PHYSICAL EDUCATION REQUIREMENTS 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 course carries one unit of physical education credit. 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 are encouraged to complete the credits by the end of their fourth academic semester at Middlebury (excluding Winter term). In the case of transfer students, students are encouraged to complete the requirement by the end of their second semester at Middlebury. 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 and junior 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, Aikido 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 season of Crew, Rugby, Water Polo, or Cricket. Students in Aikido must attend 20 classes per semester. Each of these club sports will equal one Physical Education credit.

Students who wish to elect additional courses beyond those required for graduation may register on Banner for the appropriate season.

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.

DROP/ADD PROCESS AND DATES:

The Drop/add period for P.E. classes is different than the drop/add period for academic classes and is done only on Banner. The drop/add period starts at the same time as the academic drop/add period but the deadlines are as follows:

- Fall I, 2013 – ends on August 30, 2013
- Fall II, 2013 – ends on September 27, 2013
- J-Term 2014 – ends on December 13, 2013
- Spring I, 2014 – ends on January 17, 2014
- Spring II, 2014 – ends on February 21, 2014

COURSE SESSIONS:

The department schedules two seasons of instructional courses in the fall and spring terms and one season 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. Students unaware of their physical education record should check with the department secretary in the Field House to ensure completion of their program prior to graduation. Applications for transfer credit must be made in advance, following College procedure for academic credit transfer. 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 2013-14:

- Fall I - September 16 – October 18, 2013
- Fall II - October 28 – December 6, 2013
- Winter Term - January 6 – January 31, 2014
- Spring I - February 10 – March 14, 2014
- Spring II – March 31 – May 2, 2014
COURSE DESCRIPTIONS AND CRN

Aqua Cardio - 90758:
A non-impact “water jogging” class in the deep end of the natatorium. Perfect for all fitness levels and those recovering from injuries.  
Fall II – TTh 11:00 a.m.

Archery - 90050:
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.  
Fall I – TTh 10:00 a.m.

Badminton - 91211:
Introductory level course that introduces students to the game of badminton with emphasis on fundamentals and rules for both singles and doubles.  
Fall II – TTh 10:00 a.m.

Canoeing - 90051:
Open to all levels, this class teaches stroke basics and safety of flat-water paddling. Classes are held in the natatorium and surrounding lakes and streams.  
Fall I – Fri. 11:00 a.m. – 1:00 p.m.

Competitive Athletic Training Zone - 91161:
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.  
Fall I – MW 8:30 a.m.

Fencing - 91866:
Beginning foil fencing. Students learn the basics of advance, retreat, lunge, parry, disengage and couple. Fencing bouts are held daily.  
Fall II – MW 11:00 a.m.

First Aid/CPR – 90052/90057:
Standard American Heart Association class where students will receive two certificates – one in Adult CPR and one in Adult First Aid.  

Paddle Tennis - 91343:
A cold weather sport that is played outdoors in an enclosed court. Emphasis will be on learning game rules and playing.  
Fall I – TTh 3:00 p.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.

Sailing – Beg. - 91201:
Beginning sailing will focus on teaching the fundamentals of sailing. Topics covered will include basic maneuvers, water safety, boat parts and rigging and multiple other terms. The class will spend a large part of time on the water at Lake Dunmore and learning experientially.  

Spinning at Vermont Sun - 91028:
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. Student must provide their own transportation.  

Strength Training – 91864/91865:
Strength training focusing on higher repetitions and lower weights to build endurance strength.  
Fall I – TTh 11:00 a.m  
TTh 1:00 p.m.

Games - 92459:
Playing and creating games that everyone can play, including croquet, horsehoes, wall ball and tag games.  
Fall I – TTh 10:00 a.m.

Golf – Beg. – 90065/90067/91863:
Basic instruction in putting, chipping, long and short iron play and woods from the fairway and tee.  
Fall I – MWF 10:15 a.m.  
TThF 11:00 a.m.  
TThF 9:30 a.m.

Golf – Int./Adv. - 90070:
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.

Kickboxing – 90053/90058:
This class uses a variety of kickboxing moves in combination with cardiovascular movements for a complete strengthening and cardiovascular workout.  

Massage – 90054/91522:
Introduction to relaxation technique for major muscle groups. Also studies draping, oils, contraindications, acupressure and anatomy.  

Meditation – 90055/90059:
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.  

This course carries a fee of $75.00.  
Fall I, Fall II – MW 5:00 p.m.

This course carries a fee of $125.00.  
Fall I, Fall II – Mon. 7:00 p.m. - 9:00 p.m.

This course carries a fee of $125.00.  
Fall I, Fall II – Th 7:30 p.m. – 9:30 p.m.

This course carries a fee of $115.00.  
Sat., Sept. 21 – 9:00 a.m. -4:00 p.m.  
Sat., Nov. 2 – 9:00 a.m. – 4:00 p.m.

This course carries a fee of $115.00.  
Fall I – Mon. 1:30 p.m. – 5:30 p.m.

This course carries a fee of $100.00.  
Fall I – TTh 5:30 p.m.
Swim for Conditioning - 91029:
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 9:00 a.m.

Tennis – Beg. - 91200:
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 11:00 a.m.

Tennis – Doubles - 90062:
Intermediate level of play, must be able to serve, volley and have knowledge of doubles. This class will focus on doubles play and doubles drills.
Fall II – TTh 11:00 a.m.

Yoga – 90056/90063:
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. **This course carries a fee of $125.00.**
Fall I, Fall II – Tues. 7:30 p.m. – 9:30 p.m.

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**Physical Education Website:**
www.middlebury.edu/athletics/physed/faq
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 drop period or if you notify the PE Administrative Associate prior to the first day of the class. 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 participate in any PE class, whether the intention is to receive a PE credit or not.

**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 and American Heart Association adult First Aid and CPR certification will get you one PE credit. The cards must be shown to the Director of Physical Education, Noreen Pecsok for verification. NAUI and PADI certification cards will also get you one PE credit.

**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.