

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 255-6415 (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, or on the World Wide Web (at <http://www.cornell.edu/Academic.html#Class>). 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 CPRFPR 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)

Fall and 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: 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.

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. Fee charged. 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. Fee charged.

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

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.

Latin Dance

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

Exploration in Movement (A & B)

Fall and spring.

Interactive World Dance

Fall and spring. Fee charged. This course consists of an interesting selection of popular, traditional dance forms that come from diverse cultures around the world. These include line, circle, set, trio, individual, and partner dances. No partner necessary.

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.

Equitration 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 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.

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.

Salt Water Fly Fishing

Fall. Fee charged.

Learn the special techniques necessary for salt water fly fishing. This course includes 4 hours of classroom instruction and 4 days of fishing over fall break.

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.

Body Sculpting

Fall and spring. Fee charged.

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. 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 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.

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.

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.

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 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

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.

Basic Rock-Climbing, for 25 and Over

Fall, spring. Fee charged. Non-credit course.
Four evenings climbing indoors on the Lindseth wall for people age 25 or older.

High Adventure 101

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

Continuing 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. Non-credit.
Two evenings of hands-on repair work.

Bike Repair, Intermediate

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

Mountain Biking

Fall. 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.

Introduction to Paddling

Fall, spring. Fee charged.
A sampler of beginning canoeing and kayaking.

Canoe/Camping, Flatwater

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

Canoeing, Moving Water

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.

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.
Seven-session 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. Non-credit.
Two evenings of specialized wilderness care.

Wilderness First Responder

Offered in January, over winter break. Fee charged.
Ten days of instruction and practical application of backcountry first aid. Participants earn CPR and First Responder certifications. Taught by SOLO Wilderness Medical Institute.

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 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.

Explorations in 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.

Expanding Awareness

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

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, 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.

Therapeutic 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.

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.

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

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

Squash, Introduction to, Intermediate

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**Board Sailing (Wind Surfing)**

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

Catamaran, Introduction to

Fall, spring, and summer (6 weeks). Fee charged.
Learn unique skills necessary for sailing multi-hull catamarans.

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.

Skilling and Snow Boarding**Downhill Skilling 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 twenty, thirty, and forty yards.

Pistol, Introduction to

Fall, spring, and summer (6 weeks). Fee charged.
Instruction in use of pistol in the three modes of fifty-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. 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.

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**Trotter Circuit Training**

Fall and spring. Fee charged.
Students will gain a working knowledge of the basic principles of Trotter selectorized weight lifting equipment. Emphasis on principles of weight training, circuit training, intensity training, and program design.

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.