HAVERFORD COLLEGE  
PHYS-ED OFFERINGS - FALL QUARTER  
September 8, 2020 – October 16, 2020  
Registration begins on August 31st and ends on September 10th.

STUDENTS MUST REGISTER FOR PHYS-ED ON “BIONIC” PRIOR TO PARTICIPATION TO RECEIVE CREDIT

INDEPENDENT STUDY

App Activities
There are many free app activities such as yoga, meditation, Pilates or you might already subscribe to an app that you really enjoy. If there is an app that you would like to use for 3+ hours/week that is approved for PE activity, you can receive PE credit. Students will be required to email Susan McCabe, each Sunday, with a log listing the hours and dates exercised and what app is being used.  
*Students are required to wear a mask.

Free App suggestions:

- **Bioglates/Pilates** - POP Pilates is basically Pilates and Pilates-inspired moves set to contemporary Top 40 Hits. Pilates is a mind body exercise that challenges your core while sculpting longer and leaner muscles, resulting in a toned dancer-like look. The idea is that a stronger core or “powerhouse” enhances your posture and alignment, which ultimately results in optimal physical performance. The core muscles are defined as the deep, internal muscles of the abs and back.

- **Calm - Take a Deep Breath** - Enjoy this curation of content to support mental and emotional well-being.

- **Oak** - Meditation and breathing exercises for beginners and experts alike. Learn mindful and loving-kindness meditation.

- **Down Dog** - The highest-rated yoga app on Android and iOS, delivering a studio-like yoga experience and a new sequence every time you practice.

- **Simply Yoga (Apple Device) (Android Device)** - Simply Yoga contains 20, 40, or 60-minute yoga routines that step you through each pose. Each pose is demonstrated by a certified personal trainer, simply choose your workout length and follow along.

- **Yoga with Adriene** - Browse the library of free yoga videos to find a practice that suits your mood or start a journey toward healing. If you’re brand-new to yoga, check out Adriene’s Yoga for Beginners and Foundations of Yoga series. These are designed to give you the tools to build a happy and healthy yoga practice. If you’re ready to work up a sweat, try Total Body Yoga.
• **Openfit** - This is a digital streaming platform with hundreds of on-demand and live workouts as well as nutrition planning and tracking, all designed to help you stay fit and healthy from home. You must register with your .edu email address. Use the code STUDENT when registering.

• **Fitness Blender** - Created to help users live a better, happier, healthier life. Fitness Blender believes fitness should be accessible to everyone, everywhere, regardless of income level or access to a gym. That's why Fitness Blender offers hundreds of free, full-length workout videos, the most affordable and effective workout programs on the web, meal plans, and helpful health, nutrition, and fitness information.

• **Nike Training Club** - The Nike Training Club App helps you reach your fitness goals with expertly designed workouts from our world-class Nike Master Trainers. NTC provides free workouts for everything from bodyweight-only sessions, invigorating yoga classes, targeted training programs, and full-equipment home workouts for all fitness levels.

• **Nike Running Club** - Make every run count with the Nike Run Club app. Track runs, challenge friends and get motivated to keep going.

• **Peloton (no bike necessary)** - Peloton Fitness App is offering a 90-day free trial. Don't worry, you don't have to own one of their stationary bikes to use the app. The Peloton app offers guided exercises across all major fitness categories. The App is fully loaded with a variety of classes. The app includes guided workouts that require little or no equipment at all, like yoga and high-intensity interval training (HIIT). Some classes assume you’ve got a dumbbell or two lying around.

• **Zombies, Run!** is an immersive running game. ... The app is hands-free while the player runs and items are automatically collected. The app can record the distance, time, pace, and calories burned on each mission through the use of the phone's GPS or accelerometer.

**COVID Independent Weight Training**

This class is for those who enjoy lifting weights and would like the opportunity to lift even though the indoor fitness center is closed. The class will meet in small groups on the turf 2-3x/week where there will be an assortment of barbells, trap bars, kettlebells, sleds, etc. There will be a workout of the day focusing on increasing general strength through the basic compound lifts, as well as incorporating some fitness towards the end in the form of light circuits. Instructors will be present to assist in lifting technique and exercise demonstration, as well as to ensure workouts are compliant with COVID best practices.

**Contact:** Nicky Miranda (nmiranda@haverford.edu)

**Location:** Swan Turf Field

**Days and Times:** Details will be emailed to all registered students.

**Class enrollment will only have a maximum of 27 students (scheduled in groups of 9)!**

*Students are required to wear a mask.*

**Running, Training & Walking**

Self-paced running, walking, jogging 2 miles a day for 5 days a week. Students are required to email Tom Donnelly tdonnell@haverford.edu, each Sunday, with a log listing the hours and dates you exercised. **Initial Zoom meeting with Tom Donnelly (tdonell@haverford.edu) on Wednesday, September 9th at 4:00pm.** If you are registered for this class, you will be emailed the Zoom information. **The last day to register for this class is Wednesday, September 9th.**

*Students are required to wear a mask while running or walking outside.*
Intro to Fitness *(Mandatory to Fulfill PE Requirement)*
Intro to Fitness covers a wide variety of material designed to provide students with the knowledge needed to incorporate fitness and proper nutrition into their lives.
Contact: Nicky Miranda, Fitness Center Director

CHOOSE “ONE” OF THE FOLLOWING CLASSES (Fit A or B):

FIT – (A) **Monday** 5:15-6:00 pm and **Thursday** 6:15-7:00pm
*(students must attend both days to receive credit)*
Instructor: Nicky Miranda, Fitness Center Director
*Class enrollment is limited to 36 Students with a Minimum of 10 Students*
*Monday’s classes are via Zoom and the Thursday classes will be in the Fitness Center.*
Details will be emailed to all registered participants.
*Students are required to wear a mask.*

FIT – (B) **Monday** 6:15-7:00pm and **Thursday** 7:15-8:00pm
*(students must attend both days to receive credit)*
Instructor: Nicky Miranda, Fitness Center Director
*Class enrollment is limited to 36 Students with a Minimum of 10 Students*
*Monday’s classes are via Zoom and the Thursday classes will be in the Fitness Center.*
Details will be emailed to all registered participants.
*Students are required to wear a mask.*

**Abs and Lower Body Workout**
Whether you’ve never set foot in a gym before or you’re a fitness fanatic who tends to skip leg day, this class is for you. Its fast-paced, HIIT bodyweight workouts target your core and lower body through exercises that strengthen and tone your abdomen, quads, and glutes. Each workout is done to a different themed playlist, and I will do my best to incorporate your music recommendations! The only equipment needed is a yoga/exercise mat. If you do not have a mat, one can be provided for you.
In case of inclement weather, class will be held via a Zoom link.
Contact: Maddy Rosen (morosen@haverford.edu)
Location: James House Green (behind the GIAC) on Walton Road
Days and Times: Tuesday and Thursday evenings from 6:30-7:30pm, and Sunday from 11am-12pm
*Class enrollment will only have a **maximum** of 9 students!*
*Students are required to wear a mask.*

**Fencing (Beginner)**
Students will learn footwork and basic fencing skills.
Contact: Coach Chris Spencer (cspencer@haverford.edu)
Location: Email will be sent
Days and Times: Tuesday and Thursday, 4:15 - 5:45pm
*Class enrollment will only have a **maximum** of 9 students.*
*Students are required to wear a cloth mask and a fencing mask.

**Haverfarm**
Students must choose one session and attend both days to receive credit. Students will learn farming techniques such as transplanting, weeding, harvesting, composting, etc. The Haverfarm is located near the facilities management building. This is a hands-on course. No farming experience necessary.

**Contact:** Madison Tillman mtillman@haverford.edu

**Location:** Haverfarm

**Days and Times:**
Session 1: Mondays and Wednesdays from 4:15-5:45pm OR
Session 2: Tuesdays and Thursdays from 4:15-5:45pm.

**Class enrollment will only have a maximum of 10 students.**

*Students are required to wear a mask.

**Haverford High Intensity Fitness:**
This course will focus on improving overall fitness through work on basic physical skills including endurance, strength, flexibility, power, speed and agility. No experience is necessary; the first portion of this class will serve as an introduction to body weight and weightlifting movements. Expect a great, high-intensity workout in every class.

**Contact:** Elaina Sassine (esassine@haverford.edu) and Theodore Smith (tsmith3@haverford.edu)

**Location:** Swan Turf Field

**Days and Times:**
**Session 1:** TBD OR
**Session 2:** TBD

**Class enrollment will only have a maximum of 8 students each session.**

*Students are required to wear a mask.

**Yoga**
This 60-minute yoga class is designed to engage your core and other areas of your body in a Vinyasa-flow style of sequencing. Each weekly class will have variations and can be catered to your experience level, muscle soreness, and particular areas of focus. The only equipment needed is a yoga/exercise mat. If you do not have a mat, one can be provided for you. In case of inclement weather, class will be held via a Zoom link.

**Contact:** Lyvia Yan (lyan@haverford.edu)

**Location:** James House Green (behind the GIAC) on Walton Road

**Days and Times:** Monday and Thursday 4:15-5:30pm

**Class enrollment will only have a maximum of 9 students!**

*Students are required to wear a mask.
**INTRAMURAL**

**Intramural Tennis**
During this quarter, practice time will focus on singles play. Practices and match play will take place on the outdoor tennis courts. The group welcomes all interested people who want to play, regardless of level. During this quarter, practice time will be spent playing socially-distanced drills, games, and match play. There will not be practice time devoted to tennis instruction this quarter. Tennis Racquets and tennis balls will be provided, but non-marking shoes are needed.

**Contact:** Mallory Kastner and Sally Pearson

**Initial Zoom meeting will be on Tuesday, September 8th at 5:15 pm** – practice times will be coordinated at this meeting

**Class enrollment will only have a maximum of 8 students!**

*Students are required to wear a mask.*

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**CLUB SPORTS AT HAVERFORD COLLEGE**

**Badminton (M/W)**

**Captains:**

**Crew (M/W)**

Contact Email: (haverford.crew@gmail.com)

**Male Captains:** Jacob Epstein

**Female Captains:** Eliza Brody, Mia Kussman and Hannah Chayet

**Golf (M/W)**

**Captains:** Davis Chase and Neel Vidwans

**Men’s Soccer**

**Captains:** Ben Mass, Xavier Devore, Ivan Ruiz, and Giovanni Santalucia

**Women’s Soccer**

**Captains:** Becca Matson and Rebecca Boden

**Men’s Rugby**

**Captains:** Henry Bergen, Keiran Marrett-Hitch, Steven Puac

**Men’s Ultimate Frisbee**

**Captains:** Moselle Burke, Ewan Lang, and Dex Coen Gilbert

**Sneetch Ultimate Frisbee**

**Captains:** Shufan Xia, Grace Cavanaugh, Lindsey (Lingxi) Hua
VARSITY INTERCOLLEGIATE FALL SPORTS

Women’s Soccer – Jamie Schneck
Men’s Soccer – Zach Ward
Field Hockey – Jackie Cox
Volleyball – Drew Hargrave
Women’s Cross Country – Fran Rizzo
Men’s Cross Country – Tom Donnelly

VARSITY INTERCOLLEGIATE SPRING NON-TRADITIONAL SPORTS

Softball – Kate Poppe
Baseball – Dave Beccaria
Women’s Tennis – TBD
Men’s Tennis – Brendan Kinkaid
Women’s Lacrosse – Katie Zichelli
Men’s Lacrosse – Nick Taylor
Co-Ed Cricket – Kamran Khan