

## 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.

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. Course fees are billed through the Office of the Bursar.

Additional course offerings may be listed at registration, since the curriculum is frequently reviewed and changed.

#### Alexander Technique

Fall and spring.

Two classes a week, Helen Newman Hall.

Exercise routines that increase sensory awareness.

#### Basic Archery

Fall and spring. Two classes a week, Alberding Fieldhouse.

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

#### Intermediate Archery

Fall and spring.

For those who have basic experience.

#### Badminton

Fall and spring. Helen Newman Hall.

Two classes a week.

Fundamental shots, scoring, and general play.

#### Basketball

Fall and spring. Barton Hall and Alberding Fieldhouse.

Two classes a week.

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

#### Bowling

Fall and spring. Fee charged.

Two classes a week, Helen Newman Hall.

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

#### Boxing

Fall and spring.

Two classes a week, Teagle Hall.

Fundamentals of training methods.

#### Equitation

Fall and spring. Fee charged.

One class a week, Cornell Equestrian Center. Class days and hours are arranged at registration.

Instruction in English riding and jumping.

#### Fieldhockey

Spring.

Two classes a week, Alberding

Fieldhouse and Schoellkopf stadium. Instruction in basic and advanced skills. 6-aside competition on astroturf surface.

#### Advanced Football Conditioning

Spring.

Two classes a week, Alberding Fieldhouse.

A conditioning program for the advanced student athlete. An intense exercise program aimed at developing the cardiovascular system.

#### Fitness and Conditioning

Fall and spring.

Two classes a week. Teagle Hall.

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

#### Fitness-Exercise-Nutrition

Fall and spring.

Two classes a week, Helen Newman Hall.

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 for Women

Fall and spring.

Two classes a week, Helen Newman Hall.

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

#### Flexibility and Toning

Fall and spring.

Two classes a week, Helen Newman Hall.

Overall stretching exercises.

#### Judo

Fall and spring. Fee charged.

Two classes a week, Teagle Hall.

Conditions and increases suppleness. Develops skills in the two parts of judo: standing techniques (throws and trips) and mat techniques.

#### Lacrosse

Fall.

Two classes a week, Helen Newman Hall.

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

#### Nautilus

Fall and spring. Enrollment limited to capacity of facilities. Fee charged.

Two or three classes a week, Schoellkopf Hall.

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

#### Olympic Weight Training

Fall and spring.

Teagle Hall.

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.

#### Racket Games

Fall and spring.

Two classes a week, Grumman Squash Courts and Helen Newman Hall.

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

#### Racquetball

Fall and spring. Fee charged.

Two classes a week, Grumman Squash Courts.

Instruction at all levels. Equipment is furnished. Protective eye wear required.

#### Racquetball II

For those who have playing experience and want interclass competition.

One class per week.

#### Relaxation and Stress Management

Fall and spring.

Two classes a week, Helen Newman Hall.

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

#### Soccer

Spring.

Two classes a week, Schoellkopf Field.

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

#### Indoor Soccer

Spring.

Two classes a week for seven weeks, Alberding Fieldhouse.

Basic skills of soccer covered along with tactics specific to indoor soccer.

#### Squash

Fall and spring. Fee charged.

Two classes a week, Grumman Squash Courts.

Classes for all levels of play. Equipment is furnished. Protective eye wear required.

#### Triathlon

Fall and spring. Fee charged.

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

#### Universal Weight Training

Fall and spring.

Two classes a week, Teagle Hall.

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.

**Wellness and Fitness**

Fall and spring.

Two classes a week, Helen Newman Hall Wellness Lab.

"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).

**Aquatic Courses****Beginning Swimming**

Fall, spring, and summer.

Two classes a week, Helen Newman Hall and Teagle Hall.

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

**Advanced Beginning Swimming**

Fall and spring.

Two classes a week, Helen Newman Hall and Teagle Hall.

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, sidestroke, breaststroke, diving, treading water, and underwater swimming. The primary objective of the advanced beginning swim course is to strengthen the student's confidence and competence.

**Intermediate Swimming**

Fall and spring.

Two classes a week, Helen Newman Hall and Teagle Hall.

Practice and perfection of basic skills and five basic strokes.

**Advanced Swimming**

Fall and spring.

Two classes a week, Helen Newman Hall and Teagle Hall.

Practice and perfection of the eleven basic strokes.

**Basic and Emergency Water Safety**

Fall and spring.

Two classes a week, Helen Newman Hall.

The American Red Cross Basic and Emergency Water Safety course involves practice and execution of accident prevention, survival techniques and lifesaving skills. Emergency Water Safety is a prerequisite for W.S.I.

**Lifeguard Training**

Fall and spring. Prerequisite: current Red Cross adult CPR and standard first-aid certification.

One class a week, Teagle Hall.

An American Red Cross certification course. Practice and execution of survival and lifesaving skills. Certification is awarded on satisfactory completion of the course.

**American Red Cross Water Safety Instructor Certification**

Fall and spring. Prerequisite: American Red Cross Emergency Water Safety course.

Three or five classes a week, Helen Newman Hall and Teagle Hall. Students must not miss first class.

American Red Cross water safety instructor certification is awarded on satisfactory completion of the course.

**Water Safety Instructor Refresher Course**

Spring.

Five classes a week, Teagle Hall.

Selected sessions of the water safety instructor certification course.

**Introduction to Water Aerobics**

Fall and spring.

Two classes a week, Teagle Hall and Helen Newman Hall.

Offers the participant all the components of a standard aerobics class with music, rhythmical routines, resistance activities, cardiovascular conditioning, stretching, and flexibility but in an aquatic environment.

**Open Water Scuba Diving**

Fall, spring, and summer. Fee charged.

Teagle Hall.

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

**Advanced Open-Water Scuba Diving**

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 Diving.

**Dive Master**

Fall and spring. Fee charged.

Hours to be arranged. Teagle Hall.

Advanced-level scuba course open only to those who have completed the Rescue Diver course.

**Bahamas Scuba Diving**

Fall and spring. Fee charged.

This course is offered during intersession periods. One week of sailing and diving in the Bahamas. See the information sheet at the registration table.

**Specialty Scuba Diving**

Fall and spring. Fee charged.

Courses offered in the following specialty areas: navigation, search and recovery, night diving, deep diving, and underwater photography.

**Beginning Synchronized Swimming**

Fall.

Two classes a week, Helen Newman Hall.

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

**Advanced Synchronized Swimming**

Spring.

Two classes a week, Helen Newman Hall.

Preparing, practicing for, and presenting an aquatic show.

**Swim Conditioning**

Fall and spring. Prerequisite: good swimming ability.

Two classes a week, Teagle Hall and Helen Newman Hall.

Introduction to, and practice of, different training methods. Final objective: to swim 2,500 yards during class period.

**Advanced Competitive Swim Conditioning**

Fall. Prerequisites: a previous competitive swim experience and a previous aquatic conditioning class.

Two classes a week. Teagle Hall practice pool.

This course is offered to those who have highly advanced swimming skills and are interested in competitive swim training.

**Board Sailing (Wind Surfing)**

Fall, spring, and summer. Fee charged.

Ten instructional lessons plus free practice times. The equipment is furnished.

A Mistral Board Sailing Academy certificate is awarded on successful completion of the course.

**Water Aerobics**

Fall and spring.

Teagle Hall practice pool and Helen Newman Hall.

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 a 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. Fee charged.

Three classes a week.

Introductory course for beginning water skiers. Conducted on the east shore of Cayuga Lake. Students must provide their own transportation to and from the lake.

**Dance****Aerobic Dance**

Fall and spring. Fee charged.

Two classes a week.

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

**Ballroom Dancing**

Fall and spring. Fee charged. Students and their partners must sign up at course registration.

Includes instruction in the waltz, Charleston, rumba, and tango.

**Dance**

Fall and spring.

Two or three classes a week, Helen Newman Hall/Center for Performing Arts.

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****Asian Dance****Ballet I, II, III****Jazz Dance I, II****Modern Dance I, II, III, IV****Fencing****Fencing I**

Fall and spring. Fee charged.

Two classes a week, Helen Newman Hall.

Includes warm-up exercises and all basic offensive and defensive moves. Equipment is furnished.

**Fencing II**

Fall and spring. Fee charged. Prerequisite: Fencing I or the equivalent.

Two classes a week, Helen Newman Hall.

Interclass competition is stressed. Equipment is furnished.

**First Aid****Standard First Aid**

Fall and spring. Textbook fee charged.

Two classes a week, Alberding Fieldhouse.

American Red Cross standard first-aid course. Certification is awarded on satisfactory completion of the course.

**Advanced First Aid**

Fall and spring. Fee charged.

American Red Cross certification is awarded on satisfactory completion of the course.

**Cardiopulmonary Resuscitation (CPR)**

Fall and spring. No credit. Fee charged.

One class a week for four weeks, Alberding Fieldhouse.

American Red Cross CPR certification is issued on satisfactory completion of the course.

**Golf****Instruction in Golf**

Fall and spring. Fee charged.

Two classes a week, Moakley golf course or Alberding Fieldhouse.

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.

**Recreational Golf**

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

Moakley golf course.

Students must provide their own clubs. Twelve rounds of nine holes each must be played to complete the program.

**Gymnastics****Beginning Gymnastics**

Fall and spring.

Two classes a week, Teagle Hall.

Basic instruction in tumbling, dance for gymnastics, and use of all pieces of apparatus.

**Intermediate Gymnastics**

Fall and spring.

Two classes a week, Teagle Hall.

Beginning gymnastics or interscholastic or collegiate team experience.

**Jogging****Jogging**

Fall, spring, and summer.

Two classes a week, Barton Hall and track.

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

**Jogging Tours**

Fall and spring.

Two classes a week, Barton Hall or Helen Newman Hall.

Each class consists of a two-to-three-mile jogging tour of a local area.

**Martial Arts****Basic Karate**

Fall and spring. Fee charged.

Two evening classes a week, Teagle Hall.

A beginning course taught by professional staff.

**Advanced Karate**

Fall and spring. Fee charged.

Two evening classes a week, Teagle Hall.

Open to those who have taken Basic Karate or the equivalent.

**Kung Fu**

Fall and spring.

Two classes a week, Alberding Fieldhouse.

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.

**Martial Arts and Aerobic Exercises**

Fall and spring.

Three classes a week, Teagle Hall.

Blend of ten basic martial-art techniques in a framework of rhythmic exercises.

**Self-Defense for Women**

Fall and spring. Fee charged.

Hours to be arranged, Teagle Hall.

Basic methods of physical protection for women.

**Tae Kwon Do**

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.

**T'ai Chi Chuan I and II**

Fall and spring.

Two classes a week, Teagle Hall.

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.

**Backpacking in the Finger Lakes Region**

Fall, spring.

Classes lead to a full weekend on the trail.

**Bicycle Day Touring**

Fall and spring.

Afternoon or weekend rides. No overnights.

**Bicycle Touring and Camping**

Fall and spring.

Rides lead to overnight weekend tours.

**Mountain Biking**

Fall and spring.

One afternoon per week for five weeks.

**Canoe Camping**

Fall, spring, and summer.

Outings finish with an Adirondacks expedition.

**Canoeing, Flat-Water**

Fall, spring, and summer.

Afternoon or weekend outings to local lakes and streams. No overnights.

**Canoeing, White-Water**

Fall and spring.

Includes three days of white-water trips.

**Caving**

Fall and spring.

Explore caves in Pennsylvania.

**Cross-Country Skiing I and II**

Spring.

Six 3 1/2-hour classes. Meets once each week immediately following spring registration.

Van transportation provided for groups of twelve students and two instructors. Ski rental optional.

**Cross-Country Skiing-Day Touring**

Spring.

Four full-day weekend outings.

Emphasis on backwoods touring. Ski rental optional.

**Telemark Skiing**

Spring.

Four evenings of lift skiing, plus instructional meetings.

**Adirondack Ski Expedition**

Winter break.

Ten-day winter camping and skiing trip.

**Hiking in the Finger Lakes Region**

Fall and spring.

Includes four weekend days of hiking.

**Technical Ice Climbing**

Spring (winter break).

Includes four weekend days of climbing in February or four days during January break.

**White-Water Kayaking I & II**

Fall and spring.

Includes three days of white-water trips plus pool sessions.

**Environmental Awareness**

Fall and spring.

A backpacking/hiking course for those interested in the local ecology.

**Outdoor Leadership**

Fall and spring.

For those interested in becoming Outdoor Education Program instructors.

**Basic Rock Climbing**

Fall, spring, and summer. No experience required.

Meets one afternoon a week for six weeks. Uses indoor Lindseth climbing wall for all classes.

**Shawangunks Rock-Climbing Expedition**

Fall and spring.

Includes a four-day climbing camp.

**Basic Mountaineering Skills**

Fall, spring, and summer.

Seven afternoons at local parks and wilderness areas, some classes on indoor Lindseth climbing wall.

**Wilderness Emergency Care**

Fall and spring.

Friday evenings plus weekend.

Training in medical care for the backcountry. Awards Standard First Aid and CPR certification.

**Wilderness Skills Expedition**

Fall and spring.

Introductory course. Includes a wilderness backpacking expedition during fall break or spring break.

**Wyoming Mountaineering Expedition**

Summer.

Full-time course for the entire month of June to train outdoor instructors.

**Riflery****Riflery**

Fall and spring. Fee charged.

Two classes a week, Barton Hall.

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

**Trap and Skeet Shooting**

Fall and spring. Fee charged.

Two-hour class one afternoon a week, Teagle Hall.

Includes lectures and shooting at the Tompkins County Rod and Gun Club range. Guns and shells are furnished.

**Basic Pistol**

Fall and spring.

Barton Hall range.

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.

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

Fall and spring. Fee charged.

One class a week, Alberding Fieldhouse. 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.

**Sailing****Principles of Sailing**

Fall, spring, and summer. Fee charged.

One class a week, Cayuga Lake.

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

**Intermediate Sailing**

Fall. Fee charged.

One class a week, Cayuga Lake.

Instruction in more-advanced techniques for those already familiar with the basic principles of sailing.

**Skating****Introduction to Skating**

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

Three classes a week for half a term, Lynah Rink.

Students provide their own hockey skates or rent them at Lynah Rink.

**Beginning Figure Skating**

Fall and spring. Fee charged.

Three classes a week for half a term, Lynah Rink.

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

**Intermediate Figure Skating**

Fall and spring. Limited to experienced skaters. Fee charged.

Three classes a week for half a term, Lynah Rink.

Intermediate figure skating techniques. Students provide their own figure skates or rent them at Lynah Rink.

**Advanced Figure Skating**

Fall and spring. Fee charged.

Three classes a week, Lynah Rink.

Advanced figure skating techniques. Students provide their own figure skates or rent them at Lynah Rink.

**Introduction to Ice Hockey**

Fall and spring. Fee charged.

Two classes a week, Lynah Rink.

Stick handling, passing, and shooting are stressed. Students provide their own skates and sticks; all other equipment is furnished.

**Intermediate Hockey**

Fall and spring. Fee charged. Prerequisite: beginning hockey or participation in organized hockey.

Two classes a week, Lynah Rink.

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.

**Skiling****Downhill Skiling**

Spring. Fee charged.

One class a week, Greek Peak.

Transportation, instruction, ski-lift fees, and skiing time are offered in a package deal. Greek Peak 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.

**Tennis****Indoor Tennis**

Spring. Fee charged.

Two classes a week, Kite Hill tennis bubble.

Classes for all levels of play. Emphasizes strategy for intermediate and advanced groups. Space limitation requires doubles play.

**Beginning Outdoor Tennis**

Fall.

Three classes a week for half a term. Helen Newman courts.

Instruction and practice in basic strokes (forehand, backhand, serve).

**Intermediate Outdoor Tennis**

Fall.

Three classes a week for half a term. Kite Hill courts.

Use of fundamental strokes, lobs, and drop shots; doubles strategy.

**Advanced Outdoor Tennis**

Fall. Limited to experienced players.

Three classes a week for half a term. Kite Hill courts.

Emphasizes strategy.

**Volleyball****Introduction to Volleyball**

Fall and spring.

Two classes a week, Alberding Fieldhouse.

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

**Intermediate Volleyball**

Fall and spring.

Two classes a week, Alberding Fieldhouse.

Passing and blocking strategy; scrimmages in class.

**Advanced Volleyball**

Fall and spring.

Two classes a week, Alberding Fieldhouse.

Offensive and defensive team strategy is emphasized in class scrimmages.

**Wrestling for Men**

Fall and spring.

Two classes a week, Teagle Hall.

Instruction in basic wrestling technique.

**Yoga****Yoga I**

Fall, spring, and summer. Fee charged.

Two classes a week, Teagle Hall.

Fundamentals of hatha-yoga. Covers basic postures, breathing techniques, and deep relaxation. Introduces chanting.

**Yoga II**

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.

**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.