

Department of Physical Education, Recreation and Athletics

Professor: *Belgiovine (Chair and Athletic Director)*

Associate Professor: *Bauman, Dix, Hagerstrom, Webb*

Assistant Professor: *Berry, Makerney, McPhee, Mohammed, O'Meara, Spillane, Vaill*

Instructor: *Babington, Cameron, Chin, Gifford, Grande, Harkless, Hayden-Rukert, Kaliouby, Kerr, Kuscher, Liung, Magill, Owen, Pujol-Jensen, Sieck, Ulissey, Weaver, Wilson*

The Department of Physical Education, Recreation and Athletics is the academic department within the College 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.

PE 121 (Fall and Spring) Physical Education Activities and Athletics Teams

Physical Education and Athletics Requirement

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

Directions for Election

The eight-credit requirement can be completed through:

1. completion of sufficient number of physical education classes; or
2. participation in one or more of Wellesley's 13 varsity athletic teams for at least two seasons; or
3. a combination of sufficient number of physical education classes and participation on varsity athletic teams; or
4. a combination of sufficient number of physical education classes and participation in a sport or dance club, Dorm or Class Crew (max: two credits); or
5. a combination of sufficient number of physical education classes and completion of a pre-approved independent study program (max: four credits)

Students may take a specific physical education class only once for credit. Students may continue to enroll in physical education classes after the PE 121 requirement is completed, if space is available in the class.

Transfer students will be given partial credit toward the physical education requirement dependent upon year and semester of admission. Typically, students admitted in the sophomore year will be expected to complete four credit points at Wellesley. Students admitted in the junior year or as a Davis Scholar will be considered as having completed the degree requirement.

If a student has a temporary or permanent medical restriction, the student, the PERA department and Health Services will arrange an activity program to serve the student's individual needs.

No student is exempt from the physical education and athletics requirement.

A. Physical Education Instructional Classes

The instructional program in physical education is offered in two primary formats. Some physical education activity classes are scheduled for a term (six weeks) and award two credit points. Other physical education activity classes are offered for a semester (12 weeks) and award four credit points. A limited offering is also available during Wintersession. All classes are graded on a credit-no credit basis.

CR—Credit for course completed satisfactorily.

NC—No credit for course not completed satisfactorily. Inadequate familiarity with the content of the course or excessive absence may result in an NC grade.

Physical Education Courses

Aquatics/Certification	Sem.	Term
Canoeing		1, 4
Sailing		1, 4
Elementary Swimming		1
Swim--Stroke Tech.		2

Dance

African Dance	1
Ballet	1, 2
Ballet II	1, 2
Caribbean Dance	2
Indian Dance-Kathak Style	1
Jazz Dance	1
Latin Combination Dance	2
Modern Dance	1, 2
Modern Dance II	1, 2
Salsa Dance	1

Fitness

Aerobics/Cardio Fitness		1, 2, 3, 4
Boot Camp Training	1, 2	
Fusion Fitness	1, 2	
Pilates	1, 2	W
Strength Training	1, 2	
Zumba		1, 2, 3, 4, W

Martial Arts

Kung Fu	1	
Self-Defense	1, 2	W
Tai-chi	1, 2	

Sports

Archery	1	
Badminton	1, 2	
Fencing		2, 3
Golf		1, 4
Horseback Riding		1, 2, 3, 4
Kids' Games	2	
Racquetball	1	
Soccer		1, 4
Downhill Skiing		3
Snowboarding		3
Squash	1, 2	
Table Tennis		1, 2
Elementary Tennis	1, 2	
Intermediate Tennis	2	

Yoga

Beginning Yoga	1, 2	W
Continuing Yoga	2	

B. Athletics Teams

The intercollegiate program offers 13 sports through which a student may earn credit points towards the completion of the degree requirement. The athletics program is divided into three seasons: fall, winter, and spring.

Athletic Team	Season
Basketball	Winter
Crew (Novice or Varsity)	Fall, Spring
Cross-country	Fall
Fencing	Winter
Field Hockey	Fall
Golf	Fall/Spring
Lacrosse	Spring

Soccer	Fall
Softball	Spring
Squash	Winter
Swimming	Winter
Tennis	Fall, Spring
Volleyball	Fall

Enrollment and eligibility for earning credit points for intercollegiate athletics is limited to those students who are selected to the team by the head coach. Notices of organizational meetings and tryouts for these teams are distributed each year by head coaches.

C. Dance or Sport Clubs

The college offers students the opportunity to engage in a variety of dance and sport clubs through a partnership between PERA and Student Activities. To earn credit for club participation, students must submit a written proposal to the Physical Education Registrar prior to their involvement with a club. Club captains are responsible for maintaining and submitting attendance records for students seeking credit.

Offerings and notice of organizational meetings and participation for these clubs are available through PERA and Student Activities.

PE 205 Sports Medicine

Bauman

The course combines the study of biomechanics and anatomic kinesiology. It focuses on the effects of the mechanical forces which arise within and outside the body and their relationship to injuries of the musculoskeletal system. In addition to the lectures, laboratory sessions provide a clinical setting for hands-on learning and introduce students to the practical skills involved in evaluating injuries, determining methods of treatment and establishing protocol for rehabilitation. An off-site cadaver lab reinforces identification of anatomical structures. *Academic credit only.*

Prerequisite: None

Distribution: None

Semester: Spring Unit: 1.0