

## DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

### ADMINISTRATION

Alan E. Gantert, director

### COURSES

The courses and fees described in this catalog are subject to change or cancellation at any time by official action of Cornell University. For current fee information on physical education courses call 255-4286; for outdoor education courses, call 255-6183, or visit [www.coe.cornell.edu](http://www.coe.cornell.edu).

Enrollment in any course is limited by the space available. Other restrictions are included in the course description. Most courses are coeducational. The specific time and place of class meetings, as well as information about fees, are available at the physical education course registration or may be found on "Bear Access," a package of software for accessing a variety of network services at Cornell. Course fees are billed through the Office of the Bursar.

Additional course offerings may be listed at registration, as the curriculum is frequently reviewed and changed. Drop deadlines for outdoor education courses are earlier than university deadlines, and often earlier than physical education deadlines. COE courses may be added any time by calling 255-6183, or registering online at [www.coe.cornell.edu](http://www.coe.cornell.edu).

### Aquatic Courses

#### Lifeguard Training

Fall and spring. Fee charged. Prerequisite: swimming test consisting of 500 yards, demonstrating 3 strokes, treading water without the use of hands, and retrieving a brick from 7 feet of water. 3 classes a week.

An American Red Cross certification course. Practice and execution of lifeguarding first aid and CPR skills and techniques. Certification is awarded in lifeguarding, first aid, O2, AED and CPR upon satisfactory completion of the course.

#### Lifeguard Training Instructor

Spring. Fee charged. Prerequisites: current Red Cross ICT or instructor card, written and skill tests in lifeguarding, first aid, and CPR techniques. Students must not miss first class. 2 classes a week.

American Red Cross lifeguarding instructor and CPR-FPR certifications are awarded upon successful completion.

#### Scuba, Open-Water

Fall, spring, and summer (6 weeks). Fee charged.

Program includes classroom work, skill training in a pool, and open-water training in Cayuga Lake. P.A.D.I. open water certification awarded upon successful completion.

#### Scuba, Advanced Open-Water

Fall and spring. Fee charged.

Advanced-level open-water training in Cayuga Lake. For those who have completed the open-water course.

#### Rescue Diver

Fall and spring. Fee charged.

Advanced course for scuba divers. For those who have completed Advanced Open-Water Scuba certification and are interested in learning rescue and safety techniques.

#### Dive Master

Fall and spring. Fee charged.

Advanced-level scuba course open only to those who have completed the Rescue Diver course. NOTE: This is a long, time-consuming course, which requires the student to be in good physical and swimming shape.

#### Specialty Scuba Diving

Fall and spring. Fee charged.

Courses offered in the following specialty diving areas: navigation, search and recovery, night diving, deep diving, underwater photography, wreck, multi-level, boat, tropical fish identification and buoyancy control, and underwater naturalist.

#### Scuba Diving Trips

Spring. Fee charged.

This course is offered during the spring intersession period. Scuba trips to various destinations such as the Bahamas. Locations change from year to year. See the information sheet at the registration table.

#### Swimming, Introduction to (ARC)

Fall, spring, and summer. (6 weeks).

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

#### Swimming, Advanced Beginning (ARC)

Spring.

Ideal for all who have taken one term of Beginning Swimming, regardless of whether the test was successfully completed. Areas of special emphasis are the crawl stroke and rotary breathing, back crawl, elementary backstroke, diving, treading water, and underwater swimming. The primary objective is to strengthen the student's confidence and competence.

#### Swimming, Intermediate (ARC)

Fall and spring.

Practice of basic skills and five basic strokes; front crawl, back crawl, elementary backstroke, breaststroke, sidestroke.

#### Swimming, Advanced (ARC)

Fall and spring.

Practice of nine strokes: front crawl, back crawl, elementary backstroke, breaststroke, inverted breaststroke, sidestroke, overarm sidestroke, trudgeon, and butterfly.

#### Swimming Conditioning

Fall and spring. Prerequisite: reasonable swimming ability.

Introduction to, and practice of, different training methods. Final objective: to swim 2,500 yards during class period. Primarily a conditioning and not an instructional course.

#### Water Safety Instructor

Spring. Fee charged. Prerequisite: passing of written and skill water tests which are given on the first day.

American Red Cross water safety instructor certification is awarded upon satisfactory completion of the course. This is not a course for a casual participant. Approximately 45 hours of work is required.

### Bowling Courses

#### Bowling

Fall and spring. Fee charged.

For the beginning and intermediate bowler. Shoe rental is included in the fee.

### Dance Courses

Develop flexibility, coordination, and the ability to perceive and reproduce phrases of dance movement with rhythmic accuracy, clarity of body design, and fullness of feeling. Auditions are required for admission to all advanced courses, since they require the mental and physical ability to perform more-complex phrases in various styles.

#### Ballet I

Fall and spring.

#### Ballet II

Fall and spring.

#### Ballet III

Fall and spring.

#### Ballet IV

Fall and spring.

#### Ballroom Dancing

Fall, spring and summer. Fee charged.

Students and their partners must sign up at course registration. Includes instruction in the waltz, swing, cha cha, calypso, tango, and others.

#### Belly Dancing I

Fall and spring. Fee charged.

Belly dancing is an exciting Middle Eastern folk art that can help in the development of flexibility, body awareness, and overall body tone. The class will begin with warm-ups and continue with basic movements and rhythms, then put them together in a dance to music of the Middle East.

#### Belly Dancing II

Spring. Fee charged.

Advanced Belly Dance movements and combinations which include putting basic and advanced movements to the Beledi, Masmouidi, and Karsilma dance rhythms of the Middle East. A drum solo, taqsim (fluid, graceful movements of the arms and hands), floor work (level changes with the dance), and how to play finger cymbals are also a part of this class.

#### Introduction to Swing Dance

Fall and spring. Fee charged.

No partners are needed. Beginners can expect to develop significant capacity for enjoyment of two forms of swing dance: jitterbug and street boogie. Partners will be rotated throughout the course. Effort will be made at registration to equalize male and female ratios.

#### Swing Dance II

Fall and spring. Fee charged.

A class for those who have taken the introductory course.

#### Latin Dance

Fall and spring. Fee charged.

Partner sign-in required. This is an introductory course that will teach salsa, mambo, Latin and meringue. Emphasis on listening, feeling, and expressing Latin rhythms with precise detail and technique.

**Modern Dance I (also THETR 124)**

Fall and spring.

**Modern Dance II (also THETR 232)**

Fall, spring, and summer (6 weeks).

**Modern Dance III (also THETR 306)**

Fall and spring.

**Modern Dance IV (also THETR 308)**

Spring.

**Equitation Courses****Basic, Intermediate, Advanced**

Fall, spring, and summer (6 weeks). Fee charged.

All riding classes are held at the Cornell Equestrian Center located on Pine Tree Road near East Hill Plaza. Detailed information will be offered by the equitation staff at the registration sign-up table. Basic—never ridden; Intermediate I—completed basic with knowledge of walk/trot/canter; Intermediate II—walk/trot/canter with control over 2' course; Advanced—strong jumping/dressage skills with experience hunting/showing/eventing. Students must fill out a release form to participate in any riding class.

**First Aid/CPR Courses****Emergency Response**

Fall and spring. Fee charged.

This advanced-level first aid course is the most comprehensive available without NYS certification. Sixty hours of training includes CPR for the Professional Rescuer and oxygen administration, as well as many of the first aid skills taught in a basic EMT class. American Red Cross certification is valid throughout the United States and is accepted by many states as a Certified First Responder equivalent. Certification is valid for three years. This certification would be appropriate for camp medical directors and those who work closely with pre-hospital medical staff.

**NYS Emergency Medical Technician—Basic**

Two-semester course. Fee charged.

This intensive 130-hour course is taught throughout both the fall and spring semesters. Course includes training in CPR for the Professional Rescuer, oxygen administration, airway management, fracture management, bleeding control, expanded patient assessment, spinal immobilization, medical anti-shock trousers, and defibrillation. Students will qualify for the NYS EMT Certification Exam upon successful completion of this course. Rigid attendance and participation requirements are strictly enforced.

**NYS Emergency Medical Technician—Critical Care**

Two-semester course. Fee charged.

A course for those who are currently certified NYS EMT's. AEMT-CRITICAL CARE is an intensive 160 hour course which is taught throughout both fall and spring semesters. Course includes training in CPR for the Professional Rescuer, oxygen administration, airway management, fracture management, bleeding control, expanded patient assessment, spinal immobilization, medical anti-shock trousers, manual defibrillation, EKG interpretation, pharmacology and IV administration. Clinical rotations, in the field and hospital are also required. Students will qualify for the New York State AEMT-CRITICAL CARE certification exam upon successful completion of the course. Attendance and participation requirements are strictly enforced.

**Fishing Courses****Fly Fishing and Basic Flytying Techniques, Level I**

Fall and spring. Fee charged.

Learn the art of tying several of your own artificial flies while you learn the art of fly casting. Students must have a valid NYS fishing license and their own wader boots. All other materials provided.

**Introduction to Freshwater Angling**

Fall. Fee charged.

This course acquaints the student with freshwater spinning, casting and fly fishing equipment, tackle, and techniques through on-the-water experiences. It also seeks to promote an awareness of the angling opportunities that exist close to Cornell and in the Finger Lakes region of New York. The class consists of an orientation and outings to various locations around the area such as Cayuga Lake and the Susquehanna River.

**Fitness Courses****Aerobic Dance**

Fall, spring, and summer (6 weeks). Fee charged.

A dance program designed to keep the cardiovascular system in top shape by making the body demand increased amounts of oxygen.

**Cardio Crazy**

Fall and spring. Fee charged.

The course is designed to acquaint the student with the various types of indoor aerobic training equipment, rowing machines, tread mills, stair machines, exercycles, and Nordic Traks, and to teach them to design a personal fitness program incorporating the equipment.

**8 O'Clock Rock**

Fall and spring. Fee charged.

This class combines the best of the principles of weight training and the cardio training in the 8 O'Clock Rock Class.

**Aerobic Instructor Training**

Fall and spring. Fee charged.

The course is designed to train the student to teach aerobics and prepare for the A.F.A.A. Primary Aerobic Instructors Certification Test.

**Fitness and Conditioning**

Fall and spring.

Physical fitness program that embodies features of stretching exercises, weight lifting, and jogging. Students work on their individual training needs.

**Jogging**

Fall and spring.

This course will cover running and stretching techniques. A conditioning program with the objective to develop the capacity to run three miles after 12 weeks of training.

**Jogging Tours—Distance Running**

Fall and spring.

A course designed for the intermediate runner who can run an average of 3 miles in 30 minutes. Most tours will be 3-4 miles long and will go through campus and nearby countryside.

**Triathlon**

Fall and spring.

Designed to acquaint students with the components of, and conditioning for, triathlon (running, swimming, and bicycling).

**Wellness and Fitness**

Fall and spring. Fee charged.

"Here's to a Healthier You"—a wellness experience for the busy student. This course will assess the student's physical fitness status,

blood cholesterol levels, and overall lifestyle health habits. Each student will receive an individual exercise prescription and have access to the Wellness Program fitness room in Helen Newman Hall. Lectures on nutrition and stress management are also presented. This course has been made possible through the generosity of the Bateman family in memory of Ms. Dorothy Bateman, Cornell's first director of women's sports and physical education (1920 to 1962).

**Golf Courses****Golf, Introduction to**

Fall and spring. Fee charged.

A PGA program of instruction is geared to all levels of experience and ability. The objective is to give beginners enough skill to play, and to give more-advanced players direction in their thinking, practice, and play, through a thorough understanding of fundamentals. Equipment is furnished.

**Golf, Recreational**

Fall and spring. Limited to students who are experienced golfers. Fee charged.

Students must provide their own clubs. A minimum of ten rounds of nine holes each must be played to receive credit. Fee covers a semester's membership.

**Gymnastics Courses****Gymnastics, Introduction to**

Fall and spring.

Introduction to gymnastics deals with a majority of the Olympic events. The course will focus upon beginner-level skills and is open to both male and female participants.

**Ice Skating Courses****Skating, Introduction to**

Fall and spring. For beginning to intermediate skaters. Fee charged.

Students provide their own skates or rent them at Lynah Rink. Course will cover forward and backward skating, turns, and stops.

**Figure Skating, Beginning, Intermediate, and Advanced Levels**

Fall and spring. Fee charged.

Instruction and practice in basic figure skating techniques: forward, backward, crossovers, turns, and spirals. Students provide their own skates or rent them at Lynah Rink.

**Martial Arts—Self-Defense Courses****Boxing, Introduction to**

Fall and spring. Fee charged.

The course covers the basic skills of footwork, defensive, and offensive techniques. Skipping rope, shadow boxing, and heavy bag work will be taught as methods for individual aerobic conditioning.

**Boxing, Thai**

Fall and spring. Fee charged.

A martial art system developed from the unique culture of Thailand is a blend of art, science, and sport.

**Chi Gong**

Fall and spring.

Chi Gong, or "the art of breathing", is an ancient Taoist exercise system from China. Like Tai Chi, Chi Gong is an internal martial art that links movement, breathing and visualization to enhance physical strength and mental clarity. In ancient times, this gentle system was used by warriors preparing for battle. They believed it would make their bodies impervious to weapons of the day. The movements used in Chi Gong are generally less complex than those of Tai Chi and can be

learned more quickly. Meditation is an important element of the practice.

#### **Fencing, Introduction to**

Fall and spring. Fee charged. Includes warm-up exercises and offensive and defensive moves. Equipment furnished.

#### **Fencing, Intermediate**

Spring. Fee charged. Prerequisite: Introduction to Fencing or the equivalent. Interclass competition is stressed. Equipment is furnished.

#### **Fencing, Classical**

Fall and spring. Fee charged. Classical fencing is a martial art that uses the practice of the sword to cultivate self-mastery.

#### **Renaissance Fencing**

Fall and spring. Prerequisite: Fencing I or with the permission of the instructor. Fee charged.

Focuses on the fundamental techniques of 16th-17th century fencing with an emphasis on safety, balance, line, focus, and distance.

#### **Judo, Introduction to**

Fall and spring. Fee charged. Conditions and increases suppleness. Continue to develop skills in the two parts of judo: standing techniques (throws and trips) and mat techniques.

#### **Judo, Intermediate**

Fall and spring. Fee charged. Conditions and increases suppleness. Continue to develop skills in the two parts of judo: standing techniques (throws and trips) and mat techniques.

#### **Jun Fan / Jeet Kune Do**

Fall and spring. Fee charged. This is a blended system of martial arts. Developed by the late Bruce Lee and taught to his personal apprentice at the time, Dan Inosanto, Jun Fan Gung Fu is the foundation from which Jeet Kune Do eventually evolved. The system emphasizes footwork and agility, economy of motion, counter ability and strong practical self-defense. This realistic, modern training approach cultivates strong physical, mental, and emotional development in the student.

#### **Karate, Introduction to**

Fall and spring. Fee charged. A beginning course taught by professional black belt instructors. Involves mastery of basic blocks, kicks, and punches.

#### **Karate, Advanced**

Fall and spring. Fee charged. Open to those who have taken basic Karate or the equivalent.

#### **Kung Fu**

Fall and spring. Fee charged. Exploration of conditioning and fitness procedures used in the major martial arts, such as karate or judo. Covers circular movement for generating strong blocks, kicks, and punches.

#### **Self-Defense and Empowerment for Women**

Fall and spring. Fee charged. Basic methods of physical protection for women.

#### **Tae Kwon Do, Introduction to**

Fall and spring. Fee charged. A Korean martial art distinguished by emphasis on high and powerful kicks. Basic kicking, punching, and blocking emphasized.

#### **Tae Kwon Do, Intermediate**

Fall and spring. Fee charged. A Korean martial art distinguished by its emphasis on high and powerful kicks. Intermediate-level kicking, punching, and blocking are emphasized.

#### **Tae Kwon Do, Advanced**

Fall and spring. Fee charged. A Korean martial art distinguished by its emphasis on high and powerful kicks. Advanced-level kicking, punching, and blocking are emphasized.

#### **T'ai Chi Chuan, Introduction to, and Intermediate**

Fall and spring. Fee charged. Introduction to T'ai Chi, a system of graceful exercises that aim at nurturing relaxation, deep breathing, and improved circulation.

### **Outdoor Education Program**

For further information, class schedules, or to register anytime, call 255-6183, or visit us online at [www.coe.cornell.edu](http://www.coe.cornell.edu).

### **Climbing Courses**

#### **Basic Rock Climbing**

Fall, spring, and summer. Fee charged. Six indoor climbing sessions at the Lindseth climbing wall.

#### **Basic Rock-Climbing, for Women**

Fall, spring. Fee charged. Six indoor climbing sessions at the Lindseth climbing wall taught by and for women.

#### **Basic Rock Climbing, for 24 and Over**

Fall. Fee charged. Non-credit course. Four indoor climbing sessions at the Lindseth climbing wall for people age 24 and older.

#### **High Adventure**

Fall, spring, and summer. Fee charged. Six sessions combining classes at the Lindseth climbing wall and the Hoffman challenge course.

#### **Wellness Rock Climbing**

Fall. Fee charged. Non-credit course. Seven one-hour climbing sessions at the Lindseth climbing wall for Wellness members only.

#### **Intermediate Rock Climbing**

Fall, spring. Fee charged. Six indoor sessions at the Lindseth climbing wall that introduce and practice more advanced climbing techniques.

#### **Introduction to Outdoor Climbing Seminar**

Fall, spring. Fee charged. Non-credit course. Introduction to outdoor climbing techniques and equipment. Meets for one evening class and one full weekend day.

#### **Basic Outdoor Rock Climbing**

Fall. Fee charged. Includes fall break trip. Classes and a four-day climbing trip to the Shawangunks will introduce basic safety, techniques, equipment, and methods for outdoor rock climbing.

#### **Intermediate Outdoor Rock Climbing**

Fall, spring. Fee charged. Classes and two weekend trips to the Shawangunks to learn intermediate level climbing skills and top-rope systems.

#### **Shawangunks Rock Climbing**

Fall, spring. Fee charged. Four-day advanced climbing camp at the Shawangunks. Introduces advanced climbing techniques and systems for outdoor multi-pitch rock climbing. Includes fall break or senior week trip.

#### **Southwest Advanced Rock Climbing**

Spring. Fee charged. Includes spring break trip. Classes and a one-week advanced rock climbing camp that takes place in the Southwest over spring break.

#### **Cascades Mountaineering & Leadership**

Spring. Fee charged. Includes summer break trip. Classes and a three-week mountaineering and leadership expedition in the North Cascades of Washington state.

#### **Adirondack Ice Climbing**

Spring. Fee charged. Basic top-rope ice climbing instruction including a weekend trip to the Adirondacks.

#### **High Peaks Expedition**

Fall. Fee charged. Includes winter break trip. Classes and one week winter camping and ice climbing expedition in the Adirondacks.

### **Backpacking Courses**

#### **Adirondack Winter Camping**

Spring. Fee charged. Classes covering basic winter camping techniques, and two weekend trips in the Adirondacks.

#### **Arizona Backpacking**

Spring. Fee charged. Includes spring break trip. Classes and a one-week backpacking trip that takes place in the Arizona desert over spring break.

#### **Adirondack Backpacking**

Fall. Fee charged. Includes winter break trip. Classes covering basic camping techniques and equipment lead up to a backpacking trip over fall break.

#### **Backpacking in the Finger Lakes**

Fall, spring. Fee charged. Classes lead to two full weekends on local trails. Focus is on basic skills and equipment.

#### **Arizona Backpacking**

Spring. Fee charged. Includes spring break trip. Classes cover basic skills and prepare participants for a spring break trip to the Southwest deserts and canyons.

#### **Trail Maintenance**

Fall. Free with 100% attendance, otherwise fee charged. Work with the local trails club to support and maintain trail systems.

#### **Wilderness Survival Skills**

Spring. Fee charged. Primitive living skills taught in two classes and a weekend backpack trip.

### **Biking Courses**

#### **Mountain Biking**

Fall, spring. Fee charged. Six afternoons or four full days exploring local trails.

### **Canoeing Courses**

#### **Adirondack Canoe Camping**

Fall. Fee charged. Includes fall break trip. Classes on basic canoeing technique. Break trip explores the beauty of the Adirondacks.

#### **River Canoeing**

Spring. Fee charged. A sampler of beginning skills and equipment for canoeing.

**Whitewater Canoeing**

Fall. Fee charged.  
Basic whitewater skills and equipment ending in a full weekend of river paddling.

**Caving Courses****Caving**

Fall, spring. Fee charged.  
Learn about the basic safety, techniques, and equipment for caving, finishing with a weekend caving trip.

**Caving Seminar**

Fall, spring. Fee charged.  
Learn about the basic safety, techniques, and equipment for caving, finishing with a day-long caving trip.

**Hiking Courses****Day Hiking**

Fall, spring. Free with 100% attendance, otherwise fee charged.  
Six day outings in the Finger Lakes Region.

**Gorgeous Gorges Day Hiking**

Fall. Fee charged.  
Five weekend outings focusing on the gorgeous gorges in the local area.

**Trail Running**

Fall. Free with 100% attendance, otherwise fee charged.  
Seven sessions covering warm-ups, basic trail running technique, and scenic local trails.

**Snowshoeing**

Spring. Free with 100% attendance, otherwise fee charged.  
Six day outings in the Finger Lakes Region.

**Kayaking Courses****Whitewater Kayaking**

Fall, spring. Fee charged.  
Basic kayaking technique and equipment culminating in a full weekend of whitewater paddling.

**Pool Paddling**

Fall. Fee charged.  
Seven-session introduction to whitewater kayaking skills in the Helen Newman pool.

**Sea Kayaking Touring**

Fall. Fee charged.  
Learn basic sea kayaking skills and enjoy two weekend outings.

**1,000 Islands Sea Kayaking**

Fall. Fee charged. Includes fall break trip.  
Classes covering basic paddling techniques and equipment lead up to a kayaking trip over fall break.

**Sea Kayaking the Coast of Maine**

Summer. Fee charged.  
Classes covering basic paddling techniques and equipment lead up to a multi-day kayaking trip.

**Kayak Rolling Seminar**

Fall, spring. Fee charged. Non-credit course.  
Learn kayak rolling technique in two evening sessions. Classes take place at the Helen Newman pool.

**Introduction to Sea Kayaking Seminar**

Fall, spring. Fee charged. Non-credit course.  
Classes covering basic paddling techniques and equipment lead up to a weekend kayaking trip.

**Sea Kayaking Bahamas**

Spring. Fee charged. Includes spring break trip.  
Learn paddling skills, natural history expedition planning, and have fun in the Bahamas!

**Introduction to Slalom Racing Seminar**

Spring. Fee charged. Non-credit course.  
Classes covering basic whitewater techniques and equipment lead up to a weekend river trip.

**Outdoor Leadership and Teambuilding Courses****Outdoor Leadership**

Fall, spring. Fee charged. Includes fall or spring break trip.  
Training course for outdoor education instructors culminating in a spring or fall break trip.

**Facilitating the Adventure Experience**

Spring. Free with 100% attendance, otherwise fee charged.  
This experiential class challenges participants to explore the concept of facilitation. Each class member has the opportunity to develop their personal leadership style while gaining valuable interpersonal skills. Course time is balanced between indoor group initiatives and outdoor low and high elements at Cornell's Hoffman Challenge Course.

**First Aid Courses****Basic Wilderness Emergency Care**

Fall, spring, summer. Fee charged.  
Full weekend of wilderness first aid. Includes CPR certification.

**Wilderness First Responder**

Fall, spring. Offered in January, over winter break; offered late May/early June. Fee charged.  
Ten days of instruction and practical application of backcountry first aid. Participants earn CPR and Wilderness First Responder certifications. Taught by Wilderness Medical Associates.

**Skiing Courses****Cross-Country Skiing**

Spring. Fee charged.  
Three weekend days learning basic cross-country skiing skills and exploring trails.

**Cross-Country Skiing, for 24 and Over**

Spring. Fee charged. Non-credit course.  
Four sessions learning basic cross-country skiing skills and exploring local trails.

**Telemark Skiing**

Spring. Fee charged.  
Four evenings at Song Mountain Ski Area.

**Personal Growth Courses****Body-Mind**

Fall and spring.  
Activities are drawn from ancient Eastern practices as well as modern Western psychology, and are designed to give the student first-hand experience of the interaction between their own bodies and minds.

**Introduction to Meditation**

Fall and spring. Fee charged.  
This course provides the opportunity to explore a variety of ancient and modern methods designed to bring one to the state of meditation. The methods serve to evoke the deep relaxation from which heightened awareness and creativity arise.

**Meditation and Guided Imagery**

Fall and spring. Fee charged.  
The class meets twice a week for a session of guided meditation with imagery. Topics include quiet mind, progressive relaxation, safe space, health and wellness and enhancing learning. Students should have previous experience with meditation.

**Living Routines**

Fall and spring.  
Provides the opportunity to explore a variety of ancient and modern methods designed to bring one to the state of meditation.

**Relaxation and Stress Management**

Fall and spring.  
Introduction to basic relaxation techniques for the reduction of everyday stress. Techniques will be taught that can be used in normal everyday living situations.

**Swedish Massage**

Fall, spring, and summer. Fee charged.  
Learn to give a relaxing, stress-reducing Swedish massage. You will master the basic strokes of Swedish massage and learn about their application to the different parts of the body. Students will use oils and lotions as a part of their training.

**Introduction to Massage**

Fall, spring, and summer. Fee charged.  
Provides an experiential introduction to several types of massage. Included are Swedish, shiatsu, polarity, and sports massage. Class members will participate in group exercises and practice on each other during class time. All exercises and techniques can be done while wearing street clothing.

**Weekend Massage Workshop**

Fall and spring. Fee charged.  
This introductory course in massage is taught in an intensive, weekend workshop format. It includes sessions on Friday evening and Saturday and Sunday during the day. Students are introduced to massage skills and techniques and practice on each other in a structured and supervised format. Basics of touch awareness, palpation skills, and techniques from Swedish and oriental (shiatsu) massage are taught. Students learn to massage the back, shoulders, neck, legs, feet, arms and hands to reduce stress. Professional massage tables are used.

**Shiatsu Massage**

Fall and spring. Fee charged.  
Gain an experimental understanding of your body and learn certain shiatsu massage techniques.

**Yoga, Introduction to**

Fall, spring, and summer (6 weeks). Fee charged.  
Fundamentals of hatha-yoga. Covers basic postures, breathing techniques, and deep relaxation. Introduces chanting.

**Racquet Sports Courses****Badminton, Introduction to**

Fall and spring. Helen Newman Hall.  
Fundamental shots, scoring, and general play.

**Badminton, Intermediate**

Fall and spring. Helen Newman Hall.  
Review of fundamental shots, scoring, and general play.

**Racquetball, Introduction to**

Fall, spring, and summer. Fee charged.  
Instruction for beginners. Equipment is furnished. Protective eyewear required.

**Squash, Introduction to**

Fall, spring, and summer. Fee charged. Classes for appropriate level of play. Equipment is furnished. Protective eye wear required.

**Tennis, Introduction to**

Fall, spring, and summer. Fee charged. Basic skills taught include forehand, backhand, serve, and volley. Scoring methods taught.

**Tennis, Intermediate**

Fall, spring, and summer. Fee charged. Review basic strokes plus topspin and underspin. Doubles strategy emphasized.

**Tennis, Advanced**

Fall, spring. Fee charged. Advanced strokes and doubles play emphasized. Recommended for tournament players or those with previous team experience.

**Tennis, Indoor-Recreational**

Fall and spring. Fee charged. Play is conducted at the new Reis Tennis Center. Players must have high school or college tournament experience or a rating of 3.5 or higher from the USTA. Matches are played in both doubles and singles. Equipment furnished. **NO BLACK-SOLE SHOES ALLOWED ON COURTS!**

**Sailing Courses****Small-Boat Sailing, Introduction to**

Fall, spring, and summer (6 weeks). Fee charged. Learn basic skills necessary to sail small sailboats and basic keelboats safely.

**Small-Boat Sailing, Competitive**

Fall and spring. Fee charged. Vanguard 420 sailboat used for the course. USYRA Rules Book used as a text for the course. Fee includes one-year membership in university sailing team program.

**Water Skiing**

Fall only. Fee charged. Introductory course for beginning water skiers. Classes will be conducted from East Shore Marina.

**Skiing and Snow Boarding****Downhill Skiing and Snowboarding**

Spring. Fee charged. Transportation, instruction, ski-lift fees, and skiing time are offered in a package deal. Greek Peak and Song Mountain personnel are present at registration to explain the program and accept fees. Bus transportation to Greek Peak is provided six afternoons a week for six weeks.

**Cross-Country Skiing**—See Outdoor Program.

**Target Shooting Courses****Archery, Introduction to**

Fall and spring. Fee charged. Two classes a week. Instruction in the care of equipment; seven basic steps for shooting; scoring; practice shooting at 20, 30, and 40 yards.

**Handgun Safety, Introduction to**

Fall, spring, and summer (6 weeks). Fee charged. Instruction in use of pistol in the three modes of 50-foot competitive target shooting—slow fire, timed fire, and rapid fire. Emphasis on safety and responsibility while firing.

**Riflery**

Fall and spring. Fee charged. Instruction and practice in the techniques of target riflery from various shooting positions.

**Trap and Skeet**

Fall, spring, and summer (6 weeks). Fee charged. Includes lectures and shooting at the Tompkins County Rod and Gun Club range. Guns and shells are furnished.

**Team Sports Courses****Basketball**

Fall and spring. Fundamental drills in passing, shooting, and dribbling. Scrimmages each class session.

**Ice Hockey, Introduction to**

Fall and spring. Prerequisite: basic skating ability. Fee charged. Stick handling, passing, and shooting are stressed. Some scrimmaging. Students provide their own skates and sticks; all other equipment is furnished.

**Ice Hockey, Intermediate**

Fall and spring. Fee charged. Prerequisite: beginning hockey or previous participation in organized hockey. This course is designed for the intermediate hockey player. Advanced techniques taught include positioning, power play, penalty killing, and offensive and defensive attack. Each session emphasizes game situations and scrimmaging. Skates and hockey sticks must be supplied by the participants.

**Soccer**

Spring. Introduction to the game. Includes basic individual skills (passing, trapping, shooting) and team play and strategy.

**Volleyball, Introduction to**

Fall and spring. Fundamentals of ball handling, serves, defensive blocks, and position play are stressed. Classes will scrimmage.

**Volleyball, Intermediate**

Fall and spring. Passing and blocking strategy; scrimmages in class.

**Volleyball, Advanced**

Fall and spring. Offensive and defensive team strategy is emphasized in class scrimmages.

**Weight Training Courses****Principles of Weight Training**

Fall and spring. Fee charged. Introduces the proper use of olympic weights for improving physical condition and muscular strength. Instruction with focus on the relation between high-rep light weight lifting, low-rep heavy lifting, and the development of bulk, strength, and endurance.

**Independent Study****Independent Study**

Fall and spring. Independent study is designed for those who have difficulty fitting any of the regularly scheduled courses into their academic program. Class activities will be based on personal fitness programs. A term paper is required. Permission to enter this program must be granted by the program director.