PHYSICAL EDUCATION REQUIREMENT AND REGISTRATION

Physical Education is a degree requirement. The physical education program concentrates on lifetime sports, so that all students leave Middlebury College with exposure to sports or recreational activities in which they have developed a degree of skill and interest, which will be an asset to them in later years. Each class meets for one hour per day unless otherwise noted.

REQUIREMENT:
Before graduation, students must complete two different activities to receive the required two credits. Students who have not completed their requirement by the second semester of their senior year will not be eligible to graduate.

Students may use participation on varsity intercollegiate teams as a way of satisfying the physical education requirement. No more than one of the two physical education credits may be earned from participation in a single sport. Two-sport athletes may satisfy both physical education credits through participation on varsity intercollegiate teams.

The Physical Education department also recognizes participation in five club sports. The five club sports that can receive a physical education credit are Rugby, Crew, Water Polo, Equestrian and Sailing, which have a coach on site for practices and games. In order to receive a physical education credit, students must participate in one full semester of Crew, Rugby, Water Polo, Equestrian or Sailing. Each of these club sports will equal one Physical Education credit.

Physical Education credit may also be received by presenting certification cards in American Red Cross or American Heart Association Standard Adult First Aid and CPR, or PADI or NAUI scuba. One credit for each different certification may be obtained if the certification was completed during the student’s academic time at Middlebury.

We encourage students to take as many PE courses as desired beyond the two required, but they must sign up through Banner during the registration period.

Dance Courses (as available): Physical Education credit can be received by successful completion of the following dance classes - varying levels of ballet, jazz, and modern dance (DANC 160, DANC 161, DANC 162, DANC 260, DANC 261, DANC 276, DANC 360, DANC 361, DANC 380, DANC 381).

REGISTRATION:
Registration for all P.E. classes is done on Banner. NO ADD CARDS ARE USED BY THE P.E. DEPARTMENT. All changes to class selections MUST be done through Banner during the registration period.

REGISTRATION PROCESS AND DATES:
The registration period for P.E. classes is different than the drop/add period for academic classes and is done only on Banner. The registration period starts at the same time as the academic period, but the deadlines are as follows:
Fall I, 2019 – Registration ends on August 23, 2019
Fall II, 2019 – ends on September 27, 2019
J-Term 2020 – ends on December 6, 2019
Spring I, 2020 – ends on January 24, 2020
Spring II, 2020 – ends on February 27, 2020

COURSE SESSIONS:
The department schedules two sessions of instructional courses in the fall and spring terms and one session in the winter term. Registration is on a first-come, first-served basis and is open to students electing courses on a space-available basis. If you change your mind about a course selection, you must make any changes in Banner during the registration period. This can open up space in a class for another interested student.

Students unaware of their physical education record should check with the PE Administrative Associate in the Field House to ensure completion of their program prior to graduation. The Registrar's Office processes credits from transcripts for students transferring to Middlebury.

All requests for medical waivers must come from the student's physician. Injuries and illnesses suffered on campus will be considered as exceptions to the previous statement and will be handled by the College health center.

Session Dates for the Academic Year 2019-20:
Fall I – September 16 – October 18, 2019
Fall II – October 28 – December 6, 2019
Winter Term - January 6 – January 31, 2020
Spring I – February 17 – March 20, 2020
Spring II – April 6 – May 8, 2020
<table>
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<th>COURSE DESCRIPTIONS</th>
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| **Alpine Ski Lessons:**  
*This course carries a fee of $100.00.*  
Information and registration for Alpine skiing is done through the ski school at the Middlebury College Snow Bowl in Ripton. Please call 443-7605 or go to www.middleburysnowbowl.edu for further information.  
**Winter Term – as scheduled with instructor.** |
| **Aqua Cardio: 10016**  
A non-impact “water jogging” class in the deep end of the natatorium. Perfect for all fitness levels and those recovering from injuries.  
**Winter Term – TTh 11:00 a.m.** |
| **Archery: 20307/21537**  
Basic instruction in archery for beginners or for those with limited archery experience. Classes include lessons on safety, selection of equipment and fundamentals of shooting technique.  
**Spring II – MW 2:00 p.m. TTh 2:00 p.m.** |
| **Badminton: 10365**  
Introductory-level class that introduces students to the game of badminton with emphasis on fundamentals and rules for both singles and doubles.  
**Winter Term – TTh 11:00 a.m.** |
| **Basketball: 22646**  
*Not for varsity team members.* The course introduces students to the basic rules and terms to understand and play the game. The objective is to allow students to pick up the fundamentals (dribbling, passing and shooting) and the opportunity to play the game.  
**Spring II – TTh 2:00 p.m.** |
| **Cardiovascular Training: 11614**  
Improve cardiovascular endurance with a variety of different methods and styles of cardio. Open to all fitness levels.  
**Winter Term – MW 2:00 p.m.** |
| **Competitive Athletic Training Zone: 10693**  
The most fun you will ever have working your tail off. Heart Rate based circuit training includes agility, plyometrics, functional weight work, med balls, etc. Be ready to work hard and get in incredible shape. Solid fitness base recommended.  
**Winter Term – MW 8:30 a.m.** |
| **Dodgeball: 10710**  
Whether you want to relive the glories of elementary school gym classes or pick up a new sport that will last a lifetime, this class will hone your skills. Learn to duck, dip, dive and dodge in this fun, challenging and mildly competitive class.  
**Winter Term – MW 2:00 p.m.** |
| **First Aid/CPR: 10006/20314/20308**  
*This course carries a fee of $115.00.* Standard class run by a certified instructor where students will receive two certificates – one in Adult CPR and on in Adult First Aid.  
**Sat., Jan. 18 – 9:00 a.m. – 4:00 p.m.**  
**Sat., Mar. 7 – 9:00 a.m. – 4:00 p.m.**  
**Sat., April 11 – 9:00 a.m. – 4:00 p.m.** |
| **Fly Fishing: 20975**  
*This course carries a fee of $50.00.* This course will involve classroom sessions, outdoor/indoor casting sessions and classes will be held in Middlebury rivers. Designed for beginners and intermediates. Basic and advanced casts, knot tying, on-stream strategies and basic entomology will be taught. Rods, reels and flies are provided.  
**Spring II – Th 2:00 p.m. – 5:00 p.m.** |
| **Golf – Beg.: 20311**  
Basic instruction in putting, chipping, long and short iron play and woods from the fairway and tee.  
**Spring II – MWF 11:15 a.m.** |
| **Massage: 10009/20316/20321**  
*This course carries a fee of $150.00.* Introduction to relaxation technique for major muscle groups. Also studies draping, oils, contraindications, acupressure and anatomy.  
**Winter Term, Spring I, Spring II – Mon. 7:00 – 9:00 p.m.** |
| **Meditation: 10010/20317/20322**  
*This course carries a fee of $150.00.* The art and science of dealing with stress and finding inner peace. Meditation practice enables one to abide in the center of the hurricane of a busy life. In this class, a variety of meditation techniques suitable for beginners and those with experience will be practiced.  
**Winter Term, Spring I, Spring II – Th 7:30 – 9:30 p.m.** |
| **Nordic Ski Lessons:**  
*This course carries a $75.00 fee.* Four one-hour lessons offered at the Rikert Nordic Center. Transportation is available from ADK Circle every hour during J-Term. All ski equipment is provided. Appropriate layered winter clothing is required. Three lessons must be completed to receive a PE credit.  
**Winter Term – as scheduled with instructor.** |
| **Oratory X: A Public Speaking Workout Program: 21561**  
Designed to increase confidence and reduce stress connected to oral presentation, this class will combine speaking drills with high-energy movement, chi gung and other body awareness exercises. Taught in collaboration with Oratory Now.  
**Spring I – TTh 5:30 p.m.** |
| **Paddle Tennis: 10990/21742**  
A cold-weather sport that is played outdoors in an enclosed court. The focus is on rules and playing.  
**Winter Term – TTh 2:00 p.m.**  
**Spring I – TTh 2:00 p.m.** |
Pickleball: 11454
The sport is played on a badminton court using a paddle similar to ping pong. Emphasis will be on learning the game, rules and strategies of playing.
Winter Term — MW 11:00 a.m.

Ping Pong: 10890
This course offers students the opportunity to play and learn one of the world’s most universally enjoyed games. Basic and advanced technique, rules and variations of the game, and general tactics are all part of this class.
Winter Term – TTh 2:00 p.m.

Raised Barre at Middlebury Fitness (Off Campus): 11317/21743/21744
This course carries a fee of $110.00. Barre classes are one of the hottest trends in the fitness industry. Raised Barre is not your ordinary workout - it provides a unique combination of muscular endurance and stretching resulting in long, lean and flexible bodies. The class is great for members of all shapes, sizes and fitness levels.
Winter Term, Spring I, Spring II – Mon & Sat. 12:00 p.m.

Riding lessons:
Horseback riding lessons are offered at area horse farms. Information can be obtained through the Physical Education office (ext. 5189) giving the names of the farms and the types of lessons that they offer. The fee will depend on the type of lesson and the farms. Students set their own schedule with the farm they wish to work with and should let the farm know they are doing the lessons for a PE credit and complete 8 hours of lessons.

Snowboarding lessons:
This course carries a fee of $100.00. Information and registration for Snowboarding lessons is done through the College Snow Bowl in Ripton. Please call 443-7605 or go to www.middleburysnowbowl.edu for further information.
Winter Term – as scheduled with instructor.

Snowshoeing: 10013
Challenge your cardiovascular system and strengthen and tone your largest calorie burning muscles. This class functions as a long duration workout for shaping and toning. A wonderful mood enhancer. Designed for fun.
Winter Term – MW 1:00 – 3:00 p.m.

Intro to Soccer: 22694
Not for varsity/JV team members. The class will be work on basic soccer skills to empower students to enjoy the game as a lifetime sport. This course will be playing-based and will require a moderate level of physical activity.
Spring II – TTh 1:00 p.m.

Speed, Agility & Quickness:
10691/21780/20976/21644
Through drills and technique training, students will develop speed, agility and quickness with the goal of improving performance in any activity or sport.
Winter Term – TTh 3:00 p.m.
Spring I – TTh 3:00 p.m.
Spring II – MW 9:00 a.m.
TTh 3:00 p.m.

Spinning at Vermont Sun (Off Campus):
11073/21362/20856
This course carries a fee of $100.00. Spinning is a cardiovascular workout performed on a stationary bicycle. Each student works at their own pace. Motivational music, visualization, ab and low back strengthening and stretching are included. The class is taught at Vermont Sun in Middlebury. Students must provide their own transportation.
Winter Term, Spring I, Spring II – TTh 5:30 p.m.

Swim for Conditioning:
20585/21645
This is not a stroke mechanics class. Classes are designed to improve cardiovascular fitness through swimming. Participants must be able to swim 12 minutes of crawl without stopping.
Spring I – MW 9:00 a.m.
Spring II - TTh 9:00 a.m.

Telemark Ski Lessons:
This course carries a fee of $100.00. Information and registration for Telemark Ski lessons is done through the College Snow Bowl in Ripton. Please call 443-7605 or go to www.middleburysnowbowl.edu for further information.
Winter Term – as scheduled with instructor.

Strength Training:
21256/21257/21741
Beginner strength training focusing on higher repetitions and lower weights to build endurance strength.
Spring I – MW 12:00 p.m.
Spring II – MW 9:30 a.m.
    MW 11:00 a.m.

Yoga: 10015/20319/20323
This course carries a fee of $150.00. A holistic system of exercise and awareness, students work on balance, flexibility, strength, coordination and relaxation. The class will also develop the ability to bring the body, breath and mind into harmony.
Winter Term, Spring I, Spring II – Tues. 7:30 p.m. – 9:30 p.m.
Physical Education Website:  
http://athletics.middlebury.edu/information/physed  
Once on this site, click on “click here” for further information.

Some of the FAQs:

How do I know what classes are held during Fall I versus Fall II, etc?  
Fall I classes start with an 0100 series number.  
Fall II classes start with an 0200 series number.  
J-Term classes start with an 0300 series number.  
Spring I classes start with an 0400 series number.  
Spring II classes start with an 0500 series number.

Can I just show up to a class and register or add it?  
A student who is not pre-registered on Banner for a PE class, will NOT be allowed to enter the class. Students can audit a class on a space available basis, but will NOT receive credit unless they are registered through Banner. Classes are sometimes canceled due to low numbers, so proper registration is suggested.

Can I get a refund on my PE class?  
Refunds to your account will ONLY be issued if you drop the class online during the drop period or if you notify the PE Administrative Associate prior to the first day of the class (except for First Aid/CPR which has a set date sent in an email to the students who are registered). No refund will be issued after that time, regardless of the situation.

How do I know where a class is held?  
When registering for the class on Banner, simply click on the CRN for the class and the course description will tell you where the class is being held.

How are PE “credits” applied?  
One must complete 8 hours of class instruction time (7 hours during J-term) to receive a PE credit. All credits will be posted on your transcript at the end of the academic semester.

Does a PE “credit” affect my GPA?  
PE “credits” do not carry a grade point and will not affect your GPA. They will also not appear as an incomplete if you were unable to fulfill enough hours to receive a PE credit.

Can I make-up a class at a later date?  
Banner is set up to acknowledge separate semesters of the school year. All “credits” must be applied during that particular semester. No credit can be given if not met during that semester.

Does my participation on an intramural team get me a PE credit?  
No. PE classes are instructional classes. Attendance is also a key factor in receiving a PE credit. Therefore, participation on an intramural team will not earn you a PE credit.

I have current American Red Cross First Aid and CPR certification cards? Can I show those for a PE credit? What about Scuba certification cards?  
Yes, American Red Cross or American Heart Association adult First Aid and CPR certification will get you ONE PE credit if it’s obtained during your tenure at Middlebury. The cards must be shown to the Director of Physical Education, Sarah Raunecker for verification. NAUI or PADI certification cards will also get you one PE credit if it was earned during your time at Middlebury.

I have heard that there are Student Activities workshops during J-term that give PE credit. How do I find out about those?  
There are a large number of Student Activities workshops available during J-term. A listing of all of the workshops is available late November and those receiving PE credit are noted in the list of workshops. Contact Student Activities for information on these workshops.

Are other PE options available?  
Yes. The PE Department awards credits through various student organizations (such as Club Yoga, You Power Cycling, CrossFit). These are offered by certified instructors and students must attend eight sessions in order to receive a credit. Please coordinate with the instructor if you are taking the classes for PE credit.