

Physical Education

Requirements

Course Offerings

Activity-based courses are offered in four six-week sessions during the year. Each course is .13 unit, except where noted. Classroom-based courses are offered on a semester-by-semester basis and are .25 unit.

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, CPR and First Aid, Lifeguard Training, Wilderness First Aid, Human and Sport Nutrition, and Topics in Human Performance receive a letter grade and count toward the student's grade point average. Evaluation criteria include attendance, effort, cooperation, written tests, subject knowledge, and physical proficiency (where applicable). 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 .5 unit of PHSD courses toward the 16 units needed for graduation.

Physical Education Individual Study Guidelines

Given the nature of physical education courses at Kenyon, individual studies are approved rarely and only under extenuating circumstances. They will be approved only on formal petition to the dean for academic advising and support, the director of athletics, and the coordinator for physical education and lifetime fitness. Documentation of the circumstances justifying a proposed individual study must be included with the petition. Petitions without documentable need will be declined.

Individual studies in physical education are intended to provide the student with the opportunity to pursue an independent investigation of a topic of special interest not covered, or not covered in depth, in the current curriculum. The investigation, which is designed in close collaboration with a current physical education instructor, may be designed to earn 0.13 or 0.25 unit of credit in a semester. Students may receive credit for no more than one individual study within the department, which counts toward the total of .50 PHSD credits allowable toward graduation.

Enrollment and Completion Procedures for Individual Studies

To enroll in a PHSD individual study, the student must:

1. Complete the petition process through documentation of need and present the petition to the dean for academic advising and support, the director of athletics, and the coordinator for physical education and

lifetime fitness. After approval, the student must complete the following no later than the seventh day of the semester:

2. Identify a member of the Physical Education Department willing to mentor the project. If the student is a varsity athlete, the student's coach or coaches may NOT serve as mentor.

3. Working closely with the mentor, draft a detailed course syllabus, including the following:

- Individual study title
- Topic background information
- Desired course outcomes
- Specific objectives necessary to achieve outcomes
- Weekly topic schedule
- Readings: at least one assigned reading per week for the duration of the individual study. Reading must have direct bearing on the topic of the study. The specific reading must be included in the syllabus, which must also include an electronic link to the text in question.
- Meeting schedule: at least one hour-long meeting with the mentor per week for the duration of the individual study
- Required assignment set 1: At least one detailed paper of ten to twelve pages on the assigned topic per .13 of credit desired for the individual study. Two papers of this length are required for a .25 credit individual study. Papers must be fully cited using APA or CSE formatting, and each must include at least eight references from accredited sources.
- Assignment set 2: For courses that involve physical activity or internship/coaching/sport management-style activities as well as academic components, a complete journal of all daily and/or weekly activities must be included, and must contain, at a minimum:

i. Date

ii. Activity completed

iii. Specifics of activity

iv. Course objectives and/or outcomes met by completion of activity

4. Upon completion of the course syllabus, the syllabus must be turned in to the coordinator for physical education and lifetime fitness for final topic approval.

5. Upon completion of certain units of the study (at set intervals during the semester) and at the final completion of all individual study courses, the requirements as presented in the course syllabus, as well as copies of all assignments and journals, must be presented to the individual study mentor and the coordinator for physical education and lifetime fitness. A timetable of review and submission of these documents will be set by the coordinator for physical education and lifetime fitness.

6. The mentor is to forward attendance records and recommended course grades to the coordinator for physical education and lifetime fitness.

7. Final course grade will be the result of successful completion of all course requirements as reviewed by both the mentor and coordinator for physical education and lifetime fitness. Grading will follow standard College procedures.

Courses

PHSD 110 PERSONAL FITNESS

Credit: 0.13

This course features a 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. Class time is spent completing various fitness tests and workouts. 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. Offered during the first half of each semester.

Instructor: Staff

PHSD 113 LIFEGUARD TRAINING

Credit: 0.25

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 runs for the full semester. There is a charge for Red Cross instructional materials. Prerequisite: intermediate or advanced level of swimming proficiency. Offered twice yearly during both semesters.

Instructor: Weddle

PHSD 115 BEGINNING SWIMMING TRAINING

Credit: 0.13

This is a half semester course in basic swim training in which the focus is on the knowledge and skill necessary to swim the five basic strokes (front crawl, back crawl, elementary backstroke, sidestroke, breaststroke) to increase endurance, to gain further understanding of mechanical and physiological concepts and to increase and improve safety and rescue skills. Prerequisite: proof of comfort in deep water. Offered once yearly during the first half of the spring semester.

Instructor: Smith

PHSD 122 RACQUETBALL

Credit: 0.13

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. Offered once yearly during the first half of the spring semester.

Instructor: Priest

PHSD 124 TENNIS

Credit: 0.13

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. Offered twice yearly in the first half of the fall semester and the second half of the spring semester.

Instructor: Thielke

PHSD 126 INTRO TO 5K RUNNING

Credit: 0.13

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. Offered once yearly during the second half of the spring semester.

Instructor: DeMarco

PHSD 132 BEGINNING WEIGHT TRAINING

Credit: 0.13

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. Offered during the first half of each semester.

PHSD 134 STRENGTH AND CONDITIONING

Credit: 0.13

The primary objective of this course is to help students develop an understanding of the principles, techniques, and strategies for increasing total body conditioning with an emphasis on agility, anaerobic power development, and the enhancement of aerobic capacity. Students will learn skills that can be applied to lifetime physical activity as well as used to enhance their advanced athletic skills. They will develop an understanding of training principles and experience training benefits, including increases in muscular power, brain signal efficiency, kinesthetic or body spatial awareness, motor skills, and reaction time. Prerequisite: PHSD 110 or 132 or a current varsity athlete with permission of instructor.

Instructor: Staff

PHSD 136 GOLF

Credit: 0.13

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. Offered twice yearly in the first half of the fall semester and the second half of the spring semester.

Instructor: Ehmer, Geiger

PHSD 170 SPORTS MEDICINE AND WELLNESS

Credit: 0.25

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. Offered each semester.

Instructor: Wheeler

PHSD 171 HUMAN AND SPORT NUTRITION

Credit: 0.25

Human and Sport Nutrition is intended to teach individuals interested in sport, wellness, and personal nutrition how to use both macronutrients and micronutrients as fuel for performance. All information will follow national guidelines on nutrition. By the close of the course, students will understand the foundations of human nutrition and will be prepared to make sound nutritional decisions. They will be prepared to integrate nutritional information with personal fitness and sport programs and will understand the concepts of performance periodization and nutrition periodization. They will gain knowledge and experience through the use of discussion forums and in-class activity sessions that will teach them how to choose meals wisely in the dining halls and how to create healthy meals and snacks that will meet energy needs. No prerequisite.

Instructor : E. Heithaus

PHSD 182 CPR AND FIRST AID

Credit: 0.13

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. 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. Offered during the second half of each semester.

Instructor: E. Heithaus

PHSD 184 WILDERNESS FIRST AID

Credit: 0.25

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 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.

PHSD 186 BEGINNING YOGA

Credit: 0.13

Beginning Yoga is intended to provide the student for a solid base with his or her yoga practice. An understanding of theory and history is necessary to develop a successful yoga practice. Each class period will include discussion and practice. No prerequisite. Offered during the first half of the fall semester.

Instructor: E. Heithaus

PHSD 188 TOPICS IN HUMAN PERFORMANCE

Credit: 0.25

This is a laboratory-based course that allows the student to participate in topics relating to exercise and/or exercise training for exploration over the length of the course. Topics will range from one-week investigations of short-term responses to exercise to multi-week investigations of exercise training effects on a variety of cardiovascular and musculoskeletal variables. Under the direction of the course instructor, the student will develop methodology for investigating the effect of exercise on selected aspects of human anatomy and physiology. The student will use monitored, in-class exercise participation and exercise testing as a means to assimilate objective data regarding physical response to exercise and build conclusions based on the results of self-testing. No prerequisite.

Instructor: E. Heithaus

PHSD 493 INDIVIDUAL STUDY

Credit: 0.13-0.25

Due to the nature of physical education courses at Kenyon, independent studies rarely are approved and only under extenuating circumstances. They will only be approved on formal petition to the Dean of Academic Advising, the Director of Athletics, and the Coordinator for Physical Education and Lifetime Fitness. Documentation of the circumstances justifying a proposed independent study must be included with the petition. Petitions without documentable need will be declined. Independent studies in Physical Education are intended to provide the student with the opportunity to pursue an independent investigation of a topic of special interest not covered, or not covered in depth, in the current curriculum. The investigation, which is designed in close collaboration with a current physical education instructor, may be designed to earn 0.13 or 0.25 unit of credit in a semester. Students may receive credit for no more than one independent study within the department, which counts toward the total of .50 PHSD credits allowable toward graduation. Please see the online course catalog for additional guidelines for creating an individual study.