

Physical Education, Athletics, and Hollins Outdoor Program (HOP)

PHYSICAL EDUCATION AND ATHLETICS FACULTY AND STAFF

ATHLETIC DIRECTOR AND CHAIR: Aubrey Shinofield

ATHLETIC TRAINER: Kelly Creasey

BASKETBALL: Richard “Richie” Waggoner, Instructor and Head Coach

GOLF: Bill Mannino, Instructor and Head Coach

LACROSSE: Lizz Steinmetz, Instructor and Head Coach

OUTDOOR PROGRAM: Jon Guy Owens, Director

RIDING: Nancy Peterson, Director

Elizabeth Courter, Associate Head Coach

Sandy Gerald, Head Coach

Elise Roschen, Assistant to the Director and Stable Manager

SOCCER: Carrie O’Keeffe, Co-Head Coach; Landon Moore, Co-Head Coach and Recruiting Coordinator

SWIMMING: Jonathan Raines

TENNIS: Leslie Bernard, Instructor and Head Coach

Two regular terms of physical education course work are required for graduation.

One term should be taken in the first year with the encouragement of completing the requirement by the end of the sophomore year. No more than one activity course or varsity team sport in a single term may be taken in fulfillment of this requirement. No more than one activity at the 100 level or 300 level may be counted toward satisfying the requirement. A 200-level course may not be repeated

for credit. To satisfy a term of the physical education requirement, all work must be completed within the term. These courses carry no academic credit and are graded on a pass/fail basis. All courses are offered to first-year students as well as the Hollins community.

With respect to the needs of individual students, maximum practical flexibility is applied. However, it is rare that a student is excused from completing the physical education requirement. Independent study is only approved in cases of medical necessity or unavoidable circumstances. The aims of this department are to foster understanding of healthful living and to help students develop physical skills which can be useful throughout life. Special fees are charged for some courses.

THE HOLLINS OUTDOOR LEADERSHIP CERTIFICATE (HOLC)

The Hollins Outdoor Leadership Certificate is designed for women at Hollins who are interested in outdoor leadership. The goal of the program is to provide training for women leaders in adventure recreation. The certification process includes components of the Wilderness Education Association's National Standards Program, Leave No Trace trainer certification, Wilderness First Aid, leadership hours completed with the Hollins Outdoor Program (HOP) and course work. This is a two-year process when each woman will have the capability to learn and develop her decision making, technical skills, and personal outlook through hands-on experience. Each woman who completes the HOLC program will graduate with at least two nationally recognized certifications and necessary experience if she wishes to pursue an education or career in outdoor leadership.

WILDERNESS EDUCATION ASSOCIATION NATIONAL STANDARDS COURSE

This is a 30-day outdoor leadership course concentrated in the southeastern United States. The course typically consists of four distinct activity components. Students will first experience a five-day technical caving school utilizing the expansive cave systems of Southwest Virginia. A whitewater canoeing clinic/trip will be held on the Chattooga River, a wild and scenic river of South Carolina/Georgia. Students will transition to the final portion of the course held at the Pisgah National Forest of North Carolina. Students will participate in a seven-day rock-climbing clinic in the Cedar Rock area and finish the course with a backpacking expedition. The teaching curriculum is based on the Wilderness Education Association's 18-point curriculum.

COURSES IN PHYSICAL EDUCATION:

PHED 110: ROCK CLIMBING

Owens

An introduction to rock climbing emphasizing responsible climbing techniques, belaying, and safety systems. Also included will be the metaphorical and psychological aspects of climbing. Practical experience will be at the Hollins climbing wall and other local climbing gyms. Fee: \$15 for gear. Offered both terms.

PHED 113: WILDERNESS ADVENTURE SPORTS

Owens

This course introduces basic techniques necessary in the outdoor activities of hiking, bouldering, caving, and rock climbing. Field trips are expected on weekends. Open to first-year students. Fee: approximately \$20 for gear and land use. Not offered in 2009–10.

PHED 114: ORIENTEERING

Department

Orienteering is the sport of navigation with a map and compass. Participation may at first glance seem simple: navigate through a series of points using a compass and a map, with the fastest time the "winner." In this course students learn about reading maps and compasses. There can be an opportunity to make maps as well. The courses will start simply and build as the class develops

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their personal skills. Students may take opportunity to visit sites off campus to hone their skills. Not offered in 2009–10.

PHED 115: BASIC FISHING

Mannino, Owens

Students will have the opportunity to learn and have hands-on experience with reels, rods, and more—knots—casting—what fish like to eat—lure, bait, and fly-fishing—basic safety—catch and release vs. cut, clean, and eat! The class will include field trips to streams and rivers. There is a course fee and a Virginia fishing license is required. Offered Term 2.

PHED 119: CONDITIONING FOR OUTDOOR FITNESS

Owens, Waggoner

Training and conditioning can help improve performance in outdoor-based adventure activities. This course begins with an individual assessment of students' conditioning. Then, using a variety of techniques, including weight training, core strengthening, aquatics, and cardiovascular training, students will develop personal workout plans that enhance their enjoyment and performance in outdoor activities. Not offered in 2009–10.

PHED 120: HEALTH AND WELLNESS

Steinmetz

An introductory course of wellness, general fitness, and lifestyle management. Topics included are wellness, physical fitness, cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition, nutrition, weight management, stress, and cardiovascular health. The concepts will help with healthy life-long decisions. Activities include weight training, jogging, walking, and other physical activities. There will be discussion days and activity days. Offered both terms.

PHED 121: LIFETIME SPORTS

Bernard

This course is designed to introduce students to sports that they can participate in for a lifetime. Students will gain an understanding that being physically active in their life will enhance overall wellness and improve their quality of life. The sports will include badminton, tennis, and ultimate frisbee. This course introduces lifetime sports so students may continue their education by taking the next level class or start to play on their own. Offered Term 1.

PHED 127: GOLF FOR BUSINESS

Mannino

This class examines business and leadership as it is applied to conducting business through the game of golf. Students will practice driving, the approach, and all components of the short game. Students will learn not only the nuances of the games' fundamentals but also the nuances of entertaining clients and doing business, as well as developing a business plan to host your own golf tournament. The course will follow the PGA of America's curriculum. Not offered in 2009–10.

PHED 202: BEGINNING SWIMMING

Raines

This course is for those individuals who have a "healthy respect" (fear) of the water or would just like to learn to swim. Basic water orientation, safety skills, and introduction to propulsion on the front and back. Offered Term 1.

PHED 203: WATER AEROBICS

Department

The purpose of this course is to introduce participants to the techniques and principles involved in an aquatic aerobic workout—movement and exercises in the water to tone, shape, and build the cardiovascular system—with a goal of working toward a lifetime personal program. Not offered in 2009–10.

PHED 204: DEVELOPMENTAL SWIMMING**Raines**

The purpose of this course is to establish an awareness of swimming as a possible lifetime personal program based on individual needs and desires. Participants should be comfortable in the water and be able to move in some manner in the prone position and on the back. Diving and safety skills will be covered. The class will work toward a cardiovascular workout that is individually designed. Offered Term 2.

PHED 205: AEROBIC FITNESS**Department**

This course introduces class participants to the mechanics of aerobic fitness activities, including the benefits to the musculoskeletal system and cardiovascular capabilities. Class activities may include traditional aerobics, step aerobics, power walking, kickboxing, circuit and interval training, and core strength development. Safety guidelines, exertion rate, and training expectations will be incorporated into the course structure to ensure a safe and beneficial exercise experience. Not offered in 2009–10.

PHED 206: DEEP WATER AEROBICS**Department**

Aerobic conditioning in deep water. Warm-up and cool-down portions will be conducted in shallow water. The remaining exercises are in deep water or suspended body positions. Flotation exercise belts are worn; however, individuals need to be very comfortable in deep water. Flexibility, stretching, and core strength will also receive attention. Not offered in 2009–10.

PHED 207: BEGINNING GOLF**Mannino**

The student will learn the quarter swing, half swing, full swing, and techniques of chipping and putting. Introduction to the rules of courtesy on the course and the basic rules of golf. Offered both terms.

PHED 208: BEGINNING TENNIS**Bernard**

The student will be taught the basic strokes of tennis: forehand, backhand, serve, overheads, volleys, and lob. Rules of play along with match play will be introduced. Offered both terms.

PHED 209: BEGINNING LACROSSE**Steinmetz**

Introductory course working on the basic skills, rules, and history of lacrosse. Topics covered include cradling, passing, catching, ground balls, and cutting. Students will also experience positions and the role of each position on the field. The history of the game and how the women's game has changed throughout the years will also be examined. Not offered in 2009–10.

PHED 212: INTERMEDIATE ROCK CLIMBING**Owens**

This class is designed to teach the skills necessary to set up and facilitate outdoor rock-climbing trips. Participants learn top rope-anchoring systems and advanced knots and hitches and their uses. The course also covers safety standards and site management for working with groups, as well as workouts to improve individual technique, strength, and endurance. Course fee: \$40. Offered Term 1.

PHED 214: BADMINTON**Bernard, Steinmetz**

Introductory course teaching students the basic skills and strategies involved in playing the game of badminton. Rules of play along with match play will be introduced. Offered Term 2.

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PHED 216: DIET AND CONDITIONING

Steinmetz

Introductory course teaching students about various conditioning/fitness methods and nutrition that will enable them to make healthy, educated lifetime decisions. Students are involved in many activities, including walking, jogging, roller blading, weight training, and many other activities and games. Not offered in 2009–10.

PHED 217: GOLF II

Mannino

Learn the strokes for golf, techniques of chipping, pitching, sand trap explosion, and putting. Introduction strategies, rules of the game, and courtesy on the course. Open to students with prior experience or satisfactory completion of PHED 207. Fee for off-campus course use. Offered both terms.

PHED 218: TENNIS II

Bernard

Learn the strokes of tennis (forehand drive, backhand drive, serve, net volley, and lob) and strategies of singles and doubles play. Open to students with prior experience or satisfactory completion of PHED 208. Offered both terms.

PHED 223: WEIGHT TRAINING

Waggoner

Introductory course teaching students how to train with Nautilus and free-weight equipment in a safe, effective, and enjoyable way so that they will want to continue to train for the rest of their lives. Students are able to develop their own personal training program based on their individual needs or desires. Offered both terms.

PHED 227: ADVANCED CONDITIONING

Department

An advanced conditioning class that emphasizes four main areas: strength training mainly through free weights, core/abdominal strengthening, footwork, agility and quickness conditioning and flexibility. This 90-minute class allows the student to focus on multiple areas of conditioning and learn lifelong fitness values. Not offered in 2009–10.

PHED 228: STRENGTH AND TONE

Steinmetz

This course utilizes the fundamentals of core, weight, and resistance training to promote muscle and strength development. Building on traditional strength-training methodology, this course introduces participants to the benefits of cross training, antagonistic work, and balance. Instruction will be given on proper form and implementation, appropriate repetitions, and safety guidelines. Offered both terms.

PHED 231: KICKBOXING

Department

This course provides a learning environment where class participants can gain an understanding of their personal fitness level. Class participants utilize the mechanics of fitness activities borrowing from aerobics, martial arts, and boxing. Students examine the benefits to the musculoskeletal system and cardiovascular responses. The course provides class participants with a structured class environment that allows them to engage in a positive fitness experience. Not offered in 2009–10.

PHED 232: CHALLENGE EDUCATION ACTIVITIES

Owens

An introduction to personal challenge/discovery activities, including group initiatives, cooperative games, trust exercises, and a high ropes course. Activities will involve physical and psychological risk and challenge. Students will develop the competencies to facilitate adventure activities for groups through active participation, leadership, and understanding group dynamics. Fee: approximately \$15 fee for equipment use. Not offered in 2009–10.

PHED 233: PILATES**Department**

This course introduces class participants to the mechanics of strength, flexibility, and conditioning. Class activities incorporate dance, traditional Pilates movements, and fitness techniques. Participants will gain knowledge of how these activities encourage core strength development, balance, and flexibility. Safety guidelines and fitness principles will be examined to promote a well-rounded exercise program. Not offered in 2009–10.

PHED 234: BACKPACKING AND WILDERNESS CAMPING**Owens**

An introduction to lifetime leisure skills emphasizing environmentally sound backpacking and camping practices. We will learn a variety of technical skills: selection of proper clothing and layering systems, backpacking foods and preparation, safe travel techniques in a group, use of camp stoves, low-impact camping, and developing physical stamina. Open to first-year students. Fee: approximately \$33 fee for permits and food while camping. Offered Term 2.

PHED 235: SOCCER I**Department**

This course introduces participants to the sport of soccer. History, rules, and regulations are incorporated into the practical aspects of the course. Students learn technical fundamentals such as dribbling, passing, receiving, and finishing. Tactical fundamentals such as systems of play, defensive and offensive strategies, and player roles are introduced. The importance of team cohesion, leadership, conditioning, team management, and motivation are also examined. Not offered in 2009–10.

PHED 236: ADVANCED AEROBICS**Department**

This course provides a challenge for individuals wanting to advance their cardiovascular capabilities along with toning and strengthening. The course includes all types of aerobic activity including high-low impact, interval, step, kickboxing, boot camp, etc. Strength and tone exercise is also incorporated into the content. Course participants should be currently active. Not offered in 2009–10.

PHED 237: INTRODUCTION TO CHINESE KEMPO-KARATE**Owens, Ragone**

In this exciting class, students will receive a structure introduction to Chinese Kempo-Karate that will conclude with the opportunity to earn a purple belt (first rank). The primary goals of the course are to teach practical self-defense and to increase physical fitness and self-confidence in a safe and engaging environment. Each class will feature moves specifically designed to develop speed, power, flexibility, stamina, and balance. There is a course fee and required attire. Offered both terms.

PHED 238: LIFEGUARD INSTRUCTOR**Department**

This course prepares individuals to become American Red Cross lifeguard instructors. Prerequisite: Completion of the lifeguard training (PHED 248) and water safety instructor (PHED 244) course. Book fee required. Not offered in 2009–10.

PHED 239: LIFETIME WELLNESS ACTIVITIES**Steinmetz**

This course is designed to introduce activities to last a lifetime. Students will gain an understanding that being physically active in life will enhance the six dimensions of wellness and improve quality of life. Activities include walking, rock climbing, swimming, tennis, soccer, and more. Offered Term 1.

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PHED 244: WATER SAFETY INSTRUCTOR

Department

The purpose of this instructor course is to train instructor candidates to teach American Red Cross swimming and water safety courses. The instructor course covers planning and organizing courses, information and skill development sessions, and practice teaching. Although not required, lifeguard training (PHED 248) is a recommended prerequisite. Book fee required. Not offered in 2009–10.

PHED 247: TAI CHI FOR HEALTH

Merchant

Tai chi can be described as an exercise consisting of slow, relaxed movements that help us develop internal and external balance and harmony, improve circulation, fitness level, as well as increased oxygen to our bodies. The moves are practiced in a slow controlled fashion that builds strength as well as balance and relaxes the body and clears the mind. Regular practice of tai chi slowly, yet measurably, improves one's overall fitness and harmony. The intent of the course is to teach students a form that will be beneficial throughout life, which will in turn provide many health and peaceful returns. Offered both terms.

PHED 248: LIFEGUARD TRAINING

Department

The purpose of the lifeguard training course is to teach the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare lifeguard candidates to recognize emergencies, respond quickly and effectively to emergencies, and prevent drowning and other incidents. The course leads to American Red Cross certification. Prerequisite: intermediate or advanced swimming skills. Book fee required. Not offered in 2009–10.

PHED 255: SPECIAL TOPIC - BEGINNER LEVEL HATHA YOGA

Carrell

In this yoga class students will learn beginner-level hatha yoga, which combines breathing techniques (Pranayama), postures (asanas), relaxation, and meditation. The main goals will be to learn and understand the benefits of these various aspects of hatha yoga and how they can be incorporated into a lifestyle promoting well-being, as well as application for stress management (handling the effects of stress or preventing its occurrence). Weekly classes will consist of partial discussion along with experiential practices and complete hatha yoga classes, which are designed to integrate body, mind, breath, and spirit. Offered both terms.

PHED 290: INDEPENDENT STUDY (0 to 2)

Department

Independent study arranged with and approved by the physical education faculty. Offered any term. Independent studies will be approved to fulfill physical education activity requirements only in cases of medical necessity or unavoidable circumstances.

RIDING

The courses in riding include instruction for beginning, intermediate, and advanced riders. Emphasis in the riding program is placed on riding and showing hunters. The program includes cross-country ride and hunter shows throughout the state. Riding courses are offered each term and are open to all students. Students should register for the course appropriate to their individual skill levels. Offered both terms.

PHED 240: RIDING FOR REGISTRATION ONLY

This is an administrative designation for registration in riding until a student is placed into the appropriate level. Offered both terms.

PHED 241: BEGINNING RIDING

The basics are taught in this course. This course starts the rider from the beginning; however, the rider who can trot or who may be learning to canter may be included. Offered both terms.

PHED 242: INTERMEDIATE I RIDING

Required skills: must be able to control a quiet horse at a walk, trot, and canter. Jumping: It is not necessary to have previous experience, but jumping skills will be included in the course. Offered both terms.

PHED 243: INTERMEDIATE II RIDING

Required skills: must be able to control a horse at a walk, trot, and canter. Jumping: Must have elementary jumping background and be able to jump small courses. Offered both terms.

PHED 251: ADVANCED I RIDING

Required skills: must be able to walk, trot, and canter a horse correctly. Must be able to jump a 2' 6" course with some showing experience. Offered both terms.

PHED 252: ADVANCED II RIDING

Required skills: must have had considerable showing experience but not have shown competitively at 3' 6" and/or not have won an AHSA Medal or Maclay. ISHA Intermediate Riders. Offered both terms.

PHED 253: ADVANCED III RIDING

Restricted level: for those who have had considerable showing experience at the 3' 6" level (in the junior hunters or equitation) and/or who have won a Medal or a Maclay. IHSA Open Riders. Exceptions must be approved by the instructor. Offered both terms.

VARSITY SPORTS

Hollins University is a member of the ODAC and NCAA Division III. We compete locally as well as regionally. Tryouts are open to all interested students. Student athletes practice/compete five to six days a week in individual sport seasons.

PHED 300: VARSITY BASKETBALL

Waggoner

PHED 325: VARSITY GOLF

Mannino

PHED 330: VARSITY LACROSSE

Steinmetz

PHED 340: VARSITY RIDING

Peterson, Courter, Gerald

PHED 345: VARSITY SOCCER

O'Keeffe, Moore

PHED 360: VARSITY SWIMMING

Raines

PHED 370: VARSITY TENNIS

Bernard

