Sport Studies, Recreation and Athletics

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The department of sport studies, recreation and athletics has the following functions: 1) to provide opportunity for all students to secure instruction and formal practice in a variety of recreational and physical education activities; 2) to conduct a program of intercollegiate athletics for both men and women; 3) to schedule and facilitate open recreation, intramurals, and club sports for the entire campus community; and 4) to provide academic and professional preparation for leadership and teaching in physical education, athletics, athletic training, and recreation.

The Sport Studies, Recreation and Athletics minor: A minimum of 20 credits with the following requirements:
SSRA 200 *First Aid*
SSRA 490 *Practicum*
SSRA 495 *Senior Seminar*
An additional 15 credits in SSRA courses: at least 13 credits must be in courses numbered 300 and above.

Activity Courses

The following courses are designed to provide the student with knowledge, guidance, and practice in a wide variety of sport and recreational activities. A maximum of eight activity course credits will be allowed toward the graduation requirement. All activity courses are graded credit/no credit. Intercollegiate athletic courses may be repeated for credit; **other activity courses may not be repeated for credit**. Special fees will be assessed in some courses. "F" indicates the course is offered the fall semester and "S" the spring semester.

Individual Fitness Activities

100	Beginning Weight Training	F,S
101	Beginning Aerobic Conditioning	F,S
102	Jogging	F,S
103	Sport Yoga	x,x
104	Yoga	F,S
105	Beginning Speed and Agility Training	F,S
107	Self-Defense Fitness	x,x
109	Sportsmetrics	x,x
123	Pilates	F,x
201	Intermediate Aerobic Conditioning	F,S
202	Intermediate Weight Training	F,S
205	Advanced Speed and Agility Training	F,S

Outdoor Skills Activities

119	Mountain Biking (fee: $20)	x,x
127	Beginning Fly Fishing (fee: $25)	F,x
138	Rock Climbing (fee: $150)	F,S
139	Flatwater Canoeing (fee: $150)	x,x
140	Beginning Kayaking (fee: $150)	F,S
142	Wilderness Skills (fee: $75)	F,x
226	Glacier Mountaineering (fee: $400)	x,x
238	Intermediate Rock Climbing (fee: $150)	F,S

Individual Sports

117	Beginning Golf (fee: $85)	F,S
121	Triathlon Sports	x,S
217	Intermediate Golf (fee: $85)	F,S

Dual Activities

110	Beginning Tennis	F,S
111	Beginning Racquetball	F,x
120	Fencing	x,x
131	Racquet Sports	x,x
210	Intermediate Tennis	F,S
211	Intermediate Racquetball	x,S

Winter Sports

112	Beginning Skiing (fee: $250)	x,S
113	Cross Country Skiing (fee: $225)	x,x
114	Beginning Snowboarding (fee: $250)	x,S
115	Beginning Telemark Skiing (fee: $300)	x,S
118	Beginning Ice Skating (fee: $75)	F,S
212	Intermediate Skiing (fee: $250)	x,S
214	Intermediate Snowboarding (fee: $250)	x,S
218	Intermediate Ice Skating	

	(fee: $75)	F,S
312	Advanced Skiing (fee: $250)	x,S
314	Advanced Snowboarding (fee: $250)	x,S

Aquatics

130	Swimming	F,x
230	Advanced Swimming & Conditioning	F,x

Team Sports

150	Soccer	x,x
151	Beginning Volleyball	x,x
251	Intermediate Volleyball	x,x

Intercollegiate Sports (for varsity athletes only)

252	Intercollegiate Cross Country	F,x
253	Intercollegiate Soccer (men)	F,x
254	Intercollegiate Soccer (women)	F,x
255	Intercollegiate Volleyball	F,x
256	Intercollegiate Swimming	x,S
257	Intercollegiate Baseball	x,S
258	Intercollegiate Basketball (men)	x,S
259	Intercollegiate Basketball (women)	x,S
260	Intercollegiate Golf	x,S
261	Intercollegiate Skiing	x,S
263	Intercollegiate Tennis (women)	x,S
264	Intercollegiate Tennis (men)	x,S

240 Wilderness First Aid
x, 1 **Sheedy**

This WFA/WFR recertification course is an introductory level course designed to provide leaders, guides and rangers an introduction to First Aid and patient care in remote settings. Special topics include, but are not limited to: wound management and infection, realigning fractures and dislocations, improvised splinting techniques, patient monitoring and long-term management problems, plus up-to-date information on environmental emergencies. Emphasis is placed on principles of treatment and decision making, not the memorization of lists. Upon successful completion of the course a two-year Wilderness Medicine Institute of NOLS Wilderness First Aid certification will be issued. All levels of training and experience are welcome. This course includes Heartsaver CPR. The 16-hour WFA section and the four-hour CPR section of the course will be taught over one weekend. Please check with instructor for refund policy. Graded credit/no credit. *Fee:* $225

242 Wilderness First Responder
x, 2 **Sheedy**

This Wilderness First Responder course is a nationally recognized course that trains participants to respond to emergencies in remote settings. The 80-hour curriculum includes standards for urban and extended care situations. Special topics include but are not limited to wound management and infection, realigning fractures and dislocations, improvised splinting techniques, patient monitoring and long-term management problems, plus up-to-date information on all environmental emergencies along with advice on drug therapies. Emphasis is placed on prevention and decision-making, not the memorization of lists. Upon successful completion of practical and written exams a two-year WMI of NOLS Wilderness First Responder certification and a two-year Adult Heartsaver CPR certification will be issued. Graded credit/no credit. *Fee:* $575

342 Wilderness Stewardship Program
Expedition: Backcountry Skiing
x, 1 **Norgaard-Stroich**

A course designed for individuals interested in developing wilderness expedition skills in a variety of skill areas. The skills and theories covered will be directed toward trip planning, risk management, hazard awareness evaluation and avoidance, hard and soft skill development, conflict resolution, leave no trace, rescue skills, leadership techniques, multi day trips, rigging, and group management techniques. Sea kayaking, glacier mountaineering, backcountry skiing and whitewater boating are the four types of expeditions that will be offered and these topics will rotate from year to year. This class will involve preparation classes at Whitman before going on the expedition which will run for one or two weeks and would occur during Spring Break. Graded credit/no credit. *Prerequisites:* consent required. *Fee:* $375.

Lecture Courses

These professional courses are designed for students who wish to study the theory, methods and philosophy of physical education and to develop leadership skills in the field.

200 First Aid
x, 1 **Ferenz**

A course designed to prepare students to give emergency treatment before regular medical care can be given. CPR and first aid certification may be earned. Graded credit/no credit. *Fee:* $15.

284, 285 Athletic Leadership I, Athletic Leadership II
1, 1 **Ferenz**

The goal of this course is to introduce student leaders on athletic teams to leadership education. Students will examine leadership characteristics and theories and apply them to the athletic setting. Weekly seminars will be mixed with guest lecturers from the Whitman community that epitomize various leadership qualities. Students will keep weekly journals tracking their progress in leadership development and analyzing their application of various leadership principles. Students will also complete two group projects (one each semester). Graded credit/no credit.

308 Lifeguard Training
x, 2 **Blomme**

A course designed to certify a student in Lifeguarding. The course will include both classroom and pool instruction; topics covered include personal safety,

water rescue, guarding technique and CPR. *Fee:* $45.

323 Higher Education and Sport
2; not offered 2007-08

Higher education in America and intercollegiate sport have had a difficult and sometimes scandalous relationship for many years. From the first intercollegiate athletics contest in the mid-1800s to the recent reports of the Knight Commission, the missions of universities and colleges around the country and the growing commercialism in athletics often have been at odds. This course will examine the development of higher education in America and the role of athletics in our institutions of higher learning.

325 Philosophy of Sport
2; not offered 2007-08

This course examines our fascination with sports and what roles athletics play in our institutions of higher learning and in our society. The class will study a selected group of philosophical essays and articles on the nature and purpose of sport, of a game, of play, and of competition. The class will also consider a number of ethical issues within the context of playing and coaching sports. *Offered* in alternate years.

327 The Culture of Sports
2; not offered 2007-08

This course examines sports from both an historical and a sociological perspective. Our world has a rich history of sport throughout recorded time, and although play has been a common part of existence, the reasons for play have changed with changing cultures. Students will consider these changing patterns and the place of sport in various cultures of the world; concentration on American sport. *Offered* in alternate years.

328 Gender and Sport

2, x
Ferenz

This course will cover the history of women in sport, examine the impact of Title IX, and discuss current trends in women's athletics. The course will include lecture and discussion as well as several short papers. Two texts and additional reading will be required. Taught in alternative years.

329 The Story of Sport
2; not offered 2007-08

The course will address what elements of the athletic experience make sports such a popular topic of fiction. Through reading short stories, novels, and viewing films, students will examine both the retelling of sports moments as well as what it is about sport that draws our attention. Themes to be studied will include the underdog, teamwork, leadership, and cheating. Students will also be asked to examine the significance of sports stories in their social and historical contexts.

332 River Guide Leadership
2, x **Norgaard-Stroich**

A course designed for individuals interested in developing the technical skills, leadership skills and theoretical foundations for leading trips in a dynamic river environment. The skills and theories covered will be directed toward trip planning, risk management, hazard awareness and avoidance, legal implications, hard and soft skill development, conflict resolution, leave no trace, river hydrology, rescue skills, leadership techniques, multi day trips, rigging, and group management techniques. Skills for paddle rafts and oar rigs will be the focus of this course but management of other whitewater crafts such as kayaks may be discussed. *Prerequisite:* consent of instructor. *Fee:* $375.

334 Sea Kayak Guide Leadership
x, 2 **Sheedy**

A course designed for individuals interested in developing the technical skills, leadership skills, seamanship skills and theoretical foundations for leading kayak-touring trips in both ocean and inland water environments. The skills and theories covered will be directed toward safety and risk management, travel skills, rescue procedures, boat-handling skills, leadership, hard and soft skill development, conflict resolution, leave no trace practices, expedition planning, navigation and group management. This course will alternate between being offered locally and being offered in more distant locations so as to provide different teaching environments and different economic choice. *Instructor consent required. Fee:* $400. *Note: This is a theory class offered with standard grading.*

335 Applied Sport Psychology
2; not offered 2007-08

This course examines a body of psychological strategies inherent in motor skill performance, observes and tests these strategies in a variety of practical situations and attempts to determine their possibilities and effectiveness as tools for enhancing the performance of both the individual athlete and the team.

338 Biomechanics
3; not offered 2007-08

This course has been structured to provide the basic principles of human movement; an introduction to the organization, structure, and functions of the human body in motion and rest through the examination of its various tissues, organs, systems, and their interrelationships. Laboratory experiences will expand upon lecture topics. A course with no prerequisites designed for the SSRA minor. Two lectures and one laboratory practicum per week. Recommended courses, SSRA 390 and Biology 110. *Offered* in alternate years.

340 The Theory of Strength and Conditioning

2; not offered 2007-08

This course will be taught as a lecture/lab combination. The class has been structured to provide an introduction to speed-strength training. The class will include the topics of aerobic and anaerobic conditioning, interval and sprint training, agility, coordination and balance exercises, and specific exercises for stretching. Students will be taught and have hands-on experience with free weight training exercises, weight training machines, body weight resistance exercises (i.e., plyometrics) and Olympic weight training movements. Students will spend time assisting with the administration of the fitness center and developing an awareness of liability and legal responsibilities in the profession of strength and conditioning. Paper and quizzes will be required. *Prerequisites:* Beginning and Intermediate Weight Training or consent of instructor.

357 Coaching Soccer
x, 2 Washington

A course designed for students interested in coaching soccer at the high school level. Stress is placed on the basic fundamentals of soccer and theories of offense and defense, including methods of teaching these phases. *Offered* in alternate years.

359 Coaching Baseball
2; not offered 2007-08

A course designed for students interested in coaching baseball at the high school level. Stress is placed on the basic fundamentals of the game and on the various methods of teaching these phases.

360 Coaching Basketball
2; not offered 2007-08

A course designed for students interested in coaching basketball at the high school level. Stress is placed on the basic fundamentals of the game and on the various methods of teaching these phases. *Offered* in alternate years.

367 Coaching Swimming
2; not offered 2007-08

A course designed for the competitive swimmer and/or aquatics student interested in coaching swimming at the club or high school level. Emphasis is placed on analysis of strokes, starts and turns, training techniques, workout design, dry-land training, and psychology of coaching. Includes a coaching practicum with the local U.S.S. team. *Offered* in alternate years.

369 Coaching Volleyball
2; not offered 2007-08

A course designed for students interested in coaching volleyball at the high school level. Stress is placed on coaching theory, basic fundamentals of volleyball, and methods of teaching. *Offered* in alternate years.

370 Coaching Tennis
2; not offered 2007-08

A course designed for students interested in coaching tennis at the high school level, club, and/or parks and recreation department. Stress is placed on preparing for the United States Professional Tennis Association (USPTA) coaching certification test. The course offers a weekly on-court practicum experience with players of varying ability. Consent of instructor.

378 Coaching Skiing
2; not offered 2007-08

A course emphasizing technique and methods of ski coaching: alpine-slalom and giant slalom skiing; cross country freestyle and classic skiing. The course will be scheduled for the fall semester to allow for both classroom and on-snow instruction. It will prepare students for the rigors of U.S. Ski Coaches Association certification exams. *Offered* in alternate years.

380 Outdoor Leadership
x, 2 Norgaard-Stroich

A course designed for individuals with a considerable interest and experience in at least one outdoor adventure sport who are interested in leading or organizing adventure trips. The skills and theory covered will be directed towards mountain and whitewater adventures, food planning, legal implications of leadership, hazard awareness and avoidance, navigation, avalanche awareness, mountain first aid, and minimum impact camping. Several weekend outings will be coupled with classroom studies. *Fee:* $175. *Not open* to seniors.

385 Recreation Leadership
2, x A. Molitor

A companion to our present SSRA 380, Outdoor Leadership. This course is designed to provide the classroom and textbook theory of recreational leadership, while SSRA 380 aims to apply skills to the field. The following elements will be included: 1) basic history of recreation and outdoor adventure leadership; 2) an examination of the models and theories of outdoor recreation; 3) an analysis of leadership theories including a study of effective leadership qualities and styles; 4) an understanding of the challenges of leading special populations (i.e., youth at risk, physically disabled, elderly); 5) practice planning and designing an outdoor adventure pursuit.

387 Advanced Climbing Systems and Site Management
2, x Sheedy

This course is designed for strong climbers interested in furthering their skills and managing an institutional climbing site. Emphasis will be on developing an awareness of liability concerns and how to mitigate risk. Topics that will be covered include: movement on rock, knots and rope systems, anchors, protection placement, rappelling, belaying,

lead climbing, following, rescue techniques, outdoor teaching techniques, safety and climbing philosophy. *Offered* in alternative years. *Fee:* $400.

390 Introduction to Sports Medicine
4, 4 Fall: Staff; Spring: Dunn

A course designed to meet the needs of students desiring to pursue a career in sports medicine (physical therapy, athletic training, or orthopedic medicine) or students who will coach or teach young athletes. It includes the study of anatomy and kinesiology as they pertain to the more common injuries incurred by an athletic population. Injury, prevention, recognition, and rehabilitation are stressed in both the lecture and laboratory experiences. *Fee:* $25.

395 Advanced Techniques in Sports Medicine
4, 4 Fall: Dunn; Spring: Staff

This course structure provides a continuation of material learned in SSRA 390. Through hands-on experience, students will learn advanced evaluation techniques, discuss administrative and organizational concerns for a training room, explore the broad spectrum of sports medicine job settings, and participate in a practical application of rehabilitation techniques. Instructional units will include specific joint injury evaluation, physiological effects of modalities, modality set-up, exercise rehabilitation, massage, and rehabilitation protocol design. Students will work individually with injured athletes to evaluate injury as well as to design and supervise rehabilitation programs. Laboratory experience will expand on lecture topics. Course design plans for two lectures and two laboratory days per week. *Prerequisite*: SSRA 390-*Introduction to Sports Medicine*. *Fee: $30*. *Not open* to students who have completed SSRA 396 or 399.

397 Elementary Physical Education Methods
3; not offered 2007-08

A course designed to introduce students to the concepts and content of movement education and physical education activities for children K-8. Includes principles, skill development, themes, methods, fitness concepts, curriculum design, observation, and a practicum in the public schools.

487 Independent Study Research
1-3, 1-3 Dunn, Snider, Sheedy

For students who are interested in undertaking a unique sport studies activity or an in-depth analysis (including extensive library research or collecting experimental data related to sports studies and/or recreation). Students must receive prior approval for the selected activity or project prior to registration. A written report of research work will be required for students registering for more than one credit. This course may be repeated for a total of six credits. *Prerequisite:* consent of instructor.

490 Physical Education Practicum
2, 2 Fall: Northam; Spring: Shields

A course for upperclass students only, involving a supervised, extended experience as a teacher, coach or leader in an area in which the student is knowledgeable and qualified. Includes three general classroom sessions and both oral and written reports. May be repeated once with a second unique project. This course will be graded credit/no credit. *Prerequisite:* consent of instructor.

495 Physical Education Senior Seminar
2, x Molitor

This course will explore current topics and issues in physical education. Discussions will center around selected readings and topics. Required capstone course for sport studies minors.