

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

COURSES, CERTIFICATE

DIRECTOR OF ATHLETICS AND CHAIR: Myra Sims

ATHLETIC TRAINER: Kaitlyn Costa

BASKETBALL: Emilee Dunton, Instructor and Head Coach

CROSS COUNTRY, INDOOR & OUTDOOR TRACK: Robert Sullivan, Jr., Instructor and Head Coach

LACROSSE: TBA, Head Coach

OUTDOOR PROGRAM: Jon Guy Owens, Director

RIDING: Sherri West, Director of Riding and Head Coach; Elizabeth Courter, Associate Director, Instructor and Coach; Elise Roschen, Assistant to the Director and Stable Manager

SOCCER: Robin Ramirez, Instructor and Head Coach

SWIMMING: Ned Skinner, Instructor and Head Coach

TENNIS: Gretchen Rush, Instructor and Head Coach

VOLLEYBALL: Dave McGee, Head Coach

INSTRUCTORS: Jamiel Allen, Joe Hine, Arco Paul, Jordan Ryan, Becky Swanson

Two physical education courses work are required for graduation. One course taken must contain the physical well-being component.

One course that includes the physical well-being component (designated "h" on course schedules) must be completed by the third semester. Not more than one activity course or varsity team sport in a single semester may be taken in fulfillment of this requirement. However, students are permitted to take multiple classes in a semester if they wish and as space permits. Not 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. Students are encouraged to complete both requirements by the end of the sophomore year, but may take additional PHED courses in order to stay active if space permits.

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 aim of the Physical Education department is to foster understanding of life long well-being 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 wherein 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:

All 100-level and 200-level Physical Education courses are physical well-being courses, with the exception of Riding courses (PHED 240, 241, 242, 243, 251, 225, 253), PHED 212, 231, 237, 257 and 263.

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 Fall Term.

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 2020-21.

PHED 115: BASIC FISHING

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 Spring Term.

PHED 119: CONDITIONING FOR OUTDOOR FITNESS

Owens

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. Offered Fall Term.

PHED 120: HEALTH AND WELLNESS

Department

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. Not offered in 2020-21.

PHED 121: LIFETIME SPORTS

Lawson

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 Fall Term.

PHED 122: WALK THIS WAY

Ramirez

This course is designed to help students improve their cardiovascular fitness through continuous walking or jogging. Students will learn the basic safety rules to use when walking/jogging, how to take their resting/maximum and target heart rates, and also develop a goal setting plan. Using this knowledge, students will apply what they learn to the activities of walking or jogging. Offered Spring Term.

PHED 127: GOLF FOR BUSINESS

Ryan

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 game's 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. Offered Fall Term.

PHED 202: BEGINNING SWIMMING

Skinner

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 both terms.

PHED 204: SWIM FOR LIFE

Skinner

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 Spring Term.

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 2020-21.

PHED 207: BEGINNING GOLF

Ryan

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 Spring Term.

PHED 208: BEGINNING TENNIS

Rush

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: FUNDAMENTALS OF LACROSSE

Department

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. Offered Fall Term.

PHED 210: FUNDAMENTALS OF BASKETBALL

Dunton

This course is designed to help students learn the rules, basic individual skills, and various team strategies employed in the sport of basketball. Topics covered will be passing, dribbling, shooting, screening and basic offensive and defensive concepts of the game. Students will also learn about the history and development of women's basketball in the modern era. Offered Fall Term.

PHED 212: INTERMEDIATE ROCKCLIMBING

Owens

This course does not fulfill the physical well-being requirement.

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. Prerequisite: PHED 110. Offered Spring Term.

PHED 214: BADMINTON

Paul

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 Fall Term.

PHED 216: DIET AND CONDITIONING

Department

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 2020-21.

PHED 217: GOLF II

Department

Learn the swing for golf, techniques of chipping, pitching, sand trap explosion, and putting. Introduction to strategies, rules of the game, and courtesy on the course. Open to students with prior experience or satisfactory completion of PHED 207. Not offered in 2020-21.

PHED 218: TENNIS II

Department

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 Fall Term.

PHED 223: STRONG WOMEN GOING PLACES

Allen, Department

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 of desires. Offered both terms.

PHED 227: SUPERSHERO TRAINING**Sullivan**

An advanced conditioning class that emphasizes four main areas: strength training mainly through free weight, core/abdominal strengthening, footwork, agility and quickness conditioning, and flexibility. This class allows the student to focus on multiple areas of conditioning and learn lifelong fitness values. Offered Fall Term.

PHED 228: TOTAL BODY BLAST**Dunton**

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 Spring Term.

PHED 230: INTRODUCTION TO FENCING**Department**

This course is suitable for students with little to no experience in the sport of fencing. Students will learn the basics of footwork, posture, rules, equipment and techniques in the formats of epee and/or foil, Fencing is a lifetime sport that offers interested participants the opportunity to compete in a variety of settings. Not offered in 2020-21.

PHED 231: KICKBOXING**Owens**

This course does not fulfill the physical well-being requirement.

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. Offered Spring Term.

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 for equipment use. Not offered in 2020-21.

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 for permits and food while camping. Not offered in 2020-21.

PHED 235: SOCCER I**Ramirez**

This course introduces participants to the sport of soccer. An emphasis will be on playing the game. Major topics such as rules of the game and skills used to play the game will be covered. A brief history of soccer and an introduction to the structure of the game as a global sport are also areas of focus. Each student will develop and complete a soccer-related project. No prerequisite. Offered Fall Term.

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

This course does not fulfill the physical well-being requirement.

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. Not offered in 2020-21.

PHED 238: LIFEGUARD INSTRUCTOR**Department**

This course prepares individuals to become American Red Cross lifeguard instructors. Prerequisites: completion of the lifeguard training (PHED 248) and water safety instructor (PHED 244) course. Book fee required. Not offered in 2020-21.

PHED 239: LIFETIME WELLNESS ACTIVITIES**Department**

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. Not offered in 2020-21.

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 2020-21.

PHED 247: TAI CHI FOR HEALTH**Department**

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. Not offered in 2020-21.

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 2020-21.

PHED 249: LEVEL I HATHA YOGA**Swanson**

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 Spring Term.

PHED 254: BEGINNING VOLLEYBALL**Dunton**

The student will be taught the basic skills of volleyball, including; serving, passing, attacking, digging, and blocking. Students will also learn the basic rules and scoring involved with recreational play. Offered both terms.

PHED 257: CHINESE-KEMPO KARATE II**Owens**

This course does not fulfill the physical well-being requirement.

In this continuation of the first course, students will have the opportunity to progress from purple to the rank of blue belt. This course will continue to develop physical stamina and endurance with exciting workouts geared towards the refinement of strikes, throws, pressure points, and chokes with addition of more advance techniques that continue the focus on self-defense. Prerequisite: PHED 237. Not offered in 2020-21.

PHED 260: DISC GOLF**Hine**

Disc golf will provide students with upper and lower body conditioning, aerobic exercise, concentration skills and mental stimulation. This casual lifetime game can be played at a growing number of public courses, has low cost to participate, is easy to learn and can be enjoyed by players at all levels. Offered Fall Term.

PHED 261: CORE GALORE**Ramirez**

An introductory course that will teach students the basic fitness components involved with core training, balance, and flexibility. Core training will not only incorporate the abdominal muscles, but will also focus on the primary back muscles involved. Balance and flexibility components will be emphasized in both stationary and movement-based activities. Students will learn safety, proper technique, and lifetime implementation. Offered Spring Term.

PHED 263: WHITEWATER AND FLATWATER PADDLING**Owens**

This course does not fulfill the physical well-being requirement.

Utilizing the paddling venues of canoeing, kayaking and stand-up paddle-boarding, students will develop the skills and knowledge base necessary to utilize these activities to help facilitate and active and healthy lifestyle. Areas to be covered include paddle strokes, transporting equipment, clothing, river features, safety concerns and fitness requirements. Students will also research social venues that provide regional paddling resources. Not offered in 2020-21.

PHED 265: SOCCER II**Ramirez**

This course offers a more in-depth study of the game than Soccer I. Students will study the history and development of soccer in the United States. Tactics and match analysis will be covered. Students will study coaching methodology and complete a coaching project. Prerequisite: PHED 235 or instructor permission. Not offered in 2020-21.

PHED 266: YOGA FLOW FOR BEGINNERS**Swanson**

Learn the basics of flow style (Vinyasa) yoga. Students will learn breathing techniques, basic yoga poses and how to link them together for a gentle, relaxing meditation in motion. All techniques in this class can be used for stress management and to help students establish a personal yoga practice. Offered both terms.

PHED 269: LEVEL II HATHA YOGA**Swanson**

This course will provide the student with a hatha yoga practice that is focused on increasing strength, flexibility, focus/concentration, balance, and peaceful, relaxed energy to take into the rest of your day. We will build on the fundamentals from Level I in order to develop and sustain a personal as well as beneficial class practice. Prerequisite: PHED 249. Not offered in 2020-21.

PHED 274: BUTI YOGA FLOW**Swanson**

This class introduces students to an upbeat style of yoga that blends vinyasa (flow) yoga with primal dance elements, strength-work and core engagement. Music guides the movement in this class. Students will learn how to combine the use of movement, music, breath and intention-setting to release excess energy and stress while getting a workout for body, mind and spirit. Offered both terms.

PHED 278: DEEP CORE YOGA**Swanson**

This unique yoga class focuses on strengthening the deep inner core in an innovative way. Students will experience the use of micro-movements with hand placements to connect mind and muscle while weaving in yoga poses to stretch the legs, low back and heart (chest). The nature of this class also fosters a more accepting relationship with the body. Offered both terms.

PHED 290: INDEPENDENT STUDY (0 to 4)**Department**

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

PHED 390: INDEPENDENT STUDY (0 to 4)**Department**

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

PHED 399: INTERNSHIP (4 or 2/2)**Department**

Application must be made with faculty prior to registration. May be proposed in any term.

RIDING

These courses do not fulfill the physical well-being requirement.

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 show ring 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 show ring 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.

VARSIITY 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.

These courses do not fulfill the physical well-being requirement.

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| PHED 300: VARSITY BASKETBALL | Dunton |
| PHED 315: VARSITY CROSS COUNTRY | Sullivan |
| PHED 316: VARSITY INDOOR TRACK | Sullivan |
| PHED 317: VARSITY OUTDOOR TRACK | Sullivan |
| PHED 330: VARSITY LACROSSE | TBA |
| PHED 340: VARSITY RIDING | West |
| PHED 345: VARSITY SOCCER | Ramirez |
| PHED 360: VARSITY SWIMMING | Skinner |
| PHED 370: VARSITY TENNIS | Rush |
| PHED 380: VARSITY VOLLEYBALL | McGee |