

Wellesley College

Physical Education, Recreation, and Athletics

2010-2011

www.wellesley.edu/athletics/pe



**Learn
Play
Compete**

A Comprehensive Guide to Physical Education, Recreation, and Athletics
at Wellesley College

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Wellesley College

Department of Physical Education, Recreation, and Athletics

Curriculum Handbook

2010-2011

Graduation Requirement

The Department of Physical Education and Athletics is the academic department charged with developing students' knowledge and skills in physical activities. This base of knowledge and skills is considered an essential component of the liberal arts education at Wellesley College and is required of all students for completion of their undergraduate degree.

To complete the College degree requirement in physical education and athletics, a student must earn 8 credit points, the equivalent of two semester courses. Students are strongly urged to complete the requirement by the end of the sophomore year. These credits do not count as academic units toward the degree, but are required for graduation. There are no exceptions to the degree requirement in physical education.

The faculty provides three approaches to help students develop these physical skills and knowledge:

1. Physical Education Classes

Students receive beginning and intermediate levels of instruction in fitness activities, sports, aquatics, dance, martial arts, and yoga through physical education classes.

2. Intercollegiate Athletics

Students receive advanced skill instruction in sports and leadership development through participation on the varsity athletic teams.

3. Recreational Programming

College-sponsored recreational programs that include at least 10 hours of physically active, formal, progressive instruction under the guidance of a qualified instructor are worth two credits. Students may earn credit for recreational activity only once. Beginning with the class of 2013, students may earn a maximum of two credits through this option.



*PERA is the catalyst for all students to **learn, play, compete,** and achieve an active balanced lifestyle.*

Physical Education

Physical education activity classes are scheduled for either a semester (12 weeks) or a term (6 weeks). A semester course counts as 4 credit points while a term course counts 2 credit points. All classes are graded on a Credit-No Credit basis.

Wellesley physical education courses include:

Aquatics

Aquatic Games
Canoeing
Sailing
Swimming

Martial Arts

Kung Fu
Self-Defense
Tai Chi

Dance

African
Afro-Brazilian
Ballet
Indian Classical
Jazz
Modern

Sports

Archery
Badminton
Downhill Skiing
Fencing
Golf
Horseback Riding
Racquetball
Rock Climbing
Snowboarding
Squash
Table Tennis
Tennis
Volleyball

Fitness

Boot Camp Fitness
Cardiovascular Fitness
First Year Fit Club
Fusion Fitness
Pilates
Strength Training
Zumba

Yoga

Hatha
Iyengar
Continuing Yoga

Registration

Four Registrations will occur for 2010-11 physical education courses:

- September 8-9 -- Term 1 and Semester 1
- October 13-14 -- Term 2
- January 26-27 -- Term 3, Semester 2
- March 9-10 -- Term 4

Registration for Physical Education courses occurs online, via Banner Self Service. Students are able to enroll in one (1) class online and place themselves on one (1) waitlist. Students registered for a class must attend the first session to hold their spots. To join a second class, students need to attend the first session to see if space is available.

All students receive a Physical Education course schedule and registration instructions through campus mail at least one week prior to Physical Education Registration. The schedule can also be found online.

Courses may be taken only once for credit. Students who have already received credit for the semester version of a given class (e.g., Semester Golf) are not eligible to receive credit for its term version (Term Golf). However, students who have already earned credit for the term version of a class are eligible to receive credit for its semester version. Partial credit is not awarded for partial completion of a class.

Auditor Registration

Students who have already completed the PE Requirement ("auditors") are able to register for classes online on the second day of each registration. There is no limit to the number of classes a student can audit during her time at Wellesley.

Fees

Fees may be charged for some activities for instructional materials or travel. Information may be obtained from the Physical Education Registrar, ext. 2004, or at the first class meeting.

Class Attendance and Credit

The student is expected to assume the responsibility for the content of the course, for regular attendance and for keeping the instructor informed in matters relating to attendance.

CR - Credit for course completed satisfactorily.

NC - No Credit. The student has not completed the course satisfactorily. Inadequate familiarity with the content of the course or excessive absences may result in an NC grade.

Medical Restrictions

Students with medical restrictions must meet with the College Health Services Staff to be placed on the Department's Medical Restrictions List. Assistance in choosing appropriate courses is available from the Department Health Services Liaison. In cases where appropriate activities are not available in the curriculum, a Modified Program may be arranged individually through the Physical Education Liaison. No student is exempt from the physical education requirement.

Pre-Requisites

While most Wellesley physical education classes do not

require pre-requisites, those that do are noted in the course catalogue, pages 5-10. In addition, certain nautical activities may require one or both of the following:

Swim Test

A Swim test is required for any activity on the lake and is granted upon successful completion of a swim test offered during recreational swimming. The test includes: a) jumping into deep water fully clothed and then disrobing; b) treading, floating or survival floating; c) swimming 20 yards; and d) learning the proper use of a life jacket. A student may present a valid Lifeguard Training, or Water Safety Instructor Certificate in place of the swim test. The swim test is administered during Recreational pool hours,

which can be found at <http://www.wellesley.edu/Athletics/Recreation/master.html> or by calling x2019.

Sailing Test

Light Wind Rating. Required to use a sail boat during recreational hours in light winds. Test: Written test on terminology; demonstration of knowledge of basic knots, rigging a boat, sailing a short course and landing boat satisfactorily. A crew is optional.

Heavy Wind Rating. Required to sail a boat during recreational hours in a wind over 10 knots. Test: Some dinghy racing experience on or off campus required. Demonstration of ability to handle Tech dinghy in winds over 10 knots.

Varsity Athletics

Members of Wellesley College intercollegiate athletic teams are eligible to earn physical education credit towards completing the eight-point requirement. Each Head Coach distributes notices of organizational meetings and subsequent tryouts each year. Only students selected to the team by the Head Coach are eligible for physical education credit.

The Intercollegiate Athletic program offers thirteen sports. Students may earn up to four points of physical education credit per sport per year.

Sport	Season
Basketball	Winter
Crew (Novice and Varsity)	Fall and Spring
Cross Country	Fall
Fencing	Winter
Field Hockey	Fall
Golf	Fall and Spring
Lacrosse	Spring
Soccer	Fall
Softball	Spring
Squash	Winter
Swimming and Diving	Winter
Tennis	Fall and Spring
Volleyball	Fall



Recreational Programming

College-sponsored recreational programs that include at least 10 hours of physically active, formal, progressive instruction under the guidance of a qualified instructor are worth two credits. Students may earn credit for recreational activity only once. Beginning with the class of 2013, students may earn a maximum of two credits through this option.

Recreation Programs for Credit (2 credits)

Dorm Crew (see below)
Class Crew (see below)
Established dance and sport clubs (see below)
Aerobics instructor certification
Lifeguard certification
RAD Self Defense
SCUBA

Recreation Programs not for Credit

Walk-in recreation fitness classes (aerobics, yoga, pilates)
Intramural Leagues (volleyball, basketball, soccer)
One-day recreation programs

Dorm and Class Crew (2 points)

Students may earn 2 credit points by practicing for and participating in the intramural Dorm Crew race in November or the intramural Class Crew race in May. While students are welcome to participate in these races as many times

as they like, they may only earn credit once, for a total of 2 points. Organizational meetings for Dorm Crew are held each September; meetings for Class Crew are in March. Contact the Varsity Crew Coach for details.
Prerequisite: Swim Test



Club Sports (2 points)

Students may earn two points of physical education credit for their successful participation in a recognized Wellesley College Club Sport Team. While this option may be accessed at any point during her four years, it is a one-time option. Prior to her participation, each student must notify both the Physical Education Registrar as well as her Club Sport Team Captain of her intent. It is each student's responsibility to ensure that her Team Captain maintains a detailed, written participation log. This log must be submitted to the PE Registrar at the conclusion of the season; failure to do so in a timely fashion will result in no credit being awarded. Students must participate in a minimum of 12 one-hour practices and/or competitions under the supervision of their Club Sport Coach to earn Club Sport Credit.

Other Credit Options

Independent Study Programs (2-4 points)

The independent study option is limited to exceptional or highly skilled students. Independent programs may be pursued either on- or off-campus under the direction of a trained supervisor approved by the Department's Independent Study Coordinator. Proposals for independent programs must be submitted in writing to the Independent Study Coordinator prior to the start of the program, typically during the first week of the term/semester for which the student desires credit. Credit will not be awarded retroactively. Students may not receive both academic and physical education credit for the same activity. No more than 4 points may be earned via this option.

Credit for classes at other colleges

Students may earn credit for physical education classes taken at other colleges by asking the host institution's Physical Education Department to send a letter to the Wellesley Physical Education Registrar confirming the

students' satisfactory completion of the class. This policy applies to M.I.T., all schools in the 12-College Exchange and any certified institution of higher learning, provided the courses are part of the host institution's Physical Education Department's curriculum and taught by faculty members of that department.

Transfer students

Transfer students are admitted as if they have completed some credit points in physical education prior to admission at Wellesley. The number of physical education points awarded to a student depends on the number of academic credits she earned at her previous institution. In general, students admitted as first-semester sophomores (with 8 academic credits) receive 4 credit points, which means they must earn 4 more points to meet the graduation requirement. Students admitted as first-semester juniors (with 16 academic credits) receive 8 credit points, which fulfills the requirement. Transfer students may petition the Department for additional credit.

Aquatics

Elementary Swimming (Term 1)

Upon completion of this course, the student will be able to swim at least 10 yards of freestyle, backstroke, or elementary backstroke. The student will be able to survival float or tread water for 2 minutes, and swim in deep water for at least 5 yards. The student will also be able to perform the breaststroke and butterfly pull and kick for 5 yards.



Aquatic Games (Term 2, 4)

This class will use a variety of active competitive and cooperative aquatic games to increase flexibility, muscular and aerobic conditioning. The focus of the class will be on "getting fit while having fun!"

Beginning Canoe (Term 1, 4)

After taking this course, students will be able to execute basic bow and stern strokes, enabling them to effectively steer and maneuver a tandem and solo canoe. Students will also be able to demonstrate basic safety and rescue maneuvers - including capsize recovery & boat over boat rescue. Prerequisite: Swim test required.

Basic Sailing (Term 1, 4)

Upon completion of this course, a student will be able to rig and unrig a tech dingy using the proper knots, recognize and define the points of sail, sail a figure-8 course set by the instructor using tacking, and define basic sailing terminology. A student will also demonstrate an understanding of her ability to safely handle weather conditions and be able to set their own course on Lake Waban without the assistance of an instructor.



Attire: Tights, leotards or other fitted activewear are recommended for ballet, modern, jazz, and are suitable for most other dance classes. Shoes will be discussed at the first class meeting.

Ballet I (Sem. 1, 2)

A student enrolled in this class will learn the basics of ballet technique. Classes will consist of warm-up exercises at the barre, which will then be brought into the center of the room and shaped into simple combinations. Upon completion of this course, students will have a basic understanding of the classical positions of the feet, arms, and body, as well as an ability to execute basic turns, jumps, and adagio movements.

Dance

Ballet II (Sem. 1, 2)

This course is designed for the classical dancer who has mastered the basics of ballet and who wishes to continue to develop and maintain technique. Students will move in traditional fashion through barre and center exercises, emphasizing correct and fluid presentation of all steps through more complex combinations and musical tempos. Prerequisite: Ballet I and mastery of the fundamentals.

Jazz (Sem. 1)

Upon completion of this class, students will know the fundamentals of jazz dance and perform a variety of jazz styles including funk, blues, classic jazz, and Latin dance.

Students will learn a variety of warm-up styles associated with Horton, Luigi and basic ballet techniques.

Jazz II (Sem. 2)

After completing this class, students will be able to perform a variety of jazz styles, ranging from funk to classic jazz and Latin dance. Students will also apply a variety of Horton, Luigi and basic ballet techniques. Prerequisite: Ballet I, Modern I, or Jazz I.

Modern I (Sem. 2)

A student enrolled in this class will learn different techniques and gain technical skills in locomotor movements, turns, falls, and isolations. Basic concepts of sequencing, transition, phrasing, use of space, intention, and theme will underlie technical application. Upon completion of this class, a student will begin to have a sense of her individual quality of movement and what makes her style unique.



Modern II (Sem. 1)

Upon completion of this class students will have enhanced their skills and understanding of turns, falls, leaps, and sequences, including Limon's rise & fall, Graham's contractions, & floor combinations, and Ailey's powerful extensions and turns. Students will have an opportunity to learn and use basic choreographic skills, developing their own 'dance-voice.' Prerequisite: Ballet I, Modern I, or Jazz I.

African Dance (Sem. 1)

Dance & music are an integral part of daily life and culture all over Africa. In this course we will explore the richness of West African culture through its music and movement. Students will learn traditional dance movements, songs and history. This course will focus on the correlation between the dance and its corresponding

rhythm. Students should wear loose clothing and plan to be barefoot. Women should bring a piece of material to wear around their waists as a wrap-around skirt.

Afro-Brazilian Dance (Sem. 2)

Brazil was the largest importer of African slaves in all of the Americas. As a result, its music and dance are heavily African-rooted, but also incorporate European and Native American influences. Brazil boasts one of the most elaborate Carnival celebrations in the world that displays a rich variety of dance and music. Upon completion of this course students will be able to recognize and execute a series of steps and choreography from several traditional Afro-Brazilian dances.

Indian Dance - Kathak Style (Sem. 1)

As a result of taking Indian Dance, a student will be able to perform footwork, spins and turns in a rhythmical sequence. Cultural dance equipment, such as ankle bells, add a rhythmical sequence to the dances. Students will also learn how culture influences the storytelling aspects of the dances.



Fitness

Attire: Active sportswear and aerobic, tennis or flat-soled shoes.

Zumba (Term 1, 2, 3, 4)

Zumba is a fusion of Latin and international dance stylings combined with fitness elements and movements. By taking this course, students will experience a cardiovascular and total body strength & conditioning workout. Improved endurance, coordination & balance are additional benefits of Zumba. Upon completion, students will have a basic understanding of dance & music sequencing, transitions, and phrasing, and will perform the choreography learned.

Cardiovascular Fitness (Sem. 1, 2)

Upon completion of this course, a student will increase her flexibility, cardiovascular endurance, and muscular strength. Students will know how to use and enjoy the benefits of aerobic equipment (ellipticals, treadmills, bicycles, stairmasters) and dumbbells. Students will gain the knowledge to develop a personalized cardiovascular and strength training program using their body resistance, free weights, and resistance tubing.

Boot Camp Training (Sem. 1, 2)

This course will help students get into shape, reduce stress, increase energy, and build confidence. In Boot Camp Fitness students will learn how to properly warm up and cool down, exercise at high intensity using calisthenics, strength workouts, dumbbells, medicine balls, agility ladders, obstacle courses and much more. Upon completion of Boot Camp Fitness, students will be able to design and execute their own fun and challenging fitness programs.

First Year Fit Club (Term 1, 2, 3, 4)

Have fun, get fit and meet fellow first-years! This course for first-year students focuses on physical fitness, nutrition and stress resiliency skills through a team based approach. Students will learn the fundamental principles and benefits of exercise and design a personalized workout program that meets their fitness goals. Students will also learn nutritional concepts that assist them in making healthy eating choices in a college setting and beyond. Resiliency skills and tools for balancing college and life stressors will also be included. Upon completion of this course, students will have an integrated approach to fitness that promotes positive lifestyle choices and enhances their college experience.

Fusion Fitness (Semester 1, 2)

Upon completion of this course students will be able to design

and execute individualized cardiovascular-core strength fitness programs incorporating pilates core strengthening exercises, meditation and relaxation techniques, and alternative strength training exercises. Students will incorporate a wide variety of current physiological and mind-body principles that will lead to improved core strength, endurance, cardiovascular fitness, and enhanced self-awareness and relaxation.

Pilates (Sem. 1, 2)

Upon completion of the course, students will be able to perform exercises that tone the core muscle groups (abdomen, hip and gluteal muscles). Students will also demonstrate their knowledge of muscle conditioning specificity by developing a personalized Pilates workout that encompasses all the major core muscle groups.

Pilates and More (Sem. 1, 2)

Pilates is a series of strengthening and flexibility exercises that focuses on the core of the body(abdominals, hips and back) Upon completion of this class students will not only be able to perform the Pilates series of exercises but they will be able to integrate these movements in all their functional and sport activities. Students will feel stronger, more flexible and improve their posture. A strong core reduces pain, gives you strength and much more.

Strength Training (Sem. 1, 2)

As a result of taking this class, a student will understand and demonstrate the principles of strength training through the use of Cybex weight machines, free weights, and other training equipment. Each student will increase muscular strength and endurance, and acquire the knowledge to continue her own individualized strength program in the future.



Martial Arts

Kung Fu (Sem. 2)

A student enrolled in Kung Fu will be able to develop physical stamina, coordination and mental discipline. The course focuses on sequences called forms that are dynamically executed.



Tai Chi (Sem. 1)

Tai Chi is the ancient Chinese art of meditation achieved through low-impact movements and postures. By learning postures from the Wu Chien-Chuan competition form and the fundamentals of the tai chi saber, students will achieve proper spinal alignment and muscle relaxation.

Self Defense (Sem. 1, 2)

Upon completion of this practical self-defense course, students will learn basic avoidance tactics, awareness skills and physical self-defense maneuvers. The student will be able to demonstrate effective escape skills, verbal responses, and offensive counter attacks (including elbow strikes, heel/palm hits, kicks and fighting from the ground). Safety equipment will be used in class, and physical contact is a part of every session.

Yoga

Beginning Yoga (Sem. 1, 2)

As a result of taking Hatha or Iyengar yoga, students will strengthen and tone muscles, increase flexibility, and reduce stress through relaxation techniques.

Students may earn credit for Beginning Yoga only once, regardless of style.

Hatha Style (Sem. 1, 2) Students participating in Hatha Yoga will master the integration of breathing and mindfulness with flowing asanas (or postures) that are held for several breaths. Upon completion of the class, students will be able to execute many asanas and breathing techniques that work together to improve body alignment, clarity of mind, and relaxation.

Iyengar Style (Sem. 1, 2) Students participating in Iyengar Yoga will learn active, strength-building asanas (postures) that are balanced with a brief restorative poses. As a result of taking this class, students will have increased awareness of the physical aspects of yoga, including agility, flexibility, strength, and balance.



Continuing Yoga (Sem. 2)

Students in this Iyengar style class will perform intermediate yoga postures, including inverted poses, arm balances and back bends. Prerequisite: Beginning Yoga or previous Yoga experience and permission of the instructor.

Sports

Attire: Active sportswear and aerobic, tennis or flat-soled shoes. No black-soled shoes.

Archery (Sem. 1)

Upon completion of the course, a student will be able to execute the fundamental steps of target shooting and attain an intermediate level of skill. Videotaping will help students analyze their errors to improve overall shooting. Students will have the opportunity to test their archery skills in a variety of archery games, such as tic tac toe, dartboard, and balloon shoot. Students will shoot from 15, 20, and 25 yards.

Fencing (Term 2, 3)

At the end of this course, a student will be familiar with fencing history, rules, equipment and basic skills, including advance, retreat, attack and defense, with an emphasis on correct execution of these fundamental skills. Students will also learn bouting strategies and scoring. Opportunity for electric foil fencing will be included.

Semester Elementary Golf (Sem. 2)

Upon completion of this course, students will be able to execute basic golf strokes such as putting, chipping, pitching and full swing, as well as trouble shots like hitting from the sand or rough. Students will be able to describe the laws of golf ball flight and relate them to their own swings, and detect and correct basic errors through the use of videotaping. After working on the basic skills in the Field House for the first part of the semester, students will demonstrate their knowledge and skills in this lifetime activity by playing holes on our 9-hole golf course. (Equipment provided.)



Term Elementary Golf (Term 1)

After taking this class, the student will be able to execute the basic golf strokes, including full swing, pitching, chipping and putting. The student will have an understanding of the rules in order to engage in course play. (Equipment provided.)

Volleyball (Sem. 1)

This class is designed for students of every ability level interested in improving their volleyball skills. By the end of the class, students will be able to pass, set, dig, serve, and attack. Students will also have a basic knowledge of offensive and defensive strategies. Principles of physical fitness including proper warm-up/cool down, cardiovascular and

strength training, and stretching will also be addressed.

Rock Climbing (Sem. 1)

Upon the completion of this course students will have a basic knowledge of belayer/climber communication, rock climbing terms, knots, and movement on rock. Students will focus on personal goal setting and intrinsic motivation in the sport of rock climbing. This is an introductory course and no previous rock climbing experience is needed.

Racquet Sports

Attire: Flat athletic footwear (rubber soles), shorts or sweatpants, t-shirt or sweatshirt.

Racquetball (Sem. 1, 2)

Upon completion of this course, students will be able to play a game of racquetball - both singles and cut throat - implementing the basic skills learned (forehand, backhand, drive and lob serves). Students will be able to implement basic singles playing tactics as well as demonstrate their comprehension of scoring and rules of the game.

Squash (Sem. 1, 2)

After taking this class, the student will be able to execute the basic squash swing and shots including the drive, crosscourt, volleys, serve, boast and drop shots. The student will have an understanding of the rules to engage in game play and knowledge of basic strategies. After this course, students will be able to take their skills with them and continue to participate in this growing sport. (Equipment provided.)

Elementary Tennis (Sem. 1, 2)

As a result of taking this class, students will be able to execute the basic shots of tennis, including forehand and backhand ground strokes, volleys, and serves. Students will become familiar with fundamental concepts related to each of the basic strokes including correct grips, footwork, and contact points, and will learn how to play points and games. Upon completion of this class, students will be able to take part in a friendly match using official rules and scoring, and appropriate terminology and etiquette.

Intermediate Tennis (Sem. 2)

As a result of participation in Intermediate Tennis, students will improve the consistency of their basic tennis skills including the groundstrokes, volley and serves. With emphasis on footwork, positioning, and ball placement, students will be able to execute strategies for singles and

doubles play. Students will also become familiar with the use of varied grips and spins, as well as specialty shots such as the overhead, lob and dropshot. Students will be able to implement their developing skills and strategies into match play.

Badminton (Sem. 1, 2)

Upon completion of the class, a student will be able to perform the basic strokes, including serves, clears, drop shots, drives and smashes. The student will have an understanding of the rules and positional strategy necessary to score and participate in a match.



Table Tennis (Term 1, 2)

Students will be able to execute the basic skills of forehand, backhand, lob, smash, loop, service and footwork. They will also acquire an understanding of game rules and tactics used in a match, and display their skills in a mini-tournament at the end of the term.

Downhill Skiing and Snowboarding (Term 3)

The downhill ski and snowboarding program is conducted at Nashoba Valley Ski Area, a 40-minute ride from the College. The Nashoba Valley Ski School will accommodate all levels of skiing expertise from beginner to expert. Transportation is provided.

Attire: Ski pants/warm slacks, ski parka, mittens/gloves, heavy socks, hat.

Fees: Bus transportation, equipment rental, and lift ticket fees are due at Term 3 Registration.

Students must take lessons and attend four of the five sessions to be eligible for credit. Students should be aware that if weather conditions do not allow the required number of class sessions, they will not receive credit for this course.

Horseback Riding (Terms 1, 2, 3, 4)

The horseback riding program is conducted at the Dana Hall School, a 15 minute walk from campus. The Riding Center at Dana Hall offers instruction for all levels, from beginner to advanced. Students are responsible for transportation, a non-refundable registration fee (approximately \$500), and any required riding attire. To register, phone 781-237-0728.

Department of Physical Education and Athletics
Important Phone Numbers

Chair of Physical Education, Director of Athletics	Bridget Belgiovine	x2001
Independent Study, Medical Restrictions, and Sports Medicine	Connie Bauman	x2015
Recreational Programming	Britt Salapek	x2008
Physical Education Registrar	Tom Wilson	x2004
Swimming and Sailing Test	Bonnie Dix	x2021