

PHYSICAL EDUCATION

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

REQUIREMENTS:

Degree requirements include the *successful completion of five physical education activity courses*, Physical Education (PE) 101 through PE 215. Students may not repeat a course they have already passed with the exception of PE 200 through 215 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. A 100-level course must be taken prior to the corresponding 200-level course. Credits taken in excess of these limits will be treated as repeats of the earliest unrepeatable 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.

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.

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

Prerequisites: Permission of the head trainer. 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, Spring

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: The Homestead.*

Winter: arranged (1st class meeting mandatory, 2nd day of term)

PHYSICAL EDUCATION 168—Ice Skating

(Additional special fees and provide own transportation.) *Staff: The 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, must have one weekday afternoon free)

PHYSICAL EDUCATION 171—Softball

Staff.

Spring

PHYSICAL EDUCATION 174—Outing Activities

(Backpacking)

Staff: Outing Club.

Fall, Spring (All class meetings mandatory, must have Thursday afternoon free.)

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, must have either a Tuesday, Wednesday or Thursday afternoon free.)

PHYSICAL EDUCATION 176—Bicycling

Staff.

Spring (All class meetings mandatory, must have Monday afternoon free.)

PHYSICAL EDUCATION 178—Ballet

(Additional special fees.) *Staff.*

Fall, Winter: arranged

PHYSICAL EDUCATION 179—Modern Dance

Women only. (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**

(Students may take PE 154 prior to PE 200 for a maximum of two terms toward the PE skills requirement.)

Tucker. (Men) *E. Pulsifer.* (Women)

Fall

PHYSICAL EDUCATION 201—Intercollegiate

Football

(Students may take PE 152 prior to PE 201 for a maximum of two terms toward the PE skills requirement.)

Miriello.

Fall

PHYSICAL EDUCATION 202—Intercollegiate Soccer

(Students may take PE 156 prior to PE 202 for a maximum of two terms toward the PE skills requirement.)

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

Fall

PHYSICAL EDUCATION 203—Intercollegiate

Basketball

(Students may take PE 165 prior to PE 203 for a maximum of two terms toward the PE skills requirement.)

Staff. (Men) *Dadio Campbell.* (Women)

Winter

PHYSICAL EDUCATION 205—Intercollegiate

Swimming

(Students may take either PE 101 or PE 111 prior to PE 205 for a maximum of two terms toward the PE skills requirement.) *A. Pulsifer.* (Men) *Jacobs Moore.* (Women)

Winter

PHYSICAL EDUCATION 207—Intercollegiate

Wrestling

Franke.

Winter

PHYSICAL EDUCATION 208—Intercollegiate

Baseball

(Students may take PE 171 prior to PE 208 for a maximum of two terms toward the PE skills requirement.)

Stickley.

Winter (2nd six weeks)

PHYSICAL EDUCATION 209—Intercollegiate Golf

(Students may take PE 151 prior to PE 209 for a maximum of two terms toward the PE skills requirement.)

Staff.

Winter (2nd six weeks)

PHYSICAL EDUCATION 210—Intercollegiate

Lacrosse

(Students may take PE 157 prior to PE 210 for a maximum of two terms toward the PE skills requirement.)

Stagnitta. (Men) *Hathorn.* (Women)

Winter (2nd six weeks)

PHYSICAL EDUCATION 211—Intercollegiate Tennis

(Students may take PE 158 prior to PE 211 for a maximum of two terms toward the PE skills requirement.)

Franke. (Men) *Rankin.* (Women)

Winter (2nd six weeks)

PHYSICAL EDUCATION 212—Intercollegiate

Track and Field

(Students may take PE 154 prior to PE 212 for a maximum of two terms toward the PE skills requirement.)

Aldridge. (Men) Tucker. (Women)

Winter

PHYSICAL EDUCATION 214—Intercollegiate

Volleyball

(Students may take PE 160 prior to PE 214 for a maximum of two terms toward the PE skills requirement.)

Dadio Campbell.

Fall

PHYSICAL EDUCATION 215—Intercollegiate Riding

(Students may take PE 170 prior to PE 215 for a maximum of two terms toward the PE skills requirement.) *Staff.*

Winter

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

Prerequisite: Permission of the instructor. 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
