

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, as opportunity permits, offer lecture and applied coursework in sport studies, recreation and athletics.

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 for the fall semester and “S” the spring semester. Activity courses are one credit unless otherwise noted.

Individual Fitness Activities

- 100 Beginning Weight Training F,S
- 101 Beginning Aerobic Conditioning..... x,x
- 102 Jogging F,S
- 103 Sport Yoga F,S
- 104 Beginning Yoga F,S
- 105 Beginning Speed and Agility Training F
- 106 Radiant BodyYoga:Vinyasa & Kundalini F,S
- 123 Pilates F,S
- 125 Walk-Fit (*instructor consent required*) ... F,S
- 171 Introduction to Fitnessx,x
- 201 Intermediate Total Body Conditioningx,x
- 202 Intermediate Weight Training..... S
- 204 Intermediate Yoga..... S
- 205 Advanced Speed and Agility Training..... F

Outdoor Skills Activities

- 119 Beginning Mountain Biking (*Fee: \$90*).....F
- 127 Beginning Fly Fishing (*Fee: \$75*)x,x
- 137 Beginning Indoor Rock Climbing
 (*Fee: \$140 - no trip required*) F,S
- 138 Rock Climbing (*Fee:*
\$170 - trip required) F
- 140 Beginning Whitewater Kayaking
 (*Fee: \$185*) F,S
- 142 Wilderness Skills (*Fee: \$75*) F
- 237 Intermediate Indoor Rock Climbing
 (*Fee: \$140 - no trip required*) F,S
- 238 Intermediate Rock Climbing
 (*Fee: \$170 - trip required*) F,S
- 250 Intermediate Kayaking (*Fee: \$225*) S

- 350 Advanced Kayaking (*Fee: TBD*) x,x

Individual Sports

- 117 Beginning Golf (*Fee: \$100*) F,S
- 121 Triathlon Sports..... S
- 217 Intermediate Golf (*Fee: \$100*) S

Dual Activities

- 110 Beginning Tennis F,S
- 111 Beginning Racquetball F
- 131 Badminton F,S
- 210 Intermediate Tennis F,S
- 211 Intermediate Racquetball S

Winter Sports

- 112 Beginning Skiing (*Fee: \$360*) S
- 114 Beginning Snowboarding (*Fee: \$360*) S
- 115 Beginning Telemark Skiing (*Fee: \$340*) x,x
- 212 Intermediate Skiing (*Fee: \$360*) S
- 214 Intermediate Snowboarding
 (*Fee: \$360*) S
- 312 Advanced Skiing (*Fee: \$360*) S
- 314 Advanced Snowboarding (*Fee: \$360*)S

Aquatics

- 130 Swimming F
- 230 Advanced Swimming & Conditioning S

Team Sports

- 108 Beginning Basketball S
- 136 Beginning Sand Volleyball F
- 236 Intermediate Sand Volleyball..... S
- 150 Soccer F, S
- 151 Beginning Volleyball x

251 Intermediate Volleyball.....x

Intercollegiate Sports (for varsity athletes only)

252 Intercollegiate Cross Country F

253 Intercollegiate Soccer (men) F

254 Intercollegiate Soccer (women) F

255 Intercollegiate Volleyball F

256 Intercollegiate Swimming S

257 Intercollegiate Baseball..... S

258 Intercollegiate Basketball (men) S

259 Intercollegiate Basketball (women) S

260 Intercollegiate Golf (men)..... S

261 Intercollegiate Golf (women) S

263 Intercollegiate Tennis (women) S

264 Intercollegiate Tennis (men) S

266 Intercollegiate Lacrosse(women) S

152 Introduction to Olympic Weightlifting

Not offered 2019-20

1 credit

A brief introduction to the two Olympic lifts: the clean & jerk and the snatch. Course will also cover all variations of the two lifts including hang and power positions, squats, and pulls. A basic familiarization with the two lifts is highly recommended before starting this course. Course will begin after spring break 2018. *Prerequisite:* SSRA 100.

226 Glacier Mountaineering

Not offered 2019-20

2 credits

The goal of this course is to learn the basics of glacier travel and mountaineering so that the participant becomes a competent group member capable of participating in trips with other skilled individuals. Some of the skills that will be covered include: knots and rope handling, belaying, protection placement and anchor building, hazard evaluation, ice axe use, self arrest, technical snow and ice climbing, crampon use, snow and ice anchors, fourth class climbing techniques, peak ascents, roped glacier travel, crevasse rescue, fixed line ascension & snow camping techniques. The primary class requirement is participation in the class weekend trips. This course is limited to 9 students for risk management and permitting reasons. Offered every other year. *Prerequisite:* SSRA 137, 138, 237, 238, 248, or 338 or consent of instructor. *Fee:* \$500, includes 3 full weekend trips.

242 Wilderness First Responder

Spring

Sheedy and Riley

2 credits

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. Sections A or B: Jan. 4-Jan. 13, 2019; Section C: March 9-March 18, 2019. *Fee:* \$675. Upcoming Spring 2020 dates are: January 10-19, 2020, February 15-17, 2020; March 14-22, 2020 *Fee:* \$675.

244 Swift Water Rescue

Fall

S. Chapin

1 credit

The course is intended for guides, recreational kayakers and rafters and other river professionals. This course will combine skills from Lifeguard training, kayak instructor training, raft guide training and skills outlined by the ACA (American Canoe Association) and NOLS (National Outdoor Leadership school). The goal is to foster increased safety through the development of skills, knowledge and experience. This course will create a theoretical and practical experience that will enable boaters to be better prepared and equipped as a rescuer in the swift water environment. Classroom sessions will be complemented by practical “on water” exercises. The course will focus on throw ropes, safety vests, foot entrapment/ vertical pin scenarios, knots, anchors, mechanical advantage systems (i.e. z-drags and pig rigs), the reach system, as well as wading rescues, boat based rescue (kayak/raft), and other related theories and ideas. Graded credit/no credit. *Fee:* \$300.

248 Climbing Wall Instructor

Fall

Sheedy

1 credit

This course provides instructors and potential instructors with an in-depth and standardized understanding of the skills essential to teaching climbing in an indoor setting. It is the first step in a sequential approach to professional climbing instructor development. The course reinforces the importance of teaching technically accurate information and debunks many common climbing myths. The course emphasizes the presentation of sound fundamental skills to climbing gym participants, the use of deliberate and effective instructional methods, the formation of risk assessment and risk management skills and basic problem-solving skills such as belay transitions and on-wall

coaching and assist techniques. Participants will be assessed on both their core knowledge and their ability to effectively teach and coach related skills. Graded credit/no credit. *Fee:* \$200.

265 Climbing Movement and Technique

Fall, Spring

Sheedy

1 credit

This course is intended for current climbers interested in improving their movement skills and technique. This course will have a heavy bouldering and movement emphasis but will do some roped climbing as well.

Attention will be given to both footwork and hand and arm techniques. Advanced movement skills such as crack climbing, off width technique, knee bars, drop knee, flagging, monkey hangs, and much, much more will be covered along with taping and injury prevention techniques. Graded credit/no credit. *Prerequisite:* SSRA 137, 138, 237, 238, or 248, or instructor consent. *Fee:* \$140.

267 Climbing Training and Route Setting

Fall

Sheedy

1 credit

This course is intended for climbers interested in learning how to train more effectively for personal climbing and/or competitions in addition to learning how to do effective route setting. There is a lot to good route setting and this course will cover risk management and safety concerns with route setting along with artistic elements. This course will have a heavy bouldering and movement emphasis but will do some roped work as well. Attention will be given to strength and endurance training, preventive techniques to avoid tendon damage and overuse injuries. Preventative taping and post injury taping will be covered along with hold types, frequency and locations for holds to reduce and prevent certain common overuse or athletic climbing injuries. Movement skills, advanced climbing techniques and training drills and concepts will also be covered. Graded credit/no credit. *Prerequisite:* SSRA 137, 138, 237, 238, or 248, or instructor consent. *Fee:* \$25.

284, 285 Athletic Leadership I, Athletic Leadership II

Fall, Spring

Helm

1 credit

This activity course is graded credit/no credit and is open to varsity student-athletes who will be representing their respective teams as part of the Student-Athlete Advisory Council. Students will be introduced to a variety of leadership tools and models and will be encouraged to develop leadership skills through the planning and executing of several projects and initiatives each semester. As a part of the leadership experience students also will engage in the NCAA legislative process, the NWC administrative process and interact with campus and community members representing their fellow student-athletes.

338 Improvised Rock Rescue Systems

Not offered 2019-20

1 credit

This course is designed to train skilled lead climbers in improvised self-rescue systems for technical rock climbing. It is useful for both single pitch and multi-pitch climbers. It is especially useful for instructors and advanced climbers to help them both analyze and mitigate potential hazards and problems. It also will enable them to initiate self-rescue through a variety of tried and true systems that can be combined and used in various ways. Ascension systems, escaping the belay, passing a knot, lowering systems, raising systems, counterbalance rappels, assisted rappels and other rescue concepts will be covered. *Prerequisites:* SSRA 238 or 387 or consent of instructor. *Fee:* \$75.

342 Wilderness Expedition: Sea Kayaking

Not offered 2019-20

1 credit

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, whitewater boating and backpacking are the 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 will normally occur during Spring Break but could occur during other breaks on some years. Graded credit/no credit. *Co-requisite:* SSRA 334. *Fee:* variable depending on location.

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.

153 Holistic Nutrition and Health

Spring

Cedeño

2 credits

This course is an opportunity to learn about whole body health by exploring some of the most up-to-date information in the field of holistic nutrition. We will look at digestive anatomy and physiology, discuss common misconceptions about fat, carbohydrates and protein, and explore common symptoms associated with stress, impaired digestion, poor diet, and food sensitivities. Students will also have the opportunity to explore their own personal health, nutrition, stress and energy levels through a variety of modalities including mindfulness, breathing, food journaling and self-reflection. Graded credit/no credit.

200 First Aid

Fall, Spring

Fry

1 credit

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:* \$35.

308 Lifeguard Training

Not offered 2019-20

2 credits

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:* \$35.

328 Women and Sport

Not offered 2019-20

2 credits

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. Offered in alternative years.

329 The Story of Sport

Not offered 2019-20

2 credits

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

Fall

S. Chapin

2 credits

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. A willingness to camp and swim in cold conditions are the only prerequisites. *Fee:* \$480.

334 Sea Kayak Guide Leadership

Spring

Sheedy

2 credits

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.

Note: This is a theory class offered with standard grading. *Fee:* \$475.

357 Coaching Soccer

Not offered 2019-20

2 credits

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

Not offered 2019-20

2 credits

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.

370 Coaching Tennis

Not offered 2019-20

2 credits

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.

Prerequisite: consent of instructor.

380 Outdoor Leadership

Spring

S. Chapin

2 credits

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. Not open to seniors. *Fee:* \$290.

385 Recreation Leadership

Not offered 2019-20

2 credits

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: Single Pitch Instructor Course

Spring

Sheedy

3 credits

This course is designed for strong climbers interested in becoming climbing instructors and managing an institutional single pitch 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, single pitch rescue techniques, teaching techniques, route setting and climbing wall management. *Prerequisite:* consent of instructor. *Fee:* \$600.

390 Introduction to Sports Medicine

Not offered 2019-20

4 credits

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:* \$35.

395 Advanced Techniques in Sports Medicine

Not offered 2019-20

4 credits

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. *Fee:* \$35.

487 Independent Study Research

Fall, Spring

Staff

1-3 credits

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. May be repeated for a total of six credits. *Prerequisite:* consent of instructor.