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 and junior 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 or junior varsity intercollegiate teams.

The Physical Education department also recognizes participation in six club sports. The six club sports that can receive a physical education credit are Rugby, Crew, Water Polo, Aikido, Sailing, and Cricket, 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, Sailing, or Cricket. Students in Aikido must attend 20 classes per semester. 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>
<thead>
<tr>
<th>COURSE DESCRIPTIONS AND CRN</th>
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<tbody>
<tr>
<td><strong>Archery - 90029:</strong> 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.</td>
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<td>Fall I — MW 10:00 a.m.</td>
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<td><strong>Badminton - 90915:</strong> Introductory level course that introduces students to the game of badminton with emphasis on fundamentals and rules for both singles and doubles.</td>
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<td>Fall II — TTh 11:00 a.m.</td>
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<td><strong>Competitive Athletic Training Zone - 92476:</strong> 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.</td>
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<tr>
<td>Fall I TTh 8:30 a.m.</td>
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<td><strong>Circuit Training - 91702:</strong> This is a circuit style workout class geared towards individuals with a basic level of physical fitness. A mix of strength, agility, mobility and conditioning exercises are combined in this class.</td>
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<td>Fall II MW 10:00 a.m.</td>
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<tr>
<td><strong>First Aid/CPR - 90030/90034:</strong></td>
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<td>This course carries a fee of $115.00. Standard American Heart Association class where students will receive two certificates – one in Adult CPR and one in Adult First Aid.</td>
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| Sat., Sep. 28 – 9:00 a.m. - 4:00 p.m.  
Sat., Nov. 9 – 9:00 a.m. – 4:00 p.m. |
| **Golf - Beg. - 90040:** Basic instruction in putting, chipping, long and short iron play and woods from the fairway and tee.  |
| Fall I — MWF 10:15 a.m. |
| **Golf - Int./Adv. - 90043:** For the student who has taken beginning golf or is at least a beginner golfer. Students will play 9-hole rounds.  |
| Fall I — MW 1:15 - 3:15 p.m. |
| **Massage - 90031/91087:** This course carries a fee of $150.00. Introduction to relaxation technique for major muscle groups. Also studies draping, oils, contraindications, acupressure and anatomy.  |
| Fall I, Fall II — Mon. 7:00 p.m. - 9:00 p.m. |
| **Meditation - 90032/90035:** 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.  |
| Fall I, Fall II — Th 7:30 p.m. – 9:30 p.m. |
| **Intro to Mountain Biking - 91700:** MUST have own helmet/bike, or be willing to rent (approx. cost $150) in town. Students will learn basic bike-handling skills and maintenance techniques. We will ride a variety of local roads and trails and learn about proper trail etiquette.  |
| Fall I — F 11:00 a.m.-1:00 p.m. |
| **Oratory X: A Public Speaking Workout Program 91581:**  |
| Designed to increase confidence and reduce stress connected to oral presentation, this class will combine speaking skills with high energy movement, chi gung, and other body awareness exercises. Taught in collaboration with Oratory Society.  |
| Fall II — TTh 5:30 p.m. |
| **Pickelball — 91701:** Introduction to a sport that’s sweeping the nation. It's played on a badminton court using a paddle similar to ping pong. Emphasis will be on learning the game, rules and strategies of playing.  |
| Fall I — TTh 10:00 a.m. |
| **Riding lessons:** Horseback riding lessons are offered at area horse farms. Information can be obtained through the Physical Education office 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 Physical Education credit at the College. The student must complete 8 hours of lessons.  |
| **Speed, Agility & Quickness: 91686:** Through drills and technique training, students will develop speed, agility and quickness with the goal of improving performance in any activity or sport.  |
| Fall I – MW 9:00 a.m. |
| **Spinning at Vermont Sun On Exchange St. – 90804/90825:** 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. This class is taught at Vermont Sun in Middlebury and students must provide their own transportation.  |
| Fall I, Fall II — TTh 5:30 p.m. |
| **Strength Training - 91201/91580:** Beginner strength training focusing on higher repetitions and lower weights to build endurance strength.  |
| Fall I – TTh 11:00 a.m.  
Fall II – MW 10:00 a.m. |
Squash – Beginning – 91706:
The course introduces students to the basic strokes, rules and etiquette of squash. The objective of the course is to allow students to pick up the fundamentals of the sports and allow them the opportunity to play the game.
**Fall I** – TTh 10:00 a.m.

Swim for Conditioning – 90805:
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.
**Fall I** – TTh 1:00 p.m.

Tennis – Beginning - 90910/90037
Instruction of the proper tennis grip and development of all the basic strokes. The class progresses from consistency, to control, to placement, to spin and finally to power in stroke production. **Fall I** – TTh 12:00 p.m.;
**Fall II** – M/W 11:00 a.m.

Tennis – Intermediate - 92470:
Review and refinement of fundamental strokes, groundstrokes, volley, overhead, serve return and serve. Singles and doubles strategies emphasized in competitive matches. **Fall I** – TTh 11:00 a.m.

Whiffle Ball – 91699/92646:
This class is open to anyone interested in having fun playing a backyard favorite. Similar to baseball, but played with a plastic bat and ball. Whiffle Ball involves throwing, catching, hitting and running the bases. No prior experience needed. **Fall I** – MW – 10:00 a.m.
**Fall II** – MW – 2:00 p.m.

Yoga – 90033/90039:
*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. **Fall I, Fall II** – Tues. 7:30 p.m. – 9:30 p.m.

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### Physical Education Website:
[http://athletics.middlebury.edu/information/physed](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.
J-Term classes start with an 0300 series.
Spring I classes start with an 0400 series.
Spring II classes start with an 0500 series.

#### Can I just show up to a class and register or add there?
A student who is not pre-registered on Banner for a PE class, will NOT be allowed to enter the class.

#### Can I get a refund on my PE class?
Credits to your account will ONLY be issued if you drop the class online during the registration period or if you notify the PE Administrative Associate prior to the first day of the class, with the exception for First Aid/CPR. No credit 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.

#### Can I simply take a class if I don’t want the credit for it without being registered on Banner?
Students must be enrolled on Banner in order to earn credit for a PE class. Many classes have space limitations, but contact instructor if you wish to audit.

#### 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 taught by Middlebury Athletic Department Faculty or certified instructors.

#### 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.