PHYSICAL EDUCATION REQUIREMENT AND REGISTRATION

Physical Education is a degree requirement. The physical education program concentrates on lifetime sports, so that all students leave Middlebury College with exposure to sports or recreational activities in which they have developed a degree of skill and interest, which will be an asset to them in later years. Each class meets for one hour per day unless otherwise noted.

REQUIREMENT:

Before graduation, students must complete two different activities to receive the required two credits. Students who have not completed their requirement by the second semester of their senior year will not be eligible to graduate.

Students may use participation on varsity and junior varsity intercollegiate teams as a way of satisfying the physical education requirement. No more than one of the two physical education credits may be earned from participation in a single sport. Two-sport athletes may satisfy both physical education credits through participation on varsity and junior varsity intercollegiate teams.

The Physical Education department also recognizes participation in six club sports. The six club sports that can receive a physical education credit are Rugby, Crew, Water Polo, Aikido, Sailing and Cricket, which have a coach on site for practices and games. In order to receive a physical education credit, students must participate in one full semester of Crew, Rugby, Water Polo, Sailing or Cricket. Students in Aikido must attend 20 classes per semester. Each of these club sports will equal one Physical Education credit.

Physical Education credit may also be received by presenting certification cards in American Red Cross or American Heart Association Standard Adult First Aid and CPR, or PADI or NAUI scuba. One credit for each different certification may be obtained if the certification was completed during the student’s academic time at Middlebury.

We encourage students to take as many PE courses as desired beyond the two required, but they must sign up through Banner during the registration period.

Dance Courses (as available): Physical Education credit can be received by successful completion of the following dance classes - varying levels of ballet, jazz, and modern dance (DANC 160, DANC 161, DANC 162, DANC 260, DANC 261, DANC 276, DANC 360, DANC 361, DANC 380, DANC 381).

REGISTRATION:

Registration for all P.E. classes is done on Banner. NO ADD CARDS ARE USED BY THE P.E. DEPARTMENT. All changes to class selections MUST be done through Banner during the registration period.

REGISTRATION PROCESS AND DATES:

The registration period for P.E. classes is different than the drop/add period for academic classes and is done only on Banner. The registration period starts at the same time as the academic period, but the deadlines are as follows:

- Fall I, 2017 – ends on August 25, 2017
- Fall II, 2017 – ends on September 29, 2017
- J-Term 2018 – ends on December 8, 2017
- Spring I, 2018 – ends on January 26, 2018
- Spring II, 2018 – ends on February 27, 2018

COURSE SESSIONS:

The department schedules two seasons of instructional courses in the fall and spring terms and one season in the winter term. Registration is on a first-come, first-served basis and is open to students electing courses on a space-available basis. If you change your mind about a course selection, you must make any changes in Banner during the registration period. This can open up space in a class for another interested student.

Students unaware of their physical education record should check with the PE Administrative Associate in the Field House to ensure completion of their program prior to graduation. The Registrar’s Office processes credits from transcripts for students transferring to Middlebury.

All requests for medical waivers must come from the student's physician. Injuries and illnesses suffered on campus will be considered as exceptions to the previous statement and will be handled by the College health center.

Session Dates for the Academic Year 2017-18:

- Fall I – September 18 – October 20, 2017
- Fall II – October 30 – December 8, 2017
- Winter Term - January 8 – February 2, 2018
- Spring I – February 19 – March 23, 2018
- Spring II – April 9 – May 11, 2018
Alpine Ski Lessons:  This course carries a fee of $100.00. Information and registration for Alpine skiing is done through the ski school at the Middlebury College Snow Bowl in Ripton. Please call 443-7605 or go to www.middleburysnowbowl.edu for further information.

Winter Term – as scheduled with instructor.

Aqua Cardio: 10016
A non-impact “water jogging” class in the deep end of the natatorium. Perfect for all fitness levels and those recovering from injuries.

Winter Term – TTh 11:00 a.m.

Archery: 20312/21671
Basic instruction in archery for beginners or for those with limited archery experience. Classes include lessons on safety, selection of equipment and fundamentals of shooting technique.

Spring II – MW 2:00 p.m.,
TTH 2:00 p.m.

Badminton: 10368
Introductory level course that introduces students to the game of badminton with emphasis on fundamentals and rules for both singles and doubles.

Winter Term – TTh 11:00 a.m.

Basic Energy Balancing: 10877
This course carries a fee of $175.00. In this class you will be learning about your personal energy field-aura-as a substance which can be known through the physical sense including touch, feeling, vision, hearing, taste and smell. The field around and through each person can be clarified, untangled, refined and brightened to enhance well-being and to support healing. Basic energy field anatomy, navigation and a method to clear, charge and balance your own aura will be taught and practiced. Practice will be with yourself and others in the class.

Winter Term – Wed. 7:00-9:00 p.m.

Competitive Athletic Training Zone: 10696/20905
This most fun you will ever have working your tail off. Heart Rate based circuit training includes agility, plyometrics, functional weight work, med balls, etc. Be ready to work hard and get in incredible shape. Solid fitness base recommended.

Winter Term – MW 8:30 a.m.,
Spring II – TTh 8:30 a.m.

Dodgeball: 10714
Whether you want to relive the glories of elementary school gym classes or pick up a new sport that will last a lifetime, this class will hone your skills in the game that’s sweeping the nation. Learn to duck, dip, dive and dodge in this fun, challenging and mildly competitive class.

Winter Term – MW 2:00 p.m.

First Aid/CPR: 10006/20319/20313
This course carries a fee of $115.00. Standard American Heart Association class where students will receive two certificates – one in Adult CPR and one in Adult First Aid.

Sat., Jan. 20 – 9:00 a.m. – 4:00 p.m.
Sat., Mar. 10 – 9:00 a.m. – 4:00 p.m.
Sat., April 14 – 9:00 a.m. – 4:00 p.m.

Golf – Beg.: 20314
Basic instruction in putting, chipping, long and short iron play and woods from the fairway and tee.

Spring II – MWF 11:15 a.m.

Golf – Int./Adv.: 20316
For the student who has taken beginning golf or is at least a beginner golfer. Students will play 9-hole rounds.

Spring II – MW 1:15-3:15 p.m.

Martial Arts: 10008
This course carries a fee of $80.00. This course includes Tae Kwon Do (kicking and punching techniques) and traditional Korean Martial Arts. All levels are welcome. Learn the art of blocking, punching and kicking for self-defense as well as discipline and humility. Be prepared for a rigorous workout.

Winter Term – Wed. 7:00 p.m. – 9:00 p.m.

Massage: 10009/20321/20326
This course carries a fee of $150.00. Introduction to relaxation technique for major muscle groups. Also studies draping, oils, contraindications, acupressure and anatomy.

Winter Term, Spring I, Spring II – Mon. 7:00 p.m. – 9:00 p.m.

Meditation: 10010/20322/20327
This course carries a fee of $150.00. The art and science of dealing with stress and finding inner peace. Meditation practice enables one to abide in the center of the hurricane of a busy life. In this class, a variety of meditation techniques suitable for beginners and those with experience will be practiced.

Winter Term, Spring I, Spring II – Th 7:30 p.m. – 9:30 p.m.

Nordic Ski Lessons:  This course carries a $75.00 fee.
Four one-hour lessons offered at the Rikert Nordic Center. Transportation is available from ADK Circle every hour during J-Term. All ski equipment is provided. Appropriate layered winter clothing is required. Three lessons must be completed to receive a PE credit.

Winter Term – as scheduled with instructor.

Oratory X: A Public Speaking Workout Program: 21704
Designed to increase confidence and reduce stress connected to oral presentation, this class will combine speaking drills with high energy movement, chi gung and other body awareness exercises. Taught in collaboration with Oratory Now.

Spring I – TTh 5:30 p.m.

Paddle Tennis: 11002/22419
A cold weather sport that is played outdoors in an enclosed court. The focus is on learning the rules and playing.

Winter Term – TTh 2:00 p.m.
Spring I – TTh 2:00 p.m.
Ping Pong: 10899
This course offers students the opportunity to play and learn one of the world's most universally enjoyed games. Basic and advanced technique, rules and variations of the game, and general tactics are all part of this class.
*Winter Term – TTh 2:00 p.m.*

Raised Barre at Middlebury Fitness: 11465/22420/22421
*This course carries a fee of $100.00.*
Barre classes are one of the hottest trends in the fitness industry. Raised Barre is not your ordinary Barre workout - it provides a unique combination of muscular endurance and stretching resulting in long, lean and flexible bodies. The class is great for members of all shapes, sizes and fitness levels. Raised Barre provides an effective and safe total body solution.
*Winter Term, Spring I, Spring II – Mon & Sat. 12:00 p.m.*

Riding lessons:
Horseback riding lessons are offered at area horse farms. Information can be obtained through the Physical Education office giving the names of the farms and the types of lessons that they offer. The fee will depend on the type of lesson and the farms. Students set their own schedule with the farm they wish to work with and should let the farm know they are doing the lessons for a PE credit at the College and complete 8 hours of lessons.

Snowboarding lessons:
*This course carries a fee of $100.00.*
Information and registration for Snowboarding lessons is done through the College Snow Bowl in Ripton. Please call 443-7605 or go to [www.middleburysnowbowl.edu](http://www.middleburysnowbowl.edu) for further information.
*Winter Term – as scheduled with instructor.*

Snowshoeing: 10013
Challenge your cardiovascular system and strengthen and tone your largest calorie burning muscles. This class functions as a long duration workout for shaping and toning. A wonderful mood enhancer. Designed for fun.
*Winter Term – TTh 1:00 – 3:00 p.m.*

Speed, Agility & Quickness: 10694/22515/20911/22076
Through drills and technique training, students will develop speed, agility and quickness with the goal of improving performance in any activity or sport.
*Winter Term – TTh 3:00 p.m.*
*Spring I – TTh 3:00 p.m.*
*Spring II – MW 9:00 a.m. TTh 3:00 p.m.*

Spinning at Vermont Sun: 11087/21418/20870
*This course carries a fee of $100.00.*
Spinning is a cardiovascular workout performed on a stationary bicycle. Each student works at their own pace. Motivational music, visualization, ab and low back strengthening and stretching are included. The class is taught at Vermont Sun in Middlebury. Students must provide their own transportation.
*Winter Term, Spring I, Spring II – Mon & Sat. 12:00 p.m.*

Swim for Conditioning: 10014/20594/22077
This is not a stroke mechanics class. Classes are designed to improve cardiovascular fitness through swimming. Participants must be able to swim 12 minutes of crawl without stopping.
*Winter Term – MW 10:00 a.m.*
*Spring I – MW 9:00 a.m.*
*Spring II – TTh 9:00 a.m.*

Squash – Beg.: 20311
The course introduces students to the basic strokes, rules and etiquette of squash. The objective of the course is to allow students to pick up the fundamentals of the sports and allow them the opportunity to play the game.
*Spring I – MW 10:00 a.m.*

Strength Training:
21288/21290/20317/22418
Beginner strength training focusing on higher repetitions and lower weights to build endurance strength.
*Spring I – MW 12:00 p.m.*
*Spring II – MW 9:30 a.m.*
  *TTh 9:30 a.m.*
  *TTh 1:00 p.m.*

Telemark Ski Lessons:
*This course carries a fee of $100.00.*
Information and registration for Telemark Ski lessons is done through the College Snow Bowl in Ripton. Please call 443-7605 or go to [www.middleburysnowbowl.edu](http://www.middleburysnowbowl.edu) for further information.
*Winter Term – as scheduled with instructor.*

Tennis – Beg.: 20323
Instruction of the proper tennis grip and development of all the basic strokes. The class progresses from consistency, to control, to placement, to spin and finally to power in stroke production.
*Spring I – TTh 11:00 a.m.*

Tennis – Int./Adv.: 11004
Review and refinement of fundamental strokes, groundstrokes, volley, overhead, serve return and serve. Singles and doubles strategies emphasized in competitive matches.
*Winter Term – MW 11:00 a.m.*

Yoga: 10015/20324/20328
*This course carries a fee of $150.00.*
A holistic system of exercise and awareness, students work on balance, flexibility, strength, coordination and relaxation. The class will also develop the ability to bring the body, breath and mind into harmony.
*Winter Term, Spring I, Spring II – Tues. 7:30 p.m. – 9:30 p.m.*
Physical Education Website: http://athletics.middlebury.edu/information/physed
Once on this site, click on “click here” for further information.

Some of the FAQs:

How do I know what classes are held during Fall I versus Fall II, etc?
Fall I classes start with an 0100 series number.
Fall II classes start with an 0200 series.
J-Term classes start with an 0300 series.
Spring I classes start with an 0400 series.
Spring II classes start with an 0500 series.

Can I just show up to a class and register or add there?
A student who is not pre-registered on Banner for a PE class, will NOT be allowed to enter the class.

Can I get a refund on my PE class?
Refunds to your account will ONLY be issued if you drop the class online during the drop period or if you notify the PE Administrative Associate prior to the first day of the class (except for First Aid/CPR which has a set date sent in an email to the students who are registered). No refund will be issued after that time, regardless of the situation.

How do I know where a class is held?
When registering for the class on Banner, simply click on the CRN for the class and the course description will tell you where the class is being held.

Can I simply take a class if I don’t want the credit for it without being registered on Banner?
Students must be enrolled on Banner in order to participate in any PE class, whether the intention is to receive a PE credit or not.

How are PE “credits” applied?
One must complete 8 hours of class instruction time (7 hours during J-term) to receive a PE credit. All credits will be posted on your transcript at the end of the academic semester.

Does a PE “credit” affect my GPA?
PE “credits” do not carry a grade point and will not affect your GPA. They will also not appear as an incomplete if you were unable to fulfill enough hours to receive a PE credit.

Can I make-up a class at a later date?
Banner is set up to acknowledge separate semesters of the school year. All “credits” must be applied during that particular semester. No credit can be given if not met during that semester.

Does my participation on an intramural team get me a PE credit?
No. PE classes are instructional classes. Attendance is also a key factor in receiving a PE credit. Therefore, participation on an intramural team will not earn you a PE credit.

I have current American Red Cross First Aid and CPR certification cards? Can I show those for a PE credit? What about Scuba certification cards?
Yes, American Red Cross or American Heart Association adult First Aid and CPR certification will get you ONE PE credit if it’s obtained during your tenure at Middlebury. The cards must be shown to the Director of Physical Education, Sarah Raunecker for verification. NAUI or PADI certification cards will also get you one PE credit if it was earned during your time at Middlebury.

I have heard that there are Student Activities workshops during J-term that give PE credit. How do I find out about those?
There are a large number of Student Activities workshops available during J-term. A listing of all of the workshops is available late November and those receiving PE credit are noted in the list of workshops. Contact Student Activities for information on these workshops.