

DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

ADMINISTRATION

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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 255-6415 (ext. 2).

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 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.

Aquatic Courses

Lifeguard Training

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

American Red Cross lifeguarding instructor and CPR/PR 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

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

Springboard Diving

Fall and spring. Instruction in the basic dives, including front (pike and layout), back, inward, reverse, and twisting dives.

Swimming, Introduction to

Fall, spring, and summer. (6 weeks). Instruction and practice in basic skills leading to passing the basic swimming proficiency test.

Swimming, Advanced Beginning

Fall and spring. This course is ideal for all who have taken one term of Beginning Swimming, regardless of whether the swimming 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 of the advanced beginning swim course is to strengthen the student's confidence and competence.

Swimming, Intermediate

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

Swimming, Advanced

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: good 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.

Advanced Competitive Swim Conditioning

Fall. Prerequisites: a previous competitive swim experience and a previous aquatic conditioning class or permission of the instructor. This course is offered to those who have highly advanced swimming skills and are interested in competitive swim training.

Water Aerobics

Fall, spring, and summer (6 weeks). Water aerobics is a revitalizing way to get in shape and stay in shape. It offers the participant all of the components of a standard aerobics class in a refreshing aquatic environment: music, rhythmical routines, resistance activities, cardiovascular conditioning, stretching and flexibility. Water exercises have proven, over an extended period of time, to be as effective as the more traditional aerobics' programs but do not produce the injuries. It is the perfect way to exercise for old and young, fit and unfit, prenatal and new mothers, swimmers and non-swimmers.

Water Skiing

Fall and summer (6 weeks). Fee charged. Introductory course for beginning water skiers. Conducted on the east shore of Cayuga Lake. Transportation and all equipment provided.

Water Safety Instructor

Fall and spring. Fee charged. Prerequisite: passing of written and water tests, which are given on the first day. American Red Cross water safety instructor certification is awarded on satisfactory completion of the course. This is not a course for casual participant. Approximately 45 hours of work is required.

Water Safety Instructor Refresher Course

Spring. Selected sessions of the water safety instructor certification course.

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 some advanced courses, since they require the mental and physical ability to perform more-complex phrases in various styles.

African Dance

Fall and spring.

Asian Dance (also Theater Arts 307)

Fall or spring.

Ballet I

Fall and spring.

Ballet II

Fall and spring.

Ballet III

Fall and spring.

Ballroom Dancing

Fall and spring and summer. Fee charged. One class a week, Helen Newman Hall. Students and their partners must sign up at course registration.

Includes instruction in the waltz, swing, cha cha, calypso, tango, and others.

Belly Dancing

Fall and spring.

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 while putting them together in dance to music of the Middle East.

Contact Improvisation

Fall and spring.

Country Line Dancing

Fall and spring.

No partners are needed. Most dances are done in parallel lines, with a few done in large circles. Once you learn a few basic steps, the possibilities are endless. Most dances have a fixed pattern and are simply different combinations of a few basic steps.

Exploration in Movement (A & B)

Fall and spring.

Jazz I

Fall and spring.

Jazz II

Fall and spring.

Modern Dance I (also Theater Arts 124)

Fall and spring.

Modern Dance II (also Theater Arts 232)

Fall, spring, and summer (6 weeks).

Modern Dance III (also Theater Arts 306)

Fall and spring.

Modern Dance IV (also Theater Arts 308)

Spring.

Tap Dance I

Fall.

Tap Dance II

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**Community First Aid**

Fall and spring. Fee charged.

This American Red Cross certification course includes adult, child, and infant CPR, as well as Standard First Aid. Standard First Aid is a basic-level first aid course accepted by most states for lifeguarding and other jobs that require first aid training. An optional upgrade to CPR for the Professional Rescuer will be offered for a small additional fee. This would be a typical certification for lifeguards, day camp counselors, and those with the responsibility of supervising children.

CPR for the Professional Rescuer

Fall and spring. No credit. Fee charged.

This is the highest level of cardiopulmonary resuscitation available. With the professional rescuer in mind, adult, child, infant, and two-rescuer CPR training is taught. Techniques necessary for use of barrier devices and bag-valve-masks are included. This course is recommended for coaches, teachers, and other supervisory professions.

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.

First Aid, Responding to Emergencies

Fall and spring. Fee charged.

This course is designed for the student who would benefit from an increased level of first aid training. Adult CPR is included along with 20 hours of first aid training. American Red Cross certification is received in Adult CPR and Responding to Emergency First Aid. This increased first aid training is normally required for camp directors and supervisors.

NYS Emergency Medical Technician—Basic

Two-semester course. Fee charged.

This intensive 120-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.

Fitness Courses**Aerobic Dance**

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

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

Body Sculpting

Fall and spring.

Exercise-Fitness-Nutrition

Fall and spring.

Ways in which exercises may be used in weight control, the role of nutrition and diet in weight control, and the design of an individual exercise and running program.

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.

Fitness for Women

Fall and spring.

Fitness program that is geared toward women's own interests and abilities. Nutrition, time management, relaxation techniques, and stress management are included.

Jogging

Fall and spring.

This course will cover correct 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. Fee charged.

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 ONLY and is open to both male and female participants.

Gymnastics, Intermediate

Fall and spring.
Prerequisite: Beginning gymnastics or interscholastic or collegiate team experience.

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 basic skills of forward and backward skating, turns and stops.

Figure Skating, Introduction to

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

Figure Skating, Intermediate

Fall and spring. Limited to experienced skaters. Fee charged.
Intermediate figure skating techniques. Students provide their own figure skates or rent them at Lynah Rink.

Figure Skating, Advanced

Fall and spring. Fee charged.
Advanced figure skating techniques. Students provide their own figure skates or rent them at Lynah Rink.

Martial Arts—Self-Defense Courses

Boxing, Introduction to

Fall and spring.
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.

Fencing, Introduction to

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

Fencing, Intermediate

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

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.

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.

Pa Tuan Chin

Fall and spring.
Pa Tuan Chin (Eight Pieces of Brocade) is a type of exercise from China that develops strength and energy in the body. Movements, which are coordinated with special breathing patterns, are slow, smooth, and deliberate. Muscle exertion can vary depending upon the needs and life-style of the practitioner.

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 its emphasis on high and powerful kicks. Basic kicking, punching, and blocking are 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.
Introduction to T'ai Chi, a system of graceful, slow-movement exercises that aim at nurturing relaxation, deep breathing, and improved circulation.

Outdoor Education Program

See the brochure for the Cornell University Outdoor Education Program at registration for more information about courses.

Climbing Courses

Basic Rock-Climbing

Fall, spring, and summer. Fee charged.
Seven afternoons climbing inside on the Lindseth climbing wall.

Basic Rock-Climbing, for Women

Fall, spring. Fee charged.
Seven afternoons climbing inside on the Lindseth climbing wall taught by and for women.

High Adventure 101

Fall, spring, and summer. Fee charged.
Six afternoons at local parks and wilderness areas, some classes on indoor Lindseth climbing wall.

Advanced Rock-Climbing

Fall, spring. Fee charged.
Seven afternoons of advanced climbing techniques on the Lindseth climbing wall.

Ice Climbing

Spring. Fee charged.
Four outings to local state parks and gorges.

Outdoor Top Roping

Fall, spring. Fee charged.
Two outings (nights) on the Lindseth climbing wall and two outings at local climbing areas.

Shawangunks Rock-Climbing

Fall, spring. Fee charged.
Four-day climbing camp at the Shawangunks.

Backpacking Courses

Natural History of the Finger Lakes

Fall, spring. Fee charged.
Backpacking skills with a strong environmental focus.

Backpacking in the Finger Lakes

Fall, spring. Fee charged.
Classes lead to two full weekends on the trail.

Southwest Backpacking

Spring. Fee charged.
Spring Break trip to the SW deserts and canyons.

Trail Maintenance

Fall, spring. Fee charged.
Work with the local trails club to support and maintain trail systems.

Wilderness Skills

Fall, spring. Fee charged.
Break trip focusing on wilderness travel and living skills.

Wilderness Survival Skills

Fall, spring. Fee charged.
Primitive living skills taught in three classes and a weekend backpack trip.

Biking Courses

Bike and Hike

Fall, spring. Fee charged.
Four full days exploring local countryside.

Bike Repair, Beginning

Fall, spring. Fee charged.
Two evenings of hands-on repair work.

Bike Repair, Intermediate

Fall, spring. Fee charged.
One evening of hands-on repair work.

Mountain Biking

Fall and spring. Fee charged.
Four full days exploring local countryside.

Canoeing Courses

Canoeing, Adirondacks

Fall. Fee charged.
Break trip explores the beauty of the Adirondacks via canoe.

Canoeing, Flatwater

Fall, spring. Fee charged.
Four full days paddling local waterways.

Canoe/Camping, Flatwater

Fall, spring. Fee charged.
Four full days paddling local waterways including an overnight.

Canoeing, Moving

Fall, spring. Fee charged.
Includes a full weekend of river paddling.

Caving Courses**Caving**

Fall, spring. Fee charged.
Four days in the fall and two weekends in the spring in Pennsylvania caves.

Fly Fishing Courses**Fly Fishing and Basic Flytying Techniques, Introduction to**

Fall and spring. Fee charged.
Introduction in fly casting skills and the art of tying artificial flies. Special Conditions: N.Y.S. fishing license required and each student must provide their own wader boots.

Hiking Courses**Day Hiking**

Fall, spring. Fee charged.
Day outings in the Finger Lakes Region.

Snowshoeing

Spring. Fee charged.
Day outings in the Finger Lakes Region.

Kayaking Courses**Whitewater Kayaking Day Trip**

Spring. Fee charged. Non-credit course.
Day excursion for paddlers with basic skills.

Whitewater Kayaking

Fall, spring. Fee charged.
Includes a full weekend of whitewater paddling.

Pool Kayaking

Fall, spring. Fee charged. Non-credit course.
Introduction to whitewater kayaking skills.

Sea Kayaking

Fall, spring. Fee charged.
Break trip exploring various coastal areas.

Outdoor Leadership**Wyoming Expedition**

Summer. Fee charged.
Twenty-one day leadership and mountaineering expedition to the Wind River Mountains.

Outdoor Leadership

Spring. Fee charged.
Training course for outdoor education instructors.

Wilderness Emergency Care, Basic

Fall, spring, summer. (6 weeks). Fee charged.
Full weekend of wilderness first aid and CPR.

Wilderness Emergency Care, Advanced

Fall, spring. Fee charged.
Two evenings of specialized wilderness care.

Skiing—Cross-Country Courses**Cross-Country Skiing, Basic**

Spring. Fee charged.

Cross-Country Skiing, Intermediate

Spring. Fee charged.

Cross-Country Ski Day Touring

Spring. Fee charged.
Four full-day weekend outings. Emphasis on backwoods touring.

Telemark Skiing

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

Personal Growth Courses**Alexander Technique**

Fall and spring. Fee charged.
Exercise routines that increase sensory awareness.

Body-Mind

Fall and spring.
Activities in this course 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.

Explorations in Meditation

Fall and spring.
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.

Health Issues for Student Athletes

Fall and spring.
To promote and encourage lifestyle choices on the part of student athletes that will help them establish and maintain high levels of all-around health, and thereby contribute positively to their academic and athletic achievement. NOTE: This is an NCAA requirement open to sophomore athletes only.

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 and spring. 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.

Therapeutic Massage

Fall and spring. Fee charged.
This course will provide 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.

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.

Yoga, Intermediate

Fall and spring. Fee charged. One (1 1/2 hour) class a week, Helen Newman Hall. Designed for those who have completed Yoga I or its equivalent.

Racket 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, Intermediate, and Advanced

Fall, spring, and summer. Fee charged.
Instruction at appropriate levels. Equipment is furnished. Protective eyewear required.

Racket Games

Fall and spring.
Racquetball, squash, badminton, tennis. Playing fundamentals, scoring, and rules are stressed. Interclass competition.

Squash, Introduction to, Intermediate and Advanced

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

Tennis, Introduction to

Fall and summer (outdoor). Spring (indoor—fee).
Basic skills taught include forehand, backhand, serve, and volley. Scoring methods taught.

Tennis, Intermediate

Fall and summer (outdoor). Spring (indoor—fee).
Review basic strokes plus topspin and underspin. Doubles strategy emphasized.

Tennis, Advanced

Fall (outdoor). Spring (indoor—fee).
Advanced strokes taught and doubles play emphasized. Recommended for tournament players or those with previous team experience.

Tennis, Indoor-Recreational

Spring (indoor—fee).
Play is conducted at the new Reis Tennis Center. Players must have high school or college tournament experience or a rating of 4.0 or higher from the USTA. Matches are played in both doubles and singles. Equipment furnished. NO BLACK-SOLE SHOES ALLOWED ON COURTS!

Sailing Courses**Board Sailing (Wind Surfing)**

Fall, spring, and summer (6 weeks). Fee charged.
A Mistral Board Sailing Academy certificate is awarded on successful completion of the course.

Catamaran, Introduction to

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

Learn unique skills necessary for sailing multi-hull catamarans.

Large-Boat Sailing, Introduction to

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

Instruction in basic sailing skills and safety principles. Students sail small and large boats on Cayuga Lake, weather permitting.

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.

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. Two classes a week.

Instruction in the care of equipment; seven basic steps for shooting; scoring; practice shooting at twenty, thirty, and forty yards.

Archery, Intermediate

Fall and spring.

For those who have basic experience.

Pistol, Introduction to

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

Instruction in the use of the pistol in the three modes of fifty-foot competitive target shooting—slow fire, timed fire, and rapid fire. Emphasis placed 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. Fee charged.

Stick handling, passing, and shooting are

stressed. 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. All other necessary equipment will be supplied.

Lacrosse

Fall.

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

Soccer

Spring.

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

Team Handball

Fall and spring.

Team handball combines the skills of running, jumping, catching, and throwing into a fast-moving, exciting game. Elements of soccer, basketball, hockey, and water polo all can be seen in team handball. The basic objective is to outmaneuver the opponent by passing the ball quickly and then throw the ball past the defense and goalie to score.

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**Nautilus**

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

Enrollment limited to capacity of facilities.

Fee charged.

Advanced weight lifting on specifically designed apparatus. There are ten stations in the room.

Olympic Weight Training

Fall and spring.

Introduces the student to 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.

Universal Weight Training

Fall and spring.

Classes include instruction in correct lifting techniques involving all muscle groups. Recreational classes are established for experienced lifters; structured classes are for novices. Universal weights are used.

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. Special permission to enter this program must be granted by the program director.