PHYSICAL EDUCATION

REQUIREMENT,

REGISTRATION PROCESS,

FAQs,

AND

FALL I AND II

COURSE OFFERINGS
PHYSICAL EDUCATION AND ATHLETICS

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.

Before graduation, students must complete two different activities/sports 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 with the department for the appropriate season and be scheduled for classes on a space-available basis. Some of the courses and activities follow:

Certification Courses (textbook and related fee applicable): lifeguard training, C.P.R, first aid.

Fee Classes: alpine skiing, kickboxing, martial arts, massage, meditation, horseback riding, nordic skiing, spinning and yoga. Instructors outside of the College generally teach these courses. The fees and times are available to students on Banner during registration.

Equipment Sports (students provide equipment): tennis.

More Equipment Sports (department provides equipment): archery, badminton, fencing, golf, and squash.

Conditioning Courses: resistance training, strength training, and swimming for conditioning.

Dance Courses (as available): 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)

Special Departmental Course Offerings (as available): When offered, information on these courses will be available during the registration period for the season concerned.

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.

Season Dates

Fall I - September 10 – October 12, 2012
Fall II - October 22 – November 30, 2012
J-Term - January 7 – February 1, 2013
Spring I - February 11 – March 15, 2013
Spring II – April 1 – May 3, 2013

Pereq1213.doc
PE WEBSITE (www.middlebury.edu/athletics/physed/faq)

Frequently Asked Questions:

How many “credits” must I get in order to graduate?
Two credits must be earned in PE in order for a student to graduate. The PE department encourages students to complete the two credits by the end of their second full year at Middlebury, as the Junior and Senior years at Middlebury can become very involved.

A student who does not complete the two required credits before the end of their senior year, will not have their name called, will not be allowed to walk across the stage and will not be given their diploma.

Can I repeat a class for the second credit?
A student may not take the same activity/sport twice and receive a second PE credit.

How do I drop or add a PE class?
All PE classes are added or dropped on Banner. NO ADD CARDS ARE USED BY THE P.E. DEPARTMENT.

When is the drop/add period for PE classes?
The Drop/add period for PE classes is different than the drop/add period for academic classes. The drop/add period starts at the same time as the academic drop/add period but the deadlines are as follows:
Fall I, 2012 – ends on August 24, 2012
Fall II, 2012 – ends on October 5, 2012
J Term 2013 – ends on December 14, 2012

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.

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.

What are the dates of each of these PE sessions?
Fall I, 2012 – starts the week of September 10th and runs through October 12th
Fall II, 2012 – starts the week of October 22nd and runs through November 30th
J Term 2013 – starts January 7th and runs through February 1st
Spring I, 2013 – starts the week of February 11th and runs through March 15th
Spring II, 2013 – starts the week of April 1st and runs through May 3rd

How do I know if my class has a fee?
When registering for the class on Banner, simply click on the name of the class and the course description will show if there is a fee for 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 name of the class and the course description will tell you where the class is being held.
How do I know what day the First Aid class meets?
When registering for the class on Banner, simply click on the name of the class and the course description will show what day(s) the class meets.

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.

I am a varsity athlete. Does this give me a PE credit? Are Junior Varsity athletes also eligible?
All varsity and junior varsity athletes are eligible for one PE credit. A second credit will not be given for participation on the same team a second year. A separate PE class must be taken to fulfill the second credit.

If you are a two sport athlete both of the required two credits may be earned for your participation on each of the two separate sports.

Are any club sports eligible for PE credits?
There are currently five club sports that receive a PE credit. These clubs have full time paid adult coaches. They are Rugby, Crew, Water Polo, Cricket and Aikido. Crew, rugby, water polo and cricket require one full season of participation. Aikido students must attend 20 classes per 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 adult First Aid and CPR certification will get you one PE credit. The cards must be shown to the Director of Physical Education, Missy Foote for verification. NAUI and PADI certification cards will also get you one PE credit.

Do any of the Dance department classes receive a PE credit?
Yes. There are a number of the academic dance classes that also receive a PE credit, along with a number of dance department workshops. Any information regarding these dance department classes or workshops should be obtained through BonnieRita Hearthstone in the Dance department.

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.
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS - MIDDLEBURY COLLEGE
FALL 1 SEASON (SEPT. 10 - OCT. 12, 2012)

REGISTER FOR THESE CLASSES AT YOUR ACADEMIC REGISTRATION ON SEPTEMBER 7th IN KENYON ARENA.

Fees will be automatically applied to your student bill. No payment is due at registration.

<table>
<thead>
<tr>
<th>CRN</th>
<th>COURSE</th>
<th>DAYS/TIMES</th>
<th>MEETING PLACE</th>
<th>STAFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>90058</td>
<td>ARCHERY</td>
<td>TTH 10:00</td>
<td>Nelson Rec. Center</td>
<td>Bevere</td>
</tr>
<tr>
<td>90059</td>
<td>CANOEING</td>
<td>FRI. 11:00-1:00</td>
<td>Natatorium</td>
<td>Smith</td>
</tr>
<tr>
<td>91257</td>
<td>COMPETITIVE ATHLETIC TRNG ZONE (CATZ)</td>
<td>MW 8:30-9:30 a.m.</td>
<td>Nelson</td>
<td>Morgan/Barlett</td>
</tr>
<tr>
<td>91452</td>
<td>CYCLOCROSS INTRO.</td>
<td>MW 3:00-4:30 p.m.</td>
<td>Circle outside Fitness center</td>
<td>A. Gardner</td>
</tr>
<tr>
<td>90060</td>
<td>FIRST AID/CPR</td>
<td>SAT., SEPT 22, 9:00-4:00</td>
<td>Twilight 301-302</td>
<td>American Red Cross</td>
</tr>
<tr>
<td>90074</td>
<td>GOLF - Beg.</td>
<td>MWF 10:15-11:15 or TThF 11:00-12:00 or TThF 9:30-10:30</td>
<td>Nelson Rec. Center</td>
<td>Pecsko</td>
</tr>
<tr>
<td>90077</td>
<td>GOLF - Beg.</td>
<td>TThF 11:00-12:00 or TThF 9:30-10:30</td>
<td>Nelson Rec. Center</td>
<td>B. Mandigo</td>
</tr>
<tr>
<td>92757</td>
<td>GOLF - Int.</td>
<td>MW 1:15-3:15 or TTh 1:15-3:15</td>
<td>Putting Green at Golf Course</td>
<td>Beaney</td>
</tr>
<tr>
<td>90080</td>
<td>*GOLF - Int.</td>
<td></td>
<td>Putting Green at Golf Course</td>
<td>Beaney</td>
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<tr>
<td>90081</td>
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<tr>
<td>90061</td>
<td>KICKBOXING - Beg.</td>
<td>MW 5:00-6:00 p.m.</td>
<td>3rd Floor Field House</td>
<td>Roberge</td>
</tr>
<tr>
<td>90062</td>
<td>MASSAGE - Intro.</td>
<td>MON. 7:00-9:00 p.m.</td>
<td>3rd Floor Field House</td>
<td>Kenyon</td>
</tr>
<tr>
<td>90063</td>
<td>MEDITATION</td>
<td>TThUR. 7:30-9:30 p.m.</td>
<td>3rd Floor Field House</td>
<td>Prem Prakash</td>
</tr>
<tr>
<td>91453</td>
<td>PADDLE TENNIS</td>
<td>TTh 3:00-4:00 p.m.</td>
<td>Paddle Tennis Courts</td>
<td>Illig</td>
</tr>
<tr>
<td>90738</td>
<td>RIDING LESSONS</td>
<td>SEE: PE SECRETARY</td>
<td></td>
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</tr>
<tr>
<td>91298</td>
<td>SAILING - BEG</td>
<td>Mon. 1:30-5:30 p.m.</td>
<td>Adirondack Circle</td>
<td>J. Kerby-Miller</td>
</tr>
<tr>
<td>91111</td>
<td>SPINNING AT VT. SUN</td>
<td>TTh 5:30-6:30 p.m.</td>
<td>Vermont Sun</td>
<td>J. Rushton</td>
</tr>
<tr>
<td>92761</td>
<td>STRENGTH TRAINING</td>
<td>TTh 11:00am.-12:00 or TTh 1:00-2:00 p.m.</td>
<td>Fitness Center</td>
<td>Beatty</td>
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<tr>
<td>92762</td>
<td></td>
<td></td>
<td>Fitness Center</td>
<td>Ross</td>
</tr>
<tr>
<td>91112</td>
<td>SWIM FOR CONDITIONING</td>
<td>TTh 9:00-10:00 a.m.</td>
<td>Natatorium</td>
<td>Rueppel</td>
</tr>
<tr>
<td>91297</td>
<td>TENNIS - BEG</td>
<td>TTh 11:00</td>
<td>Nelson</td>
<td>Hansen</td>
</tr>
<tr>
<td>90064</td>
<td>YOGA</td>
<td>TUES. 7:30-9:30 p.m.</td>
<td>3rd Floor Field House</td>
<td>Prem Prakash</td>
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<td></td>
<td>FEE: $125.00</td>
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* Intermediate golfers must have demonstrated handicap. Intermediate golfers must have own clubs.
ARCHERY: Beginning instruction includes fundamentals of shooting, selection of equipment and safety. Both inside and outside target ranges are available.

CANOEING: 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.

COMPETITIVE ATHLETIC TRAINING ZONE: 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.

CYCLOCROSS INTRO: A mixture of road and mountain, originally started in Europe, this class involved pavement, dirt and trail sections of riding as well as barriers that force riders to dismount and remount their bikes. In this intro course, you will learn the basics of cyclocross techniques with options to take in a very low-key cyclocross event in Burlington. Cyclocross or mountain bike and helmet required.

FIRST AID/CPR: Standard American Red Cross class where students will receive two certificates, one in Adult CPR, and one in Adult First Aid. This course carries a fee of $95.00.

GOLF BEG: Basic instruction in putting, chipping, long and short iron play and “woods” from the fairway and tee.

GOLF INT: For the student who has taken beginning golf or is admitted to the class by the instructor. Students will play 9-hole rounds.

KICKBOXING: This class uses a variety of boxing moves in combination with cardiovascular movements for a complete strengthening and cardiovascular workout. This course carries a fee of $75.00.

MASSAGE INTRO: Introduction to relaxation technique for major muscle groups. Also study draping, oils, contraindications, acupressure and anatomy. This course carries a fee of $125.00.

MEDITATION: 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 $125.00.

PADDLE TENNIS: A cold weather sport that is played outdoors in an enclosed court. Emphasis will be on learning game rules and playing.

RIDING LESSONS: Horseback riding lessons are offered by area farms/stables. For information on these farms/stables, please contact Carolyn LaRose at 5189.

SAILING: BEG: 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. This course carries a fee of $115.00.

SPINNING AT VT SUN: 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. Students must provide their own transportation. This course carries a fee of $100.00.

STRENGTH TRAINING FOR ENDURANCE EXERCISE: Strength training focusing on higher repetitions and lower weights to build endurance strength.

SWIM FOR CONDITIONING: 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 stroke without stopping.

TENNIS BEG: 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.

YOGA: 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.
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS - MIDDLEBURY COLLEGE
FALL II SEASON (October 22– November 30, 2012)

REGISTER FOR THE FOLLOWING CLASSES AT YOUR ACADEMIC REGISTRATION ON SEPTEMBER 7th IN KENYON ARENA.

Fees will be applied directly to your student bill. No payment is required at registration.

<table>
<thead>
<tr>
<th>CRN#</th>
<th>COURSE</th>
<th>SECTION</th>
<th>MEETING PLACE</th>
<th>STAFF</th>
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</thead>
<tbody>
<tr>
<td>90834</td>
<td>AQUA CARDIO</td>
<td>TTh 11:00-12:00</td>
<td>Natatorium</td>
<td>Wilkerson</td>
</tr>
<tr>
<td>91313</td>
<td>BADMINTON</td>
<td>TTH 10:00</td>
<td>Nelson Rec Center</td>
<td>Campbell</td>
</tr>
<tr>
<td>92765</td>
<td>FENCING</td>
<td>MW 11:00 a.m.-12:00</td>
<td>Pepin Gym</td>
<td>Foote</td>
</tr>
<tr>
<td>90065</td>
<td>FIRST AID/CPR</td>
<td>SAT., Nov. 3, 9:00-4:00</td>
<td>Twilight 301-302</td>
<td>American Red Cross</td>
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<td></td>
<td>FEE: $95.00</td>
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<tr>
<td>90066</td>
<td>KICKBOXING – Beg.</td>
<td>MW 5:00-6:00 p.m.</td>
<td>3rd Floor Field House</td>
<td>Roberge</td>
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<td>FEE: $75.00</td>
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<tr>
<td>91816</td>
<td>MASSAGE – Intro.</td>
<td>MON. 7:00-9:00 p.m.</td>
<td>3rd Floor Field House</td>
<td>Kenyon</td>
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<td>FEE: $125.00</td>
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<tr>
<td>90067</td>
<td>MEDITATION</td>
<td>Th 7:30-9:30 p.m.</td>
<td>3rd Floor Field House</td>
<td>Prem Prakash</td>
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<td>FEE: $125.00</td>
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<tr>
<td>90763</td>
<td>RIDING LESSONS</td>
<td>SEE PE SECRETARY</td>
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<tr>
<td>90070</td>
<td>TENNIS – Doubles</td>
<td>TTh 11:00 a.m.</td>
<td>Nelson Rec. Center</td>
<td>Saward</td>
</tr>
<tr>
<td>90071</td>
<td>YOGA</td>
<td>TUES. 7:30-9:30 p.m.</td>
<td>3rd Floor Field House</td>
<td>Prem Prakash</td>
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<tr>
<td></td>
<td>FEE: $125.00</td>
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<tr>
<td>92766</td>
<td>YOU POWER CYCLING</td>
<td>MW 2:00-3:00 p.m.</td>
<td>FIC 127</td>
<td>Nora Daly</td>
</tr>
<tr>
<td></td>
<td>FEE: $100.00</td>
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</table>
AQUA CARDIO: A non-impact “water jogging” class in the deep end of the natatorium. Perfect for all fitness levels and those recovering from injuries.

BADMINTON: Introductory level course that introduces students to the game of badminton with emphasis on fundamentals and rules for both singles and doubles.

FENCING: Beginning foil fencing. Students learn the basic of advance, retreat, lunge, parry, disengage, coupe. Fencing bouts are held daily.

FIRST AID/CPR: Standard American Red Cross class where students will receive two certificates, one in CPR, and one in First Aid. This course carries a fee of $95.00.

KICKBOXING: This class uses a variety of boxing moves in combination with cardiovascular movements for a complete strengthening and cardiovascular workout. This course carries a fee of $75.00.

MASSAGE: Introduction to relaxation technique for major muscle groups. Also study draping, oils, contraindications, acupressure and anatomy. This course carries a fee of $125.00.

MEDITATION: 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 $125.00.

RIDING LESSONS: Horseback riding lessons are offered by area farms/stables. For information on these farms/stables, please contact Carolyn LaRose x5189.

TENNIS – DOUBLES: Intermediate level of play, must be able to serve, volley, and have knowledge of doubles. This class will focus on doubles play and double drills.

YOGA: 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.

YOU POWER CYCLING: Come cycle at the new YouPower bike room on campus. All the energy you expend goes to power Middlebury, so you can get in shape while offsetting energy demands. More details at go/youpower. No experience required. This course carries a fee of $100.00.