Physical Education and Athletics

Faculty

Vincent S. Arduini
Head Football Coach, Assistant Athletic Director
Andrew J. Castelein
Assistant Athletic Trainer
Jamie Harless
Men’s Basketball, Assistant Baseball Coach
William J. Heiser
Men’s Lacrosse Coach, Assistant Football Coach
Suzanne K. Helfant
Women’s Basketball Coach, Assistant Softball Coach
Brian Humphrey
Assistant Athletic Trainer
Richard L. Schlotfeldt
Head Athletic Trainer
Elly R. Speiser
Assistant Athletic Trainer
James A. Steen
Swimming and Diving Coach, Assistant Cross Country Coach
William J. Taylor
Men’s Track and Field Coach, Assistant Football Coach
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 health;
(2) developing practical activities that bring enjoyment and well-being while in college and in future years;
(3) promoting an understanding of the changes to one’s health as a result of physical activity; and (4) learning how to obtain maximum physical benefits during one’s life.

The grading for these courses is pass/fail, but these do not count against Kenyon’s limit of 2 units of pass/fail credit. Evaluation includes attendance, effort and cooperation, written tests, 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.

Physical Education and Athletics

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 strategies 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 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
  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.