
DEPARTMENT OF PHYSICAL EDUCATION, RECREATION, AND ATHLETICS

FACULTY

*Year of initial appointment at Binghamton

Affleck, John A., *Professor of Physical Education*, MA, 1963, University of Michigan: Golf coach. (1963)*

Back, Patrice, *Lecturer*, MS, 1998, University of Delaware: Assistant swim coach. (1998)*

Brown, Holly, *Lecturer*, BS, 1993, State University of New York at Cortland: Softball coach. (1994)

Brown, Mitchell, *Lecturer*, BA, 1994, Humboldt State University: Assistant track and field and cross country coach. (1999)

Campbell, Mary Jameson, *Lecturer*, MS, 1998, James Madison University: Women's tennis coach. (1999)

DeMotte, Benji, *Lecturer*, BS, 1994, Syracuse University: Head men's and women's swim coach. (1993)

Dimitriou, Hristos, *Lecturer*, MS, 1994, State University of New York at Cortland: men's soccer coach. (1985)

Emery, Jaychele, *Lecturer*, MS, 1997, Indiana University: Assistant athletic trainer. (1997)

Fenton, Tim, *Lecturer*, BA, 1992, Mansfield State University: Educational enhancement counselor, assistant baseball coach. (1996)

Fusilli, Mike, *Lecturer*, BS, 1991, Ithaca College: Men's wrestling coach. (1996)

Graham, Lance, *Lecturer*, MS, 1986, North Adams State College: Aquatics coordinator, head men's and women's diving coach. (1998)

Hartrick, John M., *Lecturer*, MS, 1991, East Stroudsburg University: Sports information director. (1991)

High, Teresa, R., *Lecturer*, MS, 1996, Pennsylvania State University: Binghamton Outdoor Pursuits director. (1996)

King, Kimberly M., *Lecturer*, MA, 1995, Franciscan University of Steubenville: Assistant athletic/EEP director. (1995)

King, Lawrence B., *Lecturer*, BS, 1998, State University of New York College at Cortland: Assistant basketball coach. (1993)

Kiriyama, Glenn, *Lecturer*, MEd, 1994, Stephen F. Austin State University: Women's volleyball coach. (1998)

Kroll, William H., *Lecturer*, BS, 1993, St. Lawrence University: Director of FitSpace. (1994)

Lahti, Donna M., *Associate Professor and Associate Director of Physical Education*, MEd, 1972, Pennsylvania State University. (1972)

Leightman, Jeff, *Lecturer*, BA, 1995, State University of New York at Binghamton: Women's soccer coach. (1998)

Norris, James P., *Lecturer*, BS, 1979, State University of New York at Cortland: Men's basketball coach. (1991)

Schulman, Steve F., *Lecturer*, MS, Ithaca College: Assistant men's basketball coach. (1994)

Schum, Timothy O., *Professor and Associate Director of External Affairs*, MA, 1961, Columbia University Teachers College. (1963)

Sherard, Alexis, *Lecturer*, MS, 1998, Providence College: Assistant men's basketball coach. (1998)

Sheredy, Dan, *Lecturer*, MA, 1995, State University of New York at Binghamton: Athletic trainer. (1995)

Sinicki, Timothy M., *Lecturer*, BS, 1998, Western Carolina University: Baseball coach and assistant sports information director. (1993)

Sorochinsky, Matthew D., *Lecturer*, BS, 1995, Ithaca College: Assistant wrestling coach. (1998)

Stephens, Melanie, *Lecturer*, MS, 1998, Georgian College and State University: Assistant women's basketball coach. (1998)

Thirer, Heidi G., *Lecturer*, MSN, 1991, State University of New York at Binghamton: Health education, human sexuality. (1998)

Thirer, Joel, *Professor and Director of Physical Education, Recreation, and Athletics*, PhD, 1976, Florida State University: Sport psychology. (1989)

Thompson, James Michael, *Lecturer*, MA, 1992, University of Northern Colorado: Track and field coach. (1994)

Thompson, Sarah, *Lecturer*, BS, 1995, University of Northern Colorado: Wellness coordinator. (1995)

Trow, Laura, *Lecturer*, MA, 1998, Mankato State University: Head coach, women's basketball. (1998)

Truce, Gary L., *Professor*, EdD, 1974, West Virginia University: Human behavior and performance. (1968)

van Hoff, Johannes J., *Associate Professor and Director of Intramurals*, MS, 1970, University of Illinois. (1970)

Wegmann, Jennifer, *Lecturer*, BA, 1994, State University of New York at Binghamton. (1995)

Wilson, Janet, *Lecturer*, MEd, 1972, Bank Street College: Yoga. (1988)

Adjunct Faculty

Bossong, Elizabeth M., *Adjunct Lecturer*, MS, Elmira College: Aerobics. (1990)

Busch, Steve, *Adjunct Lecturer*, BS, 1972, Springfield College: Binghamton Outdoor Pursuits—Paddle sports. (1996)

Dzudza, Elsan, *Adjunct Lecturer*, BA, 1998, State University of New York at Binghamton: Soccer. (1998)

Fiato, Lise, *Adjunct Lecturer*, MA, 1990, State University of New York at Binghamton: Men's issues. (1990)

Fletcher, John, *Adjunct Lecturer*, BA, 1993, State University of New York at Binghamton: Tae Kwon Do. (1994)

Gundrum, Valerie, *Adjunct Lecturer*, MS, 1984, Clarkson College: Aerobics. (1996)

Hoffman, Wendy, *Adjunct Lecturer*, BA, 1978, Carleton College: Yoga. (1998)

Iannone, Dale, *Adjunct Lecturer*, MS, 1996, State University of New York College at Oneonta: Personal fitness and wellness. (1997)

Lasky, Nicholas, *Adjunct Lecturer*, BS, 1979, State University of New York at Binghamton: Golf. (1996)

Lucas, Rose, *Adjunct Lecturer*, MEd, 1995, Indiana University: Aerobics. (1998)

McAbee, Ronie, *Adjunct Lecturer*, 1970, Bryant College, Westchester Riding Academy: English horseback riding. (1983)

McGregor, Kathy, *Adjunct Lecturer*, MASS, 1998, State University of New York at Binghamton: Aerobics. (1993)

Monsor, Jocelyn, *Adjunct Lecturer*, BS, 1979, University of Vermont: Yoga. (1995)

Needham, Jodi, *Adjunct Lecturer*, 1983, Walla Walla Community College: Ice skating. (1993)

Vogely, Anita, *Adjunct Lecturer*, PhD, 1995, University of Texas: Foreign language, aerobics. (1995)

Witte, Ron, *Adjunct Lecturer*, BS, 1972, Shippensburg University: Scuba. (1995)

UNDERGRADUATE PROGRAM

All undergraduate students are required to fulfill a two-credit physical activity/wellness requirement as a part of the General Education requirement. This requirement may be fulfilled in any of the following ways:

1. Completion of a one-credit (or more) physical activity course and a one-credit (or more) wellness course.
2. Completion of a one-credit physical activity/wellness course, and one of the following:
 - one-credit physical activity course
 - one-credit wellness course
 - one-credit physical activity/wellness course
3. Completion of a two-credit (or more) course that combines physical activity and wellness.

Most of these credits will be taken in the Department of Physical Education, but other departments have courses that will satisfy either the physical activity or the wellness components of the requirement. For example, Theatre Department courses in dance (THEA 225, 226 and 227) may be used to satisfy the physical activity requirement. Certain courses in the Decker School of Nursing, the School of Education and Human Development, and the departments of Biological Sciences and Psychology have been designated as satisfying the wellness requirement.

The above requirements are applicable to all undergraduate students across the five undergraduate schools. There are differences in the application of elective credits that can be applied toward the degree among the five schools. Those differences are outlined below.

Harpur College: Students may apply a maximum of 6 physical education credits toward the 126 required for graduation. Additional PENR credits may also be used toward the degree, as long as the total of non-liberal arts credits does not exceed 8.

Decker School of Nursing: Six elective credits of PE courses may be applied toward the degree. PENR courses are included in that total of six.

School of Education and Human Development: No elective credits of PE courses may be applied toward the degree.

School of Management: Four elective credits of PE courses may be applied toward the degree. PENR courses are included in that total of four.

Watson School of Engineering: Consult with Watson School Advising office for policy on elective PE credits.

Graduate students may audit physical education courses on a "space available" basis and are not allowed to advance register.

Transfer credits may be accepted from other academic institutions if the course is equivalent in contact hours and content to that offered at Binghamton University. Credits may not be transferred from nonacademic agencies such as health spas, fitness clubs, karate schools, dance schools, etc. Students intending to take a physical education course at another institution during the summer should receive prior approval from the associate director of physical education. A course description, contact hours and credit value for the course will be needed to determine if the course credit is transferable.

Most physical education activity courses are offered on a coed basis, and most are graded Pass/Fail. Both gymnasiums are coed facilities and students should note the location of the class when they register (East Gym or West Gym). Lockers are assigned in the building where the class is scheduled. All students registered for a physical education class as of the first day of classes are liable for the physical education fee, as fees are nonrefundable once classes begin. In other words, students who advance register for a course must drop it before classes begin if they do not intend to take the course. This fee also applies to students enrolled in riding, skiing and ice skating, who are entitled to a locker in either gym. Failure to obtain a locker does not relieve the student of financial responsibility for the fee.

In addition to descriptive information about specific courses contained in the *Student Course Guide*, the following courses are offered by the Department of Physical Education, Recreation, and Athletics. Because they are of a nonactivity nature, some satisfy only the wellness component of the requirement.

PENR 191. PRACTICUM IN COLLEGE TEACHING

variable credit

Same as a teaching assistant for a PE activity course. Not applicable toward General Education requirement.

PENR 192. PRACTICUM IN SPORTS MEDICINE

variable credit

Serve as student trainer for athletic teams. Permission of instructor required. Not applicable toward General Education requirement.

PENR 193. PRACTICUM IN SPORT MANAGEMENT

2 credits

Serve as student manager for athletic team. Permission of instructor required. Not applicable toward General Education requirement.

PENR 194. CARE AND PREVENTION OF ATHLETIC INJURIES

4 credits

This course is designed to introduce the student to basic concepts in athletic training. Emphasis is placed upon anatomical basis and mechanisms of common athletic injuries. Basics of injury prevention, recognition and initial care are covered. Laboratory time for practice of common taping and wrapping techniques is included so students may develop these practical skill competencies. Lab fee: \$10. Will satisfy the wellness requirement.

PENR 195. INTERNSHIP

variable credit

For students in a working/learning situation for the Department of Physical Education, Recreation, and Athletics or off-campus sports organization. Not applicable toward General Education requirement.

PENR 196. EMERGENCY MEDICAL TECHNICIAN

4 credits

All students wishing to take course for credit must be members of Harpur's Ferry or another ambulance service in Broome County. Course fee of \$200 plus textbook is payable to the Broome County office of Emergency Services. Not applicable toward General Education requirement.

PENR 197. INDEPENDENT STUDY

variable credit

For students who wish to study some topic dealing with exercise physiology, history or sociology of sport, etc., in cooperation with a department faculty member.

PENR 250. MEN'S ISSUES

2 credits

This course involves group discussions about the traditional male role in society. Discussion topics include relationships, sexual harassment, homophobia, pornography, date/acquaintance rape and other subjects of interest to the class. Designed primarily for male varsity athletes. Will satisfy Wellness component of General Education requirement.

PENR 294. ADVANCED CARE AND PREVENTION OF ATHLETIC INJURIES

2 credits

Course is designed to take an in-depth look at athletic trauma. Emphasis placed on mechanism of injury; symptoms, evaluation and proper rehabilitation of athletic injuries. Limited to students who plan to serve as student trainers. Prerequisite: PENR 194. Not applicable toward the General Education requirement.

PENR 295. THERAPEUTIC EXERCISE OF SPORT

3 credits

Planning and implementing a comprehensive rehabilitation progress for injuries and illnesses sustained by the competitive athlete. Course material includes basic components, including the determination of therapeutic goals and objectives, selection of therapeutic modalities and exercise, methods of evaluating and recording rehabilitation progress, and development of criteria for progression and return to competition.

PENR 296. PRE-HOSPITAL—CRITICAL CARE 4 credits

Open only to those students affiliated with Harpur's Ferry. EMT certification (PENR 196) is a prerequisite for this course. All other students wishing to take the course for credit must be members of ambulance services in Broome County and be selected by that service to register for the course through the Broome County Coordinator of Emergency Services. Not applicable toward the General Education requirement.

Students who are members of athletic teams may receive physical education credit for their participation. While they may receive credit for each different sport in which they participate, they may not receive credit for the same sport more than once. Also, students must register for the varsity sport as they do for any other class; being a member of the team does not automatically grant credit to the student. The two credits for varsity participation will satisfy both the activity and the wellness components of the General Education requirement.

Students are encouraged to begin fulfilling the requirement early in their academic career. Postponement may cause scheduling difficulties in the senior year, and the requirement will not be waived because of schedule conflicts when previous opportunities to fulfill the requirement were not used. The requirement may not be fulfilled by taking the same course more than once. The only exceptions to the University policy of courses not being repeatable for credit are ice skating, riding, skiing and kayaking, in which students are placed in small groups based on ability.

Students with temporary or permanent physical disabilities, after being examined by the university physician, may be assigned to the ACR Program (adaptive, corrective, rehabilitative) or have the requirement waived. Waiving the credit does not grant credit for courses not taken, nor does it reduce the credit hours required for graduation.

Physical education courses are at the beginner skill level unless otherwise specified. Intermediate and advanced courses that do not have specific prerequisites do require some mastery of knowledge and skills. Students should realistically assess their skill level before registering for a course beyond the beginner level. Course instructors should be consulted if students are unsure of their qualifications. Students may be dropped from a course by the instructor if their skill level is not appropriate to the class.

Courses that list two activities under the same number (e.g., PE 172, Tennis and Racquetball) will devote half a semester to each activity. Courses listing single activities are either one full semester in duration, or they meet more than two

hours per week for less than a full semester. All students taking racquetball and squash must provide eye guards with lenses. If a course is listed as closed on a BUSI terminal, any students interested in enrolling in the "closed" course should attend the class for the first several class meetings. Instructors will add students as vacancies occur through drops or "no shows."

Instruction is offered in the following areas:

ACR: adaptive, corrective and rehabilitative exercise and recreational activities within the individual's limitations, as determined in consultation with the University physician.

Aquatics: nonswimmer, beginning and intermediate swimming; springboard diving; swimming for fitness; and Red Cross certification courses in lifeguard training and water safety instructor.

Individual Activities: aerobic dance, badminton, bicycling, golf, horseback riding, ice skating, jogging, karate, personal fitness, psychophysiological awareness, racquetball, running to awareness, Tae Kwon Do, skiing, squash, tennis, weight training, yoga.

Team Sports: basketball, softball, touch football, volleyball.

Dance: courses in ballet, jazz and modern dance are offered in the Theatre Department. THEA 225, 226 and 227 may be taken to fulfill the aesthetic perspective requirement or as a physical education activity requirement.

Intercollegiate Athletics: Binghamton University is a member of several conferences engaging in intercollegiate athletics, including the NCAA, NECC, ECAC and NYSWCAA. Further information on intercollegiate athletics can be obtained by calling the department.

COURSE OFFERINGS

PE 111. SWIMMING—NONSWIMMER 1 credit

For the person who cannot swim, whether from fear of the water or from lack of experience. Progression from adjustment to water and floating to elementary strokes, other basic swimming and personal safety skills and elementary forms of rescue.

PE 112. SWIMMING—BEGINNING 1 credit

For the person who has some swimming ability, but who is unsafe or uncomfortable in deep water. Introduction to the five basic swimming strokes: front and back crawls, side-stroke, elementary backstroke and breaststroke, with work on stroke endurance as proficiency increases. Water familiarity and safety will be enhanced through such skills as treading water, survival float and stroke, bobbing, elementary forms of rescue and simple water games. Diving skills will progress from the pool edge to the one-meter board as skills permit.

PE 113. SWIMMING—INTERMEDIATE *1 credit*

For the person who is comfortable in deep water, but who wishes to perfect basic strokes and increase swimming endurance. Increase proficiency in the five basic strokes (front and back crawls, sidestroke, elementary backstroke and breaststroke), with a brief introduction to such advanced strokes as butterfly, trudgen, overarm sidestroke and inverted breaststroke as skills permit. The second half of the course will include distanced swimming and fitness through swimming. Continued emphasis on personal safety and elementary rescue skills. Introduction to other aquatic forms, e.g., snorkeling, surface dives and underwater swimming, board diving, sculling and water sports.

PE 116. SWIMMING FOR FITNESS *1 credit*

A course designed to enlighten students concerning the value of swimming as a lifetime fitness activity. Emphasis will be on swimming laps and learning to get the maximum benefit from your efforts. Specific areas covered will be: physiological principles; proper warm-ups; how to circle swim; turning; monitoring a workout via your heart-rate and/or the pace clock. Some work on stroke technique, as needed. Proficiency in crawl stroke is required. Substantial portion of class time will be spent swimming laps for endurance.

PE 120. AQUA AEROBICS *1 credit*

Aqua aerobics is a cardiovascular workout with little or no impact on the joints. Students are encouraged to use the principles of water dynamics to create a high-intensity workout. All major muscles of the body are used to create an overall conditioning class. Stretching is incorporated to increase flexibility. Wellness information on fitness principles, nutrition, injury prevention and weight control are also an important part of the class.

PE 128. SELF-DEFENSE (FOR WOMEN)*1 credit*

While emphasizing nonviolence, this class will teach techniques in physical and mental self-defense based on traditional karate. Development of confidence, discipline, concentration, self-respect and respect for others. Executing proper blocking, dodging, falling, punching, kicking and submission techniques. Executing escapes and counter-attacks in response to various attacks and holds. Increasing physical strength and flexibility through systematic warm-up and warm-down exercises.

PE 140. PSYCHOPHYSIOLOGICAL AWARENESS*1 credit*

Develops awareness and appreciation of total human organism; teaches psychological aspects of mind vs. matter, mind vs. mind, imagination vs. reality (psychosomatic disorders, etc.), powers of suggestion, meditation, relaxation, etc.; physiological aspects of aerobic and anaerobic metabolism, oxygen debt, breathing, posture, body mechanics, muscular strength and endurance, nutrition and weight control, joint mobility, cardiovascular system and stress management.

PE 141. RUNNING TO AWARENESS*1 credit*

Proper body mechanics, equipment, care and prevention of injuries related to running. Different systems of training programs and their specific cardiovascular and muscular objectives (interval training, speed play, long distance, pace training, hill training, and rest). Several running variations are introduced (run in forest, run along river, run in mountains, run in snow, run on track and indian runs); self-evaluation at end of term on knowledge and appreciation gained through running.

PE 143. PERSONAL FITNESS*1 credit*

An experiential overview into the various means to attain fitness and the development of a personal fitness program by each student. A group stretching-exercise program assists the improvement of flexibility levels. Muscular strength and endurance are improved through proper weight-training methods of free weights and the Universal Gym apparatus. Cardiovascular endurance is developed through jogging and other aerobic activities. Exposure is also provided in the areas of nutrition, physical wellness, weight control.

PE 144. WEIGHT TRAINING*1 credit*

Activity course explores and uses various forms of training with weights (machine and free weights) to improve muscular strength, endurance and flexibility. Safe and correct lifting techniques will be covered, but most of the class time will be spent developing and using a self-designed weight training program.

PE 145. WEIGHT TRAINING FOR WOMEN*1 credit*

Similar to PE 144, but restricted to women and offered in the East Gym. Emphasis is on progressive development of muscle strength and endurance as a part of total fitness. Lecture/discussion topics will include training techniques and principles, nutrition and body fat reduction.

PE 146. ACR*1 credit*

ACR (adaptive, corrective and rehabilitative) physical education provides continuity for students in physical education class who, for medical reasons only, continue participation in that class. Temporary or long-term injury or disability cases reassigned to this program by college physicians; adaptive, corrective or rehabilitative programs provided for each individual case. Recuperative exercise therapy is main area for concentration in ACR physical education.

PE 147. HI/LO AEROBICS*1 credit*

Hi/lo aerobics is a complete head-to-toe workout. It features both high- and low-impact choreography, progressing from low intensity to high intensity. It is designed to promote cardiovascular fitness and increase muscle tone. It improves flexibility, endurance, agility, balance and coordination. Health and wellness information is presented regarding fitness principles, nutrition, body fat composition, proper exercise technique, safety and injury prevention.

PE 148. AEROBIC EXERCISE

Aerobic exercise is designed to promote cardiovascular fitness and increase muscle tone and strength of all major muscles. Various class formats can be utilized: hi/lo step, circuit training, walk/jogging interval training and use of the fitness trail, weather permitting, etc. Health and wellness information is presented regarding fitness principles, nutrition, body fat composition, proper exercise technique, safety and injury prevention.

PE 149. YOGA*1 credit*

Includes warm-up exercises, basic asanas (physical poses), pranayama (breathing exercises), concentration and progressive relaxation techniques from the traditions of Hatha Yoga and meditation. Emphasis is on the integration of body, mind and breath so as to enhance flexibility and balance on all levels of functioning.

PE 150. BICYCLING*fall, 1 credit*

This course is designed for the rider who wants to cycle for recreation and/or commuting. Starting with on-campus practice on basic riding techniques (e.g. gearing, cadence, braking, signaling), the class will progress to trips throughout the area. Lecture/discussion topics will include safety, fitting and choosing a bicycle, basic maintenance and repairs, cycling accessories and organizations. Students must provide bicycles (3-15 speed) in safe riding condition, and a helmet approved by ANSI or SNELL. Course meets twice weekly, two hours per class for the first half of the semester.

PE 151. SKIING*1 credit*

Instruction available for all skiing ability levels, beginner to expert, by certified instructors at Greek Peak ski area. Class meets Tuesday and Thursday evenings (spring only). Bus leaves campus at 3:45 p.m., returns at 10:30 p.m. Each session includes 1 1/2 hour lesson with practice time available before and after each session. Fee for lessons, lift tickets, transportation and equipment (if needed). Attendance at seven of eight sessions required for successful completion of course. Fee is payable at final registration.

PE 152, 154, 155 (I, II, III, IV). ENGLISH HORSEMANSHIP*1 credit*

PE 152: For student with no riding experience. This course is aimed at teaching elementary control at the walk, trot and canter, as well as proper grooming and tacking-up techniques. Learn parts of horse and tack and basic feeding needs. PE 154: For students who are taking the riding course for the second time and/or have had some experience over jumps. Advanced work on the flat, including dressage movements and theory, will be taught, as well as advanced work over jumps. Learn complete care of the horse, first aid and stable management. PE 155: This course is designed for riders who have already had a good foundation on the flat and over fences. Emphasis will be placed on the training of the horse rather than the rider. Riders will learn how to collect, extend and flex their horses and how to deal with specific training problems. Advanced riders will jump higher and more difficult courses.

Approximate cost \$185, payable to stable at first class. Hard hats are required for students to jump. Hats may be purchased individually or through the stable. Classes are held at South Wind Stable, Upper Mill Street, Binghamton (724-1003), which has indoor and outdoor riding facilities. Transportation is provided, with students being picked up and delivered at the Couper Administration Building at the designated class start and stop times.

PE 156. GOLF*1 credit*

Fundamentals of grip, stance and swing for all irons and woods are introduced and reviewed, along with putting, chipping and pitching. Golf etiquette, golf equipment, course management, scoring and rules are covered. Includes actual golf course play, use of driving range and miniature golf course. Greens fees and other related costs paid by students.

PE 157. STEP AEROBICS*1 credit*

Step Aerobics is a complete head-to-toe low-impact workout. The class begins with basic choreography and progresses to multiple skill step variations and complex routines. Plyometrics and power moves are options for conditioned students. Modifications are presented for the novice participant. All major muscles are trained, and stretching exercises are included for increased flexibility. Health and wellness information is presented regarding

fitness principles, nutrition, body fat composition, proper exercise technique and injury prevention.

PE 158. SOFTBALL—COMPETITIVE*1 credit*

All softball skills, such as windmill pitching, infield play, outfield play, cutoffs, strategy, use of coaching signals, beginning at intermediate level. Fast-pitch softballs; exposure to slow-pitch and 16-inch softball. Drills used extensively to develop specific skills. For students who already have an understanding of softball and basic mastery of various skills of the game.

PE 159. SELF DEFENSE (TAE KWON DO)*1 credit*

Course will include information about the history of Tae Kwon Do, its current status as a sport and a comparison with other martial arts. Tae Kwon Do techniques will be taught and practiced, which emphasizes self-defense. Agility, flexibility, balance, strength, endurance and coordination will be developed through exercises and performance of the Tae Kwon Do technique. Students must purchase a uniform (jacket, pants and belt) for \$30.

PE 160. HIDY OCHIAI'S KARATE*1 credit*

This course offers students a chance to enhance their self-development through the study and practice of Washin-Ryu Karate. In addition to a practical system of self-defense, karate provides mental and physical benefits, such as increased flexibility, coordination and stamina, better concentration, increased self-confidence and self-discipline. Individual progress, self-improvement and safety are stressed. With this emphasis, students of widely different abilities can benefit from the instruction, especially those who feel awkward or ill-at-ease in more competitive forms of physical activity. Students should wear loose clothing in which they can be active and comfortable.

PE 161. TENNIS—BEGINNING*1 credit*

The fundamentals of grip, stance and swing in using the forehand and backhand groundstrokes, volleys and serves. Rules, position, play and strategy in singles and doubles.

PE 163. SQUASH*1 credit*

Techniques of serving, ground strokes and volleys. Application of rules and strategy. Prior experience in squash not necessary, but students should have solid background in other racquet sports. Eye guards required.

PE 164. SPRINGBOARD DIVING*1 credit*

Teaches the fundamentals of springboard diving: basic mechanics of springboard use; dives in the five categories (forward, backward, inward, reverse, twisting). One and three-meter diving boards used. Prerequisite: ability to swim.

PE 169. ICE SKATING*1 credit*

Ice skating will be taught at the Polar Cap (about 15 minutes from campus). Transportation will be provided. Various skating skills and techniques will be taught to enable students to skate for recreation and fitness. A fee is payable to the rink at the first class.

PE 172. TENNIS/RACQUETBALL*1 credit*

This course will spend a half semester on each activity. The basic fundamentals of grip, stance and swing will be covered for both sports. The rules for and proper techniques of serving will be introduced, as will the games rules and position play for single and doubles. Racquets and balls will be provided for both sports, but students must provide their own lensed protective eyewear for racquetball.

PE 174. VOLLEYBALL/SOFTBALL *1 credit*
Fundamentals and rules of both sports will be included. General half period spent on instruction and half on actual play. Weather conditions will dictate the time permitted for the outdoor activity of softball.

PE 176. TENNIS/VOLLEYBALL *1 credit*
Fundamentals and rules of both sports will be included. General half period spent on instruction and half on actual play. Weather conditions will dictate the time permitted for the outdoor activity of tennis.

PE 182. WRESTLING *1 credit*
Students will learn the basic techniques, strategies, and rules of folkstyle, free style and Greco-Roman wrestling. The course will place emphasis on conditioning, flexibility and strength training as it pertains to wrestling. Students will be encouraged to enter competition prior to the end of the course. Students with little or no wrestling background are encouraged to apply.

PE 185. BOWLING *1 credit*
The class is taught at the University Union lanes. A fee of \$50 is payable to the University Union at the first class. The basic skills of the game, along with correct scoring and etiquette, will be covered. No prior experience is necessary.

PE 188. SOCCER *1 credit*
This course is designed to introduce the fundamental skills, positions, rules, individual and small-group tactics, as well as team play. Skills such as passing, dribbling, heading, shooting and receiving the ball will be taught through individual and group exercises. The course object is to refine the students' skills and knowledge of the game, as well as to generate a lifelong appreciation of the sport of soccer, which is played worldwide by millions of people of all ages.

PE 189. INTRODUCTION TO WRESTLING SKILLS AND CONDITIONING FOR WOMEN *1 credit*
This course is designed to present women the opportunity to achieve peak physical conditioning while utilizing basic wrestling skills and conditioning techniques. Techniques to be covered include basic skills of wrestling, effective wrestling conditioning techniques, scrimmage situations and weight lifting. Students should be prepared for active participation each class period. No prior experience necessary.

PE 200. INTRODUCTION TO PERSONAL TRAINING *2 credits*
This class will introduce fitness enthusiasts to personal training. Upon successful completion of this course the student will be able to give fitness evaluations, interpret the results and offer a program to allow others to reach their fitness goals; other aspects include special populations, supplementation, nutrition and eating disorders. The class will be divided into two sections. The first section will be in the classroom learning concepts related to personal training and working out. The second section will put these concepts to practical use.

PE 208. INTRODUCTION TO AQUA AEROBIC INSTRUCTION *1 credit*
This course is designed to introduce a current aerobics instructor or new instructor to the exciting world of aqua aerobics instruction. Each session is in two parts, lecture and practical. The lecture involves exercise theory and fitness principles and scientific principles of water, as well as dealing with special populations and safety issues. The practical session includes experimentation of water principles as they relate to altering workout intensity, as well as

sample choreography to utilize these principles. Emphasis is placed on designing a workout that is safe and effective for the general population.

PE 210. PREPARATION FOR STEP REEBOK CERTIFICATION *1 credit*
This is a five-week hands-on course designed to prepare a current step aerobics instructor for the AFAA Step Reebok exam. Each session is in two parts, lecture and practical. The lecture part involves exercise theory and fitness principles, Step Reebok technique and choreography design. The practical involves: a) step skills, b) arm movements, c) lever variations, d) choreography combinations, e) reorientation, f) teaching techniques.

PE 212. WATER SAFETY INSTRUCTOR *3 credits*
The class meets 1 1/2 hours, two days a week. Time is divided among lecture, water work and practice teaching. All Red Cross skills through Level VII and Emergency Water Safety are included. Students are evaluated on personal skills, knowledge and teaching ability through periodic quizzes, written assignments, practical examinations and a final written exam. Instructor Candidate Training is taught concurrently with the WSI. In addition to regular class hours, students are also expected to observe and practice teach in University classes and/or the Saturday morning Children's Swim Program. A list of required Red Cross textbooks is provided at the first class meeting. Prerequisites: at least 17 years of age, current Red Cross Emergency Water Safety or Lifeguard Training Certificate and proficiency in six basic strokes equal to Level VI of the American Red Cross Learn to Swim Program and swimmer level skills.

PE 213. LIFEGUARD TRAINING *2 credits*
Provides the necessary minimum skills to become certified as a lifeguard by the American Red Cross. Introduction to lifeguarding procedures, supervision, rescue techniques, swimming skills, facilities and spinal injury management. Provides practice of water skills, rescue techniques, swimming speed and conditioning. For lifeguard certification by American Red Cross, student must meet skill and time requirements and pass a written test. Textbook requirements and costs are covered at the first class. Prerequisites: A continuous 500-yard swim using crawl, breaststroke, elementary backstroke and sidestroke; surface dive and recover object from 12-foot depth; 15-yard underwater swim; tread water for one minute. NOTE: Adult CPR and standard first aid are additional requirements for certification by the American Red Cross and are not offered in the course. These prerequisite courses must be completed before end of the term for Red Cross lifeguard training certification.

PE 214. SCUBA *2 credits*
The PADI open water diver course will cover proper use of mask, fins, snorkel and underwater breathing apparatus. Students must be proficient swimmers and complete a medical release form indicating good health, particularly freedom from cardio-respiratory problems. All instruction will occur in the pool. Cost is approximately \$120 for instructional materials. If certification is desired, open-water dives may be arranged at additional cost.

PE 249. YOGA—INTERMEDIATE *1 credit*
A background in beginning Hatha Yoga is required. This course builds on the beginning asanas (poses), adding new ones and more challenging variations, and increasing the length of time holding them. Students will work at their own individual capacities and are expected to practice outside of class as well. Different styles of Hatha Yoga are introduced. Pranayama (breathing) exercises are more intense, and there

is more of an emphasis on sitting for meditation. Lectures give more depth and specifics on methods of enhancing health from the perspective of yoga.

PE 251. BASKETBALL—ADVANCED I 1 credit

Team man-to-man defense is played exclusively; player conditioning. Instruction in boxing-out technique, rebounding, passing and dribbling, with an emphasis on the art and science of shooting. Full-court game play each day on a competitive basis, officiating instruction, varsity game analysis, and viewing of personal video replay and selected instructional films.

PE 252. BASKETBALL—ADVANCED II 1 credit

Zone offensive and defensive principles and team concepts are presented and practiced. Instruction in using and playing against the following zones: 1-2-2, 2-3, 1-3-1 regular and extended, full court 2-2-1, and full court 1-2-1-1. Further instruction in dribbling, passing, shooting and rebounding. Conditioning is emphasized through drill and play, as well as philosophy of play and officiating rules.

PE 253. TENNIS—INTERMEDIATE 1 credit

To qualify for this course, students should know the basic fundamentals of forehand and backhand groundstrokes, volley and serve and have reasonably good consistency with them. Emphasis is on developing skill in the lob, overhead, volley and drop shots, and the application of good position play and strategy to singles and doubles. Students not having a good grasp of the basic fundamentals will be dropped from the course.

PE 254. RACQUETBALL—INTERMEDIATE 1 credit

Intermediate racquetball is designed for the upper-level player, and it is expected that the students in this class have accomplished the basic skills and knowledge of the sport. Refinement of basic skills, more advanced skill development and play strategies will be emphasized. Singles, cuthroat and doubles play will be included. Protective eyewear is required.

PE 255. VOLLEYBALL—INTERMEDIATE 1 credit

For students interested in improving skills of setting, bumping, spiking. Offensive and defensive systems; ball control and aggressive playing. Generally half-period spent working on skills, half on playing.

PE 257. PHYSICAL FITNESS AND WELLNESS 2 credits

This class will combine classroom lectures and discussion on fitness and wellness with participation in physical activities designed to develop muscular and cardiovascular fitness. This course will satisfy both the activity and the wellness components of the General Education requirement.

PE 258. GOLF—INTERMEDIATE 1 credit

A course intended for students with golf experience to further their knowledge and skills in the game of golf. Individual swing analysis; short game refinement including sand play, long iron and wood play; course management; rules and courtesies; and tournament administration. It is understood that actual golf play will comprise a significant portion of the class.

PE 259. INTRODUCTION TO AEROBICS CERTIFICATION 4 credits

This course is designed to prepare an aerobics enthusiast for a job as an aerobics instructor. The course has two components, lecture and practical. Lecture component

involves exercise theory and physiology, basic anatomy and biomechanics, injury prevention, sports nutrition and professional responsibility. Practical component is divided into sections: warmup, aerobics, arms/chest/shoulders/back, quadriceps, abdominals, gluteals/hamstrings/erector spinae, hip abduction/adduction and flexibility/cooldown. Group and individual demonstrations are utilized as well as six practica outside of class. Each student is paired with a current instructor and permitted to practice-teach each week. Prerequisites: none.

PE 263. PREPARATION FOR AEROBICS CERTIFICATION 3 credits

This course is designed to prepare a current aerobics instructor for the AFAA Primary Certification Exam. The nine-week course is in two parts, lecture and practical. Lecture part involves exercise theory and fitness principles, basic anatomy and biomechanics, injury prevention, sports nutrition and professional responsibility. Practical part is divided into sections: warmup, aerobics, arms/chest/shoulder/back, quadriceps, abdominals, gluteals/hamstrings/erector spinae, hip abduction/adduction and flexibility/cooldown. The presentation is geared toward cuing, anatomical/directional/descriptive cuing, as well as voice projection, motivation and enthusiasm. Prerequisites: PE 259. Introduction to Aerobic Instruction, or six-month teaching experience, or consent of instructor.

PE 291. HUMAN SEXUALITY 2 credits

Discusses the basic biological functions and dysfunctions of male and female sexuality. Gain an understanding of the role of culture in the learning of sexual attitudes, knowledge and behavior. Explores information about sexual attitudes, relationships, anatomy and physiology, contraception and sexually transmitted diseases.

PE 292. CONTEMPORARY HEALTH ISSUES 2 credits

Introduction to the health of the family as illustrated through illness patterns, stress, abuse and general health behavior. Examines contemporary health-related issues for all aspects of the individual and family through focus on health promotion and disease prevention.

PE 298. COACHING OF BASKETBALL—THEORY/PRACTICE I 1 credit

Coaching philosophy and professional responsibilities presented and discussed (administration, faculty, students, public). Examination of scheduling, travel plans, scouting plans. Students required to develop a functional practice outline. Study in the areas of nutrition for the modern athlete, conditioning and strength programs, and training issues presented and discussed. Once a week, students are required to physically participate in basketball practice and play themselves under the direction of instructor/coach. Limited to man-to-man offensive and defensive fundamentals and drills. Both individual and team concepts presented. Guest lecturers and coaches with expertise in the above bodies of knowledge make appearances on occasion.

BINGHAMTON OUTDOOR PURSUITS CREDIT COURSES

One hour of physical education credit is available for courses outlined in the BOP Program, unless otherwise noted. All courses require an additional fee covering

instruction, transportation, group gear and specialized equipment.

All participants must register in the BOP office in 13 East Gym. Full payment for any program or course by the deadline guarantees a place in the class. Classes are filled on a first-come, first-served basis. Registration begins with advance registration and continues until the course is filled. A waiting list is generated as needed.

PE 218. HIKING

Are you interested in exploring the backwoods pathways of the Southern Tier, but not sure where to go and how to be prepared? This course is for the aspiring weekend hiker. Emphasis of instruction will be on conditioning and building endurance in preparation for two day-long mountain hikes. Class sessions will be used to hike the trails of the campus and the local county parks. Expect to learn to read a trail map, determine mileage and distance while stepping up the pace of your life.

PE 260. WHITEWATER KAYAK I

Experience the thrill of maneuvering through whitewater and the quiet of a paddle and kayak as they slice still waters. Course provides instruction in skills needed for safe and fun paddling. Pool work is followed by practice on area lakes and streams.

PE 264. WHITEWATER KAYAK II

This intermediate course reviews and hones basic kayaking skills. Pool sessions are conducted before the class moves into additional sessions on local rivers and Class II whitewater.

PE 272. ORIENTEERING—THE THINKING SPORT

Orienteering is an outdoor activity using maps to find your way. In this course you will develop expert map-reading skills and learn to use a compass and other landmarks to keep your map oriented. The activities are set up as games and are often done with a partner or as teams. There will be a mix of classroom and outdoor activity on most class days. Saturday trips will bring students to events set up by local orienteering clubs at which several courses of varying difficulty will be available.

PE 274. BACKPACKING

An introduction to the basics of backpacking. Focus of instruction is on development of outdoor living skills, with emphasis on safety, decision making and low-impact travel skills. Topics covered: equipment selection and care; site selection; nutrition and cooking; route planning; map and compass use; personal and group hygiene.

PE 278. CROSS COUNTRY SKIING

Glide along the groomed trails of the Lapland Lake Ski Center in the picturesque southern Adirondacks, offering spectacular views of Cathead Mountain, exceptional accommodations and supportive instruction for beginning and intermediate skiers. Topics covered include ski touring technique, conditioning, clothing selection for winter comfort and safety, and equipment selection, maintenance and repair. Course fee covers all meals, transportation, lodging, trail fees and instruction.

PE 280. WINTER CAMPING

Introduction to the special low-impact techniques, equipment and clothing required for winter camping. Principles of expedition behavior, trip preparation, meal planning and shelter construction, as well as identification and treatment of cold-related injuries. Five classroom sessions and a one-day hike precede weekend trip.

PE 281. BACKPACKING II (Intermediate)

For students who have completed PE 274 or 282 and would like to develop extended trip experience. Focus will be on low-impact techniques in a back-country setting over an extended time period. Provides experience in group leadership, expedition behavior, creative shelter and tarp use, gourmet cooking, and more extensive map and compass skills.

PE 282. BACKPACKING (FRESHMEN)

Identical to PE 274 (Introduction to Backpacking), with registration open to freshmen only. Course begins with a day and a half of group initiatives and team-building activities before setting out on the trail.

PE 283. OUTDOOR LEADERSHIP SKILLS *2 credits*

This semester-long course kicks off with an intensive week in the Adirondack Mountains and is followed by bimonthly skills sessions, discussions and outings conducted by students. Intended to develop student leadership with respect to a variety of outdoor activities. Students must be willing to make a commitment to expanding their outdoor leadership skills. Under the supervision of two professional staff members, participants are introduced to the interpersonal skills necessary to provide healthy guidance to their peers. Adventure experiences include cross-country skiing, snowshoeing, winter camping and backpacking, in addition to discussions on expedition behavior, risk management, small-group dynamics, back-country first aid and the leave-no-trace philosophy. Fee includes all meals, transportation, lodging, instruction, trail fees and equipment.

PE 285. DOG SLEDDING AND CROSS COUNTRY SKIING *2 credits*

An eight-day winter expedition in the north woods of Minnesota on skis and mushing a team of sled dogs, enhanced by the challenge of the cold as well as the personalities of the dogs. Participants navigate by map and compass as their skis glide in rhythm with the running of the dog team, learning about themselves as they learn the outdoor living skills required to camp comfortably in the winter environment. This spring break course includes three pre-trip classroom sessions and a day hike in preparation for a unique adventure. A post-trip wrap-up session follows upon return to campus. Course fee covers transportation from Duluth Airport, instruction, food and equipment.

PE 286. FLY FISHING

Proper casting technique, safety, basic fly tying and entomology. Participants tie their own flies. Two experts share their years of experience in a sport enjoyable throughout life. Fee includes equipment, instruction, a resident New York State fishing license and transportation.

PE 380CC. CANADA CANOE TRIPPING *2 credits*

Canoe Canada's Algonquin Provincial Park in August. Misty mornings, calling loons and spectacular sunsets await participants. Paddle and portage from lake to lake for eight days throughout this remote wilderness. Along the way you will learn low-impact camping and travel techniques, gourmet back-country cooking and the natural history of the area. Expedition is preceded by two days of extensive canoe instruction, group preparation, planning and packing. No experience necessary. Cost includes permit fees, food, transportation and group gear.