

PHYSICAL EDUCATION

PROFESSOR WALSH

ASSOCIATE PROFESSORS ALDRIDGE, CANFIELD, COLLITON, FRANKE, HATHORN, JONES, LYLES, MIRIELLO, MOORE, O'CONNELL, PIRANIAN, RANKIN, STAGNITTA, STICKLEY, TUCKER
ASSISTANT PROFESSORS DETWILER, HOLLACK, LAFAVE, McCABE, PULSIFER, SNYDER

REQUIREMENTS:

Degree requirements include the successful completion of five physical education activity courses, Physical Education (PE) 101 through 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 PE 102, 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 improve 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/ Snowboarding

(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—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

★PHYSICAL EDUCATION 195—Outdoor Activities

Offered when departmental and Outing Club resources permit. May be repeated for a maximum three activities with permission and if the activities are different. Activities may include caving, climbing, fly fishing, kayaking, orienteering, and SCUBA. Staff: Outing Club.

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

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) Staff. (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) Staff. (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.) *Lafave. (Men) Hollack. (Women)*

Winter

★PHYSICAL EDUCATION 204—Intercollegiate Field**Hockey**

Staff. Fall

★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) 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.) *Colliton*

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.) *Detwiler. (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.)

Snyder.

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.)

Williams.

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. *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. *Moore.*

Spring
