

Physical Education

Enrollment is limited by the number of places in each class and by the locker space available; other restrictions are included in the course descriptions. All courses are coeducational unless otherwise indicated. The time and place of class meetings, as well as information about fees, are available at physical education registration at the beginning of each semester.

Courses offered "fall I," "fall II," "spring I," or "spring II" are given in six-week units; unit I courses are offered during the first half of the semester and unit II courses during the second half.

Courses Offered through Teagle Hall

Introductory Backpacking Fall and spring. Coed section is open to men and women; section for women only has same format but is led by experienced woman instructors. Fee charged. In-class sessions leading to a full weekend "on the trail" in a local wilderness area.

Badminton Fall and spring.
Two classes each week.
Beginning and intermediate levels. Equipment is provided.

Equitation Fall and spring. Fee charged.
One class each week. Class days and hours assigned at registration.
Class meets at Oxley Polo Arena.

Fencing Fall and spring. Fee charged.
Two classes each week.
Beginners are provided with all necessary equipment.

First Aid Fall and spring.
One class each week.
American Red Cross standard first aid course.

Golf

Instructional Golf Fall and spring. Fee charged.
Two classes each week.
Instruction by P.G.A. professionals is geared to all levels of experience and ability. The objective is to give beginners enough skill and experience to play and to give more advanced players direction to their thinking, practice, and play through a thorough understanding of fundamentals. Equipment is provided.

Recreational Golf Fall and spring. Prerequisite: golfing experience. Fee charged.
Nine holes twice a week for six weeks.
Class meets at Moakley golf course. Students must provide their own clubs.

Basic Hockey Fall and spring. Fee charged.
Two classes each week.
Stick handling, passing, and shooting are stressed. Participants must provide their own skates and sticks.

Hunter Safety Spring.
Hours to be arranged.
Instruction in hunter safety leads to New York State hunter certification for bow or gun.

Ice Craft (Climbing) Spring. Fee charged.
Limited to students experienced in mountain climbing. Prerequisite: permission of instructor.
Hours to be arranged.

Jogging Fall and spring.
Two classes each week.
A program to meet the needs of each individual. Progress from jogging a few hundred yards to a capacity of three miles at the end of twelve weeks.

Karate Fall and spring. Fee charged.
Two classes each week.
Beginning course with professional instruction.

Basic Mountaineering (Rock Craft) Fall and spring. Fee charged for equipment, travel, and incidentals.
One class each week.
Basic instruction and practical experience in the technical aspects of mountaineering: rock climbing, rappelling, knot craft, rescue techniques, and related subjects.

Nautilus Fall and spring. Enrollment limited. Fee charged.
Two classes each week.
Advanced weight lifting on specifically designed apparatus.

Outdoor Leadership Training Fall and spring. Fee charged.
A combination of in-class sessions and outings designed for the more experienced outdoor person (backpacker, cyclist, canoeist).

Racquetball Fall and spring. Fee charged.
Two classes each week.
Instruction at all levels. Equipment is furnished.

Recreational Games Fall and spring.
Two classes each week.
A survey of group games that may be used for camp, school, or recreational groups.

Advanced Rock Climbing Fall and spring.
Prerequisite: Basic Mountaineering or permission of instructor.
Hours to be arranged.

Sailing

Principles of Sailing Fall and spring. Fee charged.
One class each week.
Instruction in basic sailing skills and safety principles using both small and large boats.

Intermediate Sailing Fall and spring. Fee charged.
One class each week.
Advanced techniques of sailing using both small and large boats.

Introduction to Scuba Diving Fall and spring. Fee charged.
Two classes each week.
Beginning course — general certification only. All equipment is provided, including tanks, regulator, snorkel, and vest.

Skating Fall and spring. Fee charged.
Three classes each week.
For beginning or intermediate skaters. Students provide their own hockey skates or rent them at Lynah Rink.

Skeet and Trap Fall and spring. Fee charged.
One class each week.
Beginning course includes lectures and shooting at the Tompkins County Rod and Gun Club range. Guns and shells are furnished.

Skiing Spring. Fee charged.
For registration or more information contact the Physical Education Office in Teagle Hall.

Squash Fall and spring. Fee charged.
Two classes each week.
Beginning course. Equipment is provided.

Swimming

Swimming (Beginners) Fall and spring. Enrollment limited to men.
Instruction in beginning (survival) swimming for nonswimmers.

Swimming Conditioning Fall and spring.
Two classes each week.
Analysis of basic swimming strokes for intermediate and advanced swimmers.

Outdoor Tennis Fall.
Three classes each week.
For intermediate and advanced players. Tennis instruction outdoors on Upper Alumni Field courts. Equipment is provided.

Volleyball Fall and spring.
Two classes each week.
Beginning and intermediate levels. Fundamentals and team play are stressed.

Water Safety

Advanced Life Saving Fall and spring. Students should be in good physical condition.
One class each week.

ARC Water Instructor Course Spring. Prerequisite: advanced life saving certification.
Classes start in late March and are held until the course is completed (approximately thirty-two hours).

Water Safety Instructor Refresher Course Spring.
Prerequisite: current WSI certification. Students should come prepared to be tested for required swimming skills and physical endurance.

Weight Lifting Fall and spring.
Two classes each week.
Beginning and intermediate classes include instruction in correct lifting techniques. Each student will be assigned a series of exercises designed for his or her individual needs.

Winter Camping Spring. Prerequisite: camping or mountaineering experience. Fee charged. Further information is available at registration.

Courses Offered through Helen Newman Hall

Archery Fall I and spring II.
Two classes each week.
Beginning — Instruction in the care of equipment; seven basic steps for shooting; scoring; and practice shooting at twenty, thirty, and forty yards.
Intermediate — Review of basic skills followed by instruction in intermediate shooting skills, clout shooting.

Badminton Fall II and spring I.
Two classes each week.
Beginning — Instruction and practice in rules, doubles play, strategy, and basic skills, including clearing, serving, drop shots, smash. Class competition.
Intermediate — Review of basic skills followed by instruction in strategy for doubles; presentation of intermediate shots and skills; drive serve, around-the-head, crosscourt shots; advanced systems of play. Class competition.

Basketball Fall II and spring I.
Two classes each week.
Beginning — Instruction and practice in the basic skills of passing, catching, dribbling, shooting, defense and offense, rules and strategy.
Intermediate — Emphasis on and practice of shooting skills, alternate offenses and defenses, advanced team strategy.

Bowling Fall and spring. Fee charged (students bowl two lines; shoe rental included).

Two classes each week.

Instruction in spot-bowling techniques, use of the hook-ball delivery, scoring, and converting spares.

Canoeing Fall and spring. Fee charged.

One class each week.

Basic skills of flat-water canoeing.

Conditioning Fall I, fall II, spring I, and spring II.

Two classes each week.

Vigorous exercise is performed to condition and stress the cardiovascular and respiratory systems. Entails running and exercising at various levels of intensity to increase endurance, strength, and flexibility.

Cycling Spring II.

One class each week.

Includes basic instruction in bicycle care. Students tour the Ithaca area during classes and must provide their own bicycles.

Dance

Two classes each week.

Classes in dance techniques are intended to develop strength, flexibility, coordination, and the ability to perceive and reproduce phrases of dance movement with rhythmic accuracy and clarity of body design. The more advanced classes require mental and physical ability to perform more complex phrases in various styles.

The courses listed below are offered both fall and spring:

Modern Dance: Dance Fundamentals

Elementary Modern

Intermediate Modern

Advanced Modern

Dance Composition

T'ai Chi

Ballet I

Ballet I+

Ballet II

Ballroom Dance Fall and spring.

Two classes each week.

Instruction in social or ballroom dancing. Dances include the waltz, Charleston, rumba, calypso, tango, and variations.

Folk Dance Fall and spring.

Two classes each week.

Introduction to basic folk-dance steps and dances of many countries.

Equitation Fall and spring. Fee charged.

One class each week. Class days and hours assigned at registration.

Class meets at Oxley Polo Arena.

Exercise and Figure Control Fall I, fall II, spring I, and spring II.

Two classes each week.

Exercise and discussion sessions introduce the purpose of each exercise, the ways in which exercise may be used in weight control, the relationship of dieting and energy expenditure to weight control, design of an individual exercise program, and participation in vigorous exercise and running.

Field Hockey Fall I.

Two classes each week.

Instruction and practice in basic hockey skills: dribbling, passing, dodging, tackling, team play, and strategy.

Figure Skating Fall II and spring I. Students must provide their own skates. Fee charged.

Three classes each week.

Beginning — Instruction and practice in figure-skating techniques: forward and backward crossovers, turns, spirals.

Intermediate — Review of basics followed by instruction and practice in intermediate techniques, including lunges, jumps, spins.

First Aid Fall and spring.

One class each week.

American Red Cross standard first aid course.

Golf

Instructional Golf Fall and spring. Fee charged.

Two classes each week.

Instruction by P.G.A. professionals is geared to all levels of experience and ability. The objective is to give beginners enough skill and experience to play and to give more advanced players direction to their thinking, practice, and play through a thorough understanding of fundamentals. Equipment is provided.

Recreational Golf Fall and spring. Prerequisite:

golfing experience. Fee charged.

Nine holes twice a week for six weeks.

Class meets at Moakley golf course. Students must provide their own clubs.

Gymnastics

Gymnastics I Fall I and spring I.

Two classes each week.

Basic instruction in tumbling, dance for gymnastics, balance beam, and trampoline.

Gymnastics II Fall II and spring II.

Two classes each week.

Basic instruction in uneven parallel bars, vaulting, and trampoline.

Intermediate Gymnastics Fall and spring.

Prerequisites: Gymnastics I and II or equivalent, or permission of instructor.

Two classes each week.

Jogging Fall and spring.

Two classes each week.

A program to meet the needs of each individual. Progress from jogging a few hundred yards to a capacity of three miles at the end of twelve weeks.

Lacrosse Fall I and spring II.

Two classes each week.

Instruction and practice in basic skills (cradling, passing, catching, goal shooting, checking) and team play and strategy.

Physical Fitness and Conditioning Fall and

spring. Prerequisite: a medical examination by the individual's personal physician.

Two classes each week.

A scientifically managed exercise program for faculty, staff, students, and alumni.

Recreational Sports and Games Fall and spring.

Two classes each week.

A potpourri of games that can be used in schools, at camps, and on playgrounds.

Riflery Fall and spring. Fee charged.

Two classes each week.

Instruction and practice in the techniques of target riflery from various shooting positions.

Scuba Diving — National Certification Fall and spring. Fee charged.

One class each week.

Basic scuba program includes classroom discussions, skill training in the pool, and open-water training in Cayuga Lake. Internationally recognized basic certification.

Skiing

Ski Conditioning Fall II.

Two classes each week.

A variety of indoor and outdoor exercises designed to increase flexibility, strength, and endurance in preparation for the ski season.

Downhill Skiing Spring. Fee charged. Further information available at registration.

Cross-Country Skiing Spring I. Intended for both beginners and advanced skiers. Fee charged.

One class each week.

In the first few lessons the basic ski-touring techniques are taught. Main emphasis is on touring. Lectures cover waxing and choosing proper skiing equipment.

Soccer Fall I.

Two classes each week.

Introduction to the game includes basic individual skills (passing, trapping, volleying) and team play and strategy.

Softball Spring II.

Two classes each week.

Instruction in regulation play. Batting, pitching, and fielding skills are also emphasized.

Swimming

Beginning Swimming Fall I, fall II, spring I, and spring II.

Two classes each week.

Instruction and practice in basic skills leading to passing the swimming proficiency test.

Intermediate Swimming Fall I, fall II, spring I, and spring II.

Two classes each week.

Practice and perfection of basic skills and five basic strokes.

Advanced Swimming Fall I, fall II, spring I, and spring II.

Two classes each week.

Practice and perfection of the eleven basic strokes.

Beginning Synchronized Swimming Fall.

One class each week.

Sculling; stunts, including the tub, marlin, log roll, front and back tuck somersaults, and front and back pikes.

Diving Fall II.

Two classes each week.

Instruction in fundamentals of competitive diving. Dives taught include front (pike and layout), back, front and back somersault.

Tennis

Beginning Tennis Fall I and spring II.

Two classes each week.

Instruction and practice in basic skills and footwork, including grips and basic strokes: forehand, backhand, serve. Team play for doubles and scoring.

Low Intermediate Tennis Fall I and spring II.

Two classes each week.

Review and further instruction in strokes: backhand and forehand, serve, volley, lob. Doubles strategy and play.

High Intermediate and Advanced Tennis Fall I and spring II. Fee charged.

Two classes each week.

Skills emphasized include backhand, volley, serve (flat, slice, twist), approach shot, lob, smash. Advanced strategy for singles and doubles play. Students provide their own rackets.

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Volleyball Fall I, fall II, spring I, and spring II.

Two classes each week.

Beginning — Presentation and practice of basic skills:

serves (underhand, sidearm, overhead), volley, underhand pass, bump, spike, block; rules and scoring.

Intermediate — Emphasis on accuracy and consistency. Skills taught include spike and block, overhead serves, various methods of team play and court coverage, the dink, Japanese roll, and other advanced techniques.

Water Safety

Advanced Life Saving Fall and spring. Students should be in good physical condition.

Two classes each week.

Water Safety Instructor Training Fall and spring.

Two classes each week.

Work toward American Red Cross WSI certificate.

Instruction in methods of teaching swimming strokes and lifesaving skills.