word processing, spreadsheets, computer algebra packages, and advanced symbolic mathematics tools. *Akins and Williams.*

Fall

★PHYSICS 101 (3)—Natural Philosophy

The study of motion from Copernicus to Einstein. A brief look at the Copernican Revolution is followed by more detailed studies of Newtonian mechanics and Einstein's special theory of relativity. Some of the basic ideas of general relativity and the theory of elementary particles are discussed. Designed for non-science majors wishing to satisfy general education requirements. Elementary algebra and geometry are used. Not open to students who have received credit for Physics 108 or 112. Physics 103 is a corequisite for students seeking laboratory science credit in general education (area 5a.) *Donaghy.*

Fall