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

DIRECTOR OF ATHLETICS AND CHAIR: Myra Sims
ATHLETIC TRAINER: Kaitlyn Costa
BASKETBALL: Emily Dunton, Head Coach
CROSS COUNTRY: Alex Kosicki, Head Coach
LACROSSE: Kate Keagins, Instructor and Head Coach
OUTDOOR PROGRAM: Jon Guy Owens, Director
RIDING: Sherri West, Director of Riding and Head Coach; Elizabeth Courter, Associate Director, Instructor and Head 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: Alex Kosicki, Instructor and Head Coach
VOLLEYBALL: Katherine Lawson, Instructor and Head Coach
INSTRUCTORS: Becky Swanson, Christopher Ragone, Peter Weisel

Two regular terms of physical education course 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 term may be taken in fulfillment of this requirement. 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.

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
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 Term 1.

PHED 113: WILDERNESS ADVENTURE SPORTS
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 2019-20.

PHED 115: BASIC FISHING
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
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 Term 1.

PHED 120: HEALTH AND WELLNESS
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 2019-20.

PHED 121: LIFETIME SPORTS
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 both terms.

PHED 127: GOLF FOR BUSINESS
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 Term 1.

PHED 202: BEGINNING SWIMMING
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: DEVELOPMENTAL SWIMMING
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.
individuals need to be very comfortable in deep water. Flexibility, stretching, and core strength will also receive attention. Not offered in 2019-20.

**PHED 207: BEGINNING GOLF**  
Weisel  
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 Term 2.

**PHED 208: BEGINNING TENNIS**  
Kosicki  
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**  
Keagins  
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 Term 1.

**PHED 212: INTERMEDIATE ROCK CLIMBING**  
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 Term 2.

**PHED 214: BADMINTON**  
Kosicki  
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. Not offered in 2019-20.

**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 2019-20.

**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 2019-20.

**PHED 218: TENNIS II**  
Kosicki  
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. Not offered in 2019-20.

**PHED 223: WEIGHT TRAINING**  
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 or desires. Offered both terms.

**PHED 227: ADVANCED CONDITIONING**  
Keagins  
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 class allows the student to focus on multiple areas of conditioning and learn lifelong fitness values. Offered both terms.

**PHED 228: STRENGTH AND TONE**  
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 Term 2.
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 Term 2.

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 2019-20.

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 2019-20.

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 Term 1.

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. Offered Term 1.

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 2019-20.

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 2019-20.

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 2019-20.

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 2019-20.
PHED 248: LIFEGUARD TRAINING  
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 2019-20.

PHED 249: LEVEL I HATHA YOGA  
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 254: BEGINNING VOLLEYBALL  
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  
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. Offered Term 2.

PHED 261: CORE TRAINING  
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 Term 2.

PHED 263: WHITEWATER AND FLATWATER PADDLING  
This course does not fulfill the physical well-being requirement.
Utilizing the paddling venues of canoeing, kayaking and stand-up paddleboarding, 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 2019-20.

PHED 265: SOCCER II  
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 2019-20.

PHED 269: LEVEL II HATHA YOGA  
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. Offered both terms.

PHED 290: INDEPENDENT STUDY (0 to 4)  
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)  
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)
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.

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.

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

PHED 300: VARSITY BASKETBALL
PHED 315: VARSITY CROSS COUNTRY
PHED 330: VARSITY LACROSSE
PHED 340: VARSITY RIDING
PHED 345: VARSITY SOCCER
PHED 360: VARSITY SWIMMING
PHED 370: VARSITY TENNIS
PHED 380: VARSITY VOLLEYBALL

Dunton
Kosicki
Keagins
West
Ramirez
Skinner
Kosicki
Lawson