

# DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

*Dr. Lyle, Chair; Dr. Williams, Associate Chair; Mr. Chinn, Mr. Dreves, Mr. Fritz, Ms. Harris, Ms. Jacobs, Mrs. Lamie, Mr. Lamie, Mrs. Mitchell-Emigh, Ms. Roberts, Mr. Severson, Mr. Skaricich, Mr. C. Smith, Mr. Walters. Part-Time: Ms. Eidenmuller. Staff: Mr. Hawke.*

The Department of Physical Education and Athletics and Grove City College believe that a Christian liberal arts college should teach the "whole individual," giving careful attention to the development of psychomotor (physical development), cognitive (basic reasoning), and the affective (social, emotional and spiritual) behavioral goals of the student regardless of his/her major.

In an attempt to realize this philosophy, the Department of Physical Education and Athletics and Grove City College present a balanced program that encompasses the many facets of physical education. The specific objectives of the program are to develop a heightened awareness of personal fitness and wellness, to develop neuromuscular skills, to cultivate an interest in recreation, and to encourage desirable social and moral standards.

The required Fitness and Wellness courses for both men and women are designed to give each incoming student an awareness of personal fitness and wellness. The evaluation process for each student is comprised of written examinations, skill tests, special projects, swimming evaluations, and fitness appraisals. The ultimate goal is to provide an opportunity for each student to develop a personal responsibility for his/her own lifestyle.

The program for upperclassmen is strictly on an elective basis with the major emphasis on lifetime carry-over activities. Offerings include: bowling, dance, tennis, racquetball, fitness/body conditioning, volleyball, step aerobics, water fitness, and free weights. Red Cross training is also provided for water safety instruction, First Aid/CPR, and lifeguarding.

## **Policies Governing the Physical Education Program**

All students are required to participate in the Grove City College Fitness and Wellness program by enrolling in Physical Education 101-102 (men) and Physical Education 111-112 (women) beginning in the fall semester of their freshman year. Each class meets twice per week, for one credit hour of coursework per semester. Upon completion of the freshman requirement, a student may choose up to six elective credit hours in physical education, but not more than one course per semester. Duplication of courses for credit is prohibited and the Department of Physical Education and Athletics reserves the right to cancel any course based on insufficient enrollment.

Transfer students may receive partial or full credit for Fitness and Wellness based on a comparison of course syllabi. The Department Chairman and Registrar will grant final approval for all transfer courses. All transfer students will begin the Fitness and Wellness class in the first fall semester they attend, to ensure proper sequencing in the program, unless they have received credit for either Physical Education 101 or 111.

A medical examination is required of all students entering physical education classes. The results of this examination must be on file at the Zerbe Health Center and the office of the Chairman of the Physical Education and Athletics Department. Students identified with physical limitations will be placed in classes to meet their individual needs.

### **Men's & Women's Athletics**

*Director of Athletics: Dr. Donald L. Lyle*

*Associate Directors: Mr. Joseph Walters and Ms. Susan Roberts.*

All students enrolled at Grove City College who meet the requirements of the National Collegiate Athletic Association (NCAA) are eligible to participate in any varsity sport. Varsity sports include: football, soccer, cross-country, basketball, swimming, softball, water polo, baseball, golf, track, and tennis. Grove City College is a member of the National Collegiate Athletic Association (NCAA), the Presidents' Athletic Conference (PAC), and the Eastern College Athletic Conference (ECAC).

### **Course Requirements for a Minor in Exercise Science (9 hours of prerequisites, 21 hours of required courses)**

The Exercise Science minor curriculum has the potential to enrich the academic preparation of students pursuing majors in Biology, Chemistry, Education, and even Business majors with entrepreneurial aspirations in commercial or community-based health, fitness or athletics. The curriculum also provides an opportunity for students to expand on their experiences from Physical Education 102 or 112 Fitness and Wellness, in pursuit of health-related professions which require graduate studies, doctoral research and/or professional training.

#### **Prerequisites (9 hours):**

Physical Education 102 or 112; Biology 102 or Science 202; and Chemistry 102 or Science 203. All prerequisite courses must be completed before beginning any required course of the curriculum.

#### **Required courses (21 hours):**

Physical Education 227, 251, 253, 254, 256, 304, 305, 480; and Psychology 203.

#### **Elective course offerings (not required):**

Physical Education 228, 290, and 404.

## **PHYSICAL EDUCATION (PHYE)**

**101. FITNESS AND WELLNESS I - MEN.** Students will be introduced to current concepts and trends of individual fitness and wellness. Each student will be exposed to the following concepts: cardiovascular disease, muscular strength & endurance, aerobic fitness, body composition, flexibility, nutrition, stress management, common injuries, dimensions of wellness, and behavior change modification. *Fall semester only, one hour.*

**102. FITNESS AND WELLNESS II- MEN.** Students will participate in physical activity labs to promote a personal responsibility for ones health and wellness. Each

student will complete a personal nutritional analysis in addition to a fitness appraisal targeting overall physical fitness, muscular strength, and flexibility.

*Spring semester only, one hour.*

**111. FITNESS AND WELLNESS I - WOMEN.** Students will be introduced to current concepts and trends of individual fitness and wellness. Each student will be exposed to the following concepts: cardiovascular disease, muscular strength & endurance, aerobic fitness, body composition, flexibility, nutrition, stress management, common injuries, dimensions of wellness, and behavior change modification.

*Fall semester only, one hour.*

**112. FITNESS AND WELLNESS II- WOMEN.** Students will participate in physical activity labs to promote a personal responsibility for ones health and wellness. Each student will complete a personal nutritional analysis in addition to a fitness appraisal targeting overall physical fitness, muscular strength, and flexibility.

*Spring semester only, one hour.*

**201. RACQUETBALL.** Two hours/week. Prerequisite: Physical Education 102 or 112.

*Semester course, one hour.*

**205. FREE WEIGHTS.** Two hours/week. Prerequisite: Physical Education 102 or 112.

*Semester course, one hour.*

**207. BEGINNING BOWLING.** Two hours/week. Prerequisite: Physical Education 102 or 112.

*Semester course, one hour.*

**209. TENNIS.** Two hours/week. Prerequisite: Physical Education 102 or 112.

*Semester course, one hour.*

**211. BEGINNING DANCE.** Two hours/week. Prerequisite: Physical Education 102 or 112.

*Fall semester only, one hour.*

**213. INTERMEDIATE DANCE.** Two hours/week. Prerequisite: Physical Education 102 or 112.

*Fall semester only, one hour.*

**215. ADVANCED DANCE.** Two hours/week. Prerequisite: Physical Education 102 or 112.

*Fall semester only, one hour.*

**217. VOLLEYBALL.** Two hours/week. Prerequisite: Physical Education 102 or 112.

*Semester course, one hour.*

**219. STEP AEROBICS.** Two hours/week. Prerequisite: Physical Education 102 or 112.

*Semester course, one hour.*

**221. FITNESS/BODY CONDITIONING.** Two hours/week. Prerequisite: Physical Education 102 or 112.

*Semester course, one hour.*

**223. RED CROSS LIFEGUARD TRAINING.** An additional fee is charged for this course. Two and one-half hours/week. Prerequisite: Physical Education 102 or 112 and consent of the instructor. *Semester course, two hours.*

**225. RED CROSS WATER SAFETY INSTRUCTOR.** An additional fee is charged for this course. Two hours/week. Intermediate swimming level. Prerequisite: Physical Education 102 or 112 and consent of the instructor. *Semester course, two hours.*

**227. RED CROSS FIRST AID - CPR.** This course includes preparation and testing for the American Red Cross First Aid and CPR certification. The standardized curriculum includes basic first aid, emergency response, adult CPR and infant CPR. Two lectures per week. Prerequisite: Physical Education 102 or 112 and consent of the instructor. *Semester course, one hour.*

**228. PHYSICAL EDUCATION FOR ELEMENTARY EDUCATORS.** Principles of physical education instruction for elementary education. One lecture per week. Prerequisite: Physical Education 102 or 112. *Spring semester only, one hour.*

**251. BASIC PRINCIPLES OF ATHLETIC TRAINING.** This course focuses on the care and prevention of athletic injuries, rehabilitation of athletic injuries and administrative duties relative to athletic training. Two lectures per week. Prerequisite: Physical Education 102 or 112. *Semester course, two hours.*

**253. EXERCISE SCIENCE ANATOMY AND PHYSIOLOGY.** A broad introductory course in human anatomy and physiology with emphasis on the integration of human systems during exercise. Topics include skeletal, muscular, nervous, digestive, endocrine, respiratory, circulatory and immune systems. Three lectures per week. Prerequisites: Physical Education 102 or 112, Biology 102 or Science 202, and Chemistry 102 or Science 203. Equivalent courses: Biology 311 or 312 (Human Anatomy and Physiology I or II) or Biology 429 (Pathophysiology). *Fall semester only, three hours.*

**254. NUTRITION IN SPORTS AND EXERCISE.** Using USDA recommendations, this course will explore nutritional strategies for all levels of physical activity and competitive sports. Emphasis will be placed on energy balance, substrate metabolism, hydration, ergogenic aids, nutritional supplementation, and banned substances. Three lectures per week. Prerequisite: Physical Education 253. *Spring semester only, three hours.*

**256. PHYSIOLOGY OF EXERCISE.** A survey of the acute and chronic effects of exercise on human systems in healthy and clinical populations. Chronic diseases such as coronary artery disease, diabetes, obesity, hypertension and hyperlipidemia will be explored in relation to exercise therapy. Two lectures and one lab per week. Prerequisite: Physical Education 253. *Spring semester only, three hours.*

**290. STUDIES IN PHYSICAL EDUCATION.** A course that covers special topics related to athletics and physical education. *Semester course; one, two or three hours.*

**304. FITNESS TESTING AND EXERCISE PRESCRIPTION.** This course will cover non-invasive fitness testing and exercise prescription procedures for healthy and clinical populations. The course will follow the *American College of Sports Medicine Guidelines for Exercise Testing and Prescription*. Two lectures and one lab per week. Prerequisites: Physical Education 256 and Psychology 203.

*Spring semester only, three hours.*

**305. COACHING AND EXERCISE LEADERSHIP.** Students will be introduced to the principles of coaching team and individual sports. This course will also cover the application of scientific principles to exercise leadership during both one-on-one and group exercise. Two lectures per week. Prerequisite: Physical Education 256.

*Semester course, two hours.*

**404. PROFESSIONAL CERTIFICATION.** Instructor-guided preparation for a professional certification exam. There is an additional cost incurred by the student to register for the certification exam and purchase the required study material from the certifying organization. Students will be encouraged to pursue American Council of Exercise certification. One lecture per week. Prerequisites: Physical Education 304, 305, and Psychology 203.

*Semester course, one hour.*

**480. INTERNSHIP.** Students will earn academic credit for field experience in areas of applied Exercise Science, such as coaching, community fitness, and cardiac rehabilitation. Students will work under the supervision of a cooperating entity. Grade is dependent upon written evaluation by an on-site supervisor and the submission of the student's written report to the Department of Physical Education. Prerequisites: Physical Education 256 and 305.

*Summer or semester course, one hour.*