

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 16 credits with the following requirements:

SSRA 200, 240 or 242

SSRA 490

SSRA 495

An additional 11 credits (or 10 if student takes SSRA 242) in lecture courses.

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 | F,x |
| 104 | Beginning Yoga | F,S |
| 105 | Beginning Speed and Agility Training | F,S |
| 107 | Self-Defense Fitness | x,x |
| 109 | Sportsmetrics | x,x |
| 123 | Pilates | F,S |
| 125 | Walk-Fit | F,S |
| 201 | Intermediate Aerobic Conditioning | F,S |
| 202 | Intermediate Weight Training | F,S |
| 204 | Intermediate Yoga | x,S |
| 205 | Advanced Speed and Agility Training | F,S |

Outdoor Skills Activities

| | | |
|-----|---|-----|
| 127 | Beginning Fly Fishing (fee: \$50) | F,x |
| 138 | Rock Climbing (fee: \$150) | F,S |
| 139 | Flatwater Canoeing (fee: \$160) | x,x |
| 140 | Beginning Kayaking (fee: \$160) | F,S |
| 142 | Wilderness Skills (fee: \$75) | F,x |
| 226 | Glacier Mountaineering (fee: \$400) | x,x |
| 238 | Intermediate Rock Climbing (fee: \$150) | F,S |
| 247 | Advanced Kayaking (fee: \$150) | F,x |

Individual Sports

| | | |
|-----|-------------------------------|-----|
| 117 | Beginning Golf (fee: \$90) | F,S |
| 121 | Triathlon Sports | x,S |
| 217 | Intermediate Golf (fee: \$90) | F,S |

Dual Activities

| | | |
|-----|--------------------------|-----|
| 110 | Beginning Tennis | F,S |
| 111 | Beginning Racquetball | F,x |
| 131 | Racquet Sports | x,x |
| 210 | Intermediate Tennis | F,S |
| 211 | Intermediate Racquetball | x,S |

Winter Sports

| | | |
|-----|--|-----|
| 112 | Beginning Skiing (fee: \$275) | x,S |
| 113 | Cross Country Skiing (fee: \$225) | x,x |
| 114 | Beginning Snowboarding (fee: \$275) | x,S |
| 115 | Beginning Telemark Skiing (fee: \$300) | x,S |
| 118 | Beginning Ice Skating (fee: \$75) | F,S |
| 212 | Intermediate Skiing (fee: \$275) | x,S |
| 214 | Intermediate Snowboarding (fee: \$275) | x,S |

| | | |
|-----|---|-----|
| 218 | Intermediate Ice Skating (fee: \$75) | F,S |
| 312 | Advanced Skiing (fee: \$275) | x,S |
| 314 | Advanced Snowboarding (fee: \$275) | x,S |

Aquatics

| | | |
|-----|----------------------------------|-----|
| 130 | Swimming | x,x |
| 230 | Advanced Swimming & Conditioning | x,x |

Team Sports

| | | |
|-----|-------------------------|-----|
| 150 | Soccer | x,x |
| 151 | Beginning Volleyball | x,S |
| 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 Wilderness First Aid/Wilderness First Responder 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 decisionmaking, 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 Expedition: Glacier Mountaineering**x, 1****Sheedy**

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, multiday 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: \$400.*

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****Ferez**

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****Ferez**

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 also will 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:* \$20.

328 Women 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 2008-09

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 also will 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, multiday 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

Norgaard-Stroich

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, x

Snider

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.

340 The Theory of Strength and Conditioning

2; not offered 2008-09

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.

348 Coaching Science

3; not offered 2008-09

The course will cover the basic exercise sciences used in coaching. Sections of the course include topics in biomechanics, exercise physiology, and motor learning. Through lecture, discussion, and readings the course will attempt to provide a bridge between the theory of sport sciences and practical application in sport.

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

x, 2

Powell

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, x

Ferenz

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 2008-09

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 2008-09**

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, x**

Northam

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 U.S. Professional Tennis Association (USPTA) coaching certification test. The course offers a weekly on-court practicum experience with players of varying ability. Consent of instructor.

377 Intercollegiate Sport Management **x, 3**

Shields

This course will present the basic principles and current issues in management, communications, facilities, marketing, and governance as these relate to NCAA intercollegiate sports on college campuses.

378 Coaching Skiing **2; not offered 2008-09**

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**

Sheedy

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 toward 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: Dunn; Spring: Kennedy

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

Kennedy

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.

487 Independent Study Research

1-3, 1-3

Dunn (fall only), 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.