

Physical Education and Athletics

Faculty

Matthew A. Croci
Men's Basketball Coach

Peggy A. Fillinger
Head Athletic Trainer

Suzanne K. Helfant
Women's Basketball Coach

Brian Humphrey
Assistant Athletic Trainer

Brendan F. McWilliams
Men's Lacrosse Coach

Emily F. Mountain-Geiger
*Physical Education and Recreation
Coordinator*

Ian G. Shoemaker
Assistant Football Coach

Theodore J. Stanley
Head Football Coach

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

Kelly M. Walters
Women's Soccer Coach

John E. Young
Assistant Swimming Coach

Wade W. Zimmerman
Assistant 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. Sports Medicine and Wellness receives a letter grade. Evaluation criteria include attendance, effort, cooperation, written tests, subject knowledge, and physical proficiency. Students may take only one physical-education course per six-week session. 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. A training log is kept by the student throughout the course. The student will also become familiar with principles of fitness and basic self-assessment techniques.

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.

Introduction to 5K Running

PHSD 126 (1/8 unit)
Staff

Introduction to 5K Running will provide the student with the basis for a lifetime of activity. Running is an ideal form of fitness training: it provides health and wellness benefits, requires minimal equipment, and can be done nearly anywhere. Moreover, most people can do it. The student will learn technique and form, basic training programs, and safety. A portion of each class will be spent building endurance and speed through running workouts that will vary depending upon the fitness level of

the student. Throughout the course, the student will keep a training journal, logging weekly mileage, nutrition, and weekly goals. At the end of the course, the students will compete in a 5k race, either recreationally or competitively.

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 individualized 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 (1/4 unit)

Fillinger, Humphrey

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)

Staff

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. This course is appropriate for students with physical disabilities or injuries.

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. Pre- and post-training testing will be completed in order to document the student's progress.

CPR and First Aid

◆ PHSD 182 (1/8 unit)

Mountain-Geiger

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. There is a charge for Red Cross instructional materials.

Wilderness First Aid

◆ PHSD 184 (1/8 unit)

Humphrey, Mountain-Geiger

Wilderness First Aid is designed to meet the need of first-aid training for anyone who works, travels, or spends time in rural or wilderness areas. Emergency situations in a rural or backcountry area can be particularly dangerous, as help is sometimes delayed for a significant period of time. In these cases, basic first-aid training is often not enough to save the life of the victim. The student will learn to apply first aid beyond the basics covered in American Red Cross standard first-aid classes, including completing a physical exam, treating wounds and head/neck/spinal injuries, dealing with heat and cold illness, caring for major injuries, and evacuating the backcountry. The student will learn to how to signal for help when phones are not available and create crude shelters for protection from the elements. Upon successful completion of classroom and skill components, the student will be eligible to receive the American Red Cross Wilderness First Aid certification. There is a charge for Red Cross instructional materials.