

Physical Education and Athletics

Faculty

Andrew J. Castelein
Assistant Athletic Trainer

Carleton M. Cotner
Assistant Football Coach

William J. Heiser
Men's Lacrosse Coach

Suzanne K. Helfant
Women's Basketball Coach

Edward T. Hogle
Assistant Football Coach

Brian Humphrey
Assistant Athletic Trainer

Emily F. Mountain
Recreation, Intramural, and Physical Education Coordinator

Karin Olmsted
Assistant Swimming Coach

Richard L. Schlotfeldt
Head Athletic Trainer

Elly R. Speiser
Assistant Athletic Trainer

E. Scott Thielke
Men's and Women's Tennis Coach

Courses are offered in four six-week sessions during the year. Each course is 1/8 unit, except where noted.

Goals for the courses include:

- (1) engaging in physical activities that maintain and improve personal wellness; (2) fostering an appreciation of physical activities that will bring enjoyment and well-being while in college and in future years;
- (3) promoting comprehension of the benefits of physical activity on health;
- (4) developing practical athletic skills; (5) learning how to maximize the results of physical activity throughout life; and (6) developing a

broad knowledge base regarding personal health and wellness.

The grading of activity-based courses is pass-fail, but these do not count against Kenyon's limit of 2 units of pass/fail credit. Classroom-based courses receive a letter grade. Evaluation criteria include attendance, effort, and cooperation, written tests, subject knowledge, and physical proficiency. Students may take only one physical-education course per six-week session. Physical-education and athletics (PHSD) courses may not be repeated for credit. Students may apply a maximum of 1/2 unit of PHSD courses toward the 16 units needed for graduation.

Personal Fitness

◆ PHSD 110 (1/8 unit)
Staff

This course features a self-directed program of fitness activities, designed by the student and a member of the physical-education faculty. The student and faculty member develop fitness goals and strategies (activities and a schedule) to reach those goals.

Lifeguard Training

◆ PHSD 113 (1/4 unit)
Staff

This course provides students with the knowledge, skills, and methods for teaching swimming strokes and water safety. Successful completion of the course results in a Red Cross Certificate. The course yields 1/4 unit of credit and runs for two consecutive sessions during the fall semester only. There is a charge for Red Cross instructional materials. Prerequisite: intermediate or advanced level of swimming proficiency.

Racquetball

◆ PHSD 122 (1/8 unit)
Staff

The course is designed for participants with all levels of experience. Basic techniques, mechanics, and tactical considerations are taught in an environment where the activity itself is the teaching tool. A brief history of the activity and safety considerations for the participant prior to and during play will be presented. Physical preparation for play, technical performance, and tactical strategies will be introduced within the context of the physiological principles and laws of movement.

Tennis

◆ PHSD 124 (1/8 unit)
Staff

The course is designed for participants with all levels of experience. Basic techniques, mechanics, and tactical considerations are taught in an environment where the activity itself is the teaching tool. A brief history of the activity and safety considerations for the participant prior to and during play will be presented. Physical preparation for play, technical performance, and tactical strategies will be introduced within the context of the physiological principles and laws of movement.

Beginning Weight Training

◆ PHSD 132 (1/8 unit)
Staff

The course is designed to introduce the basic techniques and principles of strength training through the use of Nautilus and free-weight equipment. Physiological principles of isokinetic, isotonic, and isometric training will be developed. Safe and appropriate methods of equipment use will be emphasized.

Golf

◆ PHSD 136 (1/8 unit)
Staff

This course is designed for participants with all levels of experience. Basic fundamentals and techniques of the game are taught. The strategy of the game is explored and individ-

ualized to the student. Successful completion of the course will result in an understanding and appreciation of the game.

Intermediate Weight Training

◆ PHSD 139 (1/8 unit)

Staff

This course presents some of the more advanced techniques of weight training through the use of Nautilus and free-weight equipment. Physiological principles of isokinetic, isotonic, and isometric training will be developed. Safe and appropriate methods of equipment use will be emphasized.

Sports Medicine and Wellness

◆ PHSD 170

Castelein, Humphrey, Schlotfeldt, Speiser

The aim of this course is to enable students to make well-informed decisions about a healthy lifestyle. Students will learn the fundamental principles of sports medicine, a discipline derived from exercise physiology and orthopedic medicine. Although traditionally concerned with athletic injuries, this field has expanded to include an array of health-related areas, including nutrition, the use of performance-enhancing supplements, strength training and cardiovascular fitness, basic psychology, pharmacology, and substance abuse. By learning about these topics, students will be better prepared to make sensible lifestyle choices that can improve the quality of health and wellness in their lives.

Aquatic Fitness

◆ PHSD 175 (1/8 unit)

Olmsted

This course is designed to provide physical conditioning in an aquatic environment. The student will learn basic principles of water safety, techniques, and training methods for improving aerobic fitness, strength, and flexibility in the water. Additionally, elements of general fitness will be discussed, in order to aid the student in the pursuit of overall wellness.

Speed and Agility Training

◆ PHSD 180 (1/8 unit)

Staff

Speed and agility are vital for safe and successful participation in recreational sport. Students will learn fundamental running mechanics, drills, and plyometric exercises designed to enhance their potential for greater speed and lateral movement ability. Safe and appropriate training methods will be taught.

CPR and First Aid

PHSD 182 (1/8 unit)

Mountain

This class is designed to prepare the student to take the American Red Cross CPR and first aid certification tests. The student will learn to safely and effectively care for adult, child, and infant victims of cardiopulmonary emergencies; choking; cuts, scrapes, and bruises; burns; muscle, bone, or joint injuries; sudden illnesses; and poisoning. The student will be able to demonstrate proper precautions to guard against blood-borne illness and to use an automated external defibrillator. Upon successful completion of the course, the student will be eligible to take the American Red Cross certification tests for the above listed skills.