

Physical Education and Health Studies

Course Offerings

The Department of Physical Education and Health Studies (PEHS) offers both physical education activity courses and courses in health and sport studies.

Goals for physical education and health studies courses include:

- Engaging in physical activities that maintain and improve personal wellness
- Fostering an appreciation of physical activities that bring enjoyment and well-being
- Promoting comprehension of the benefits of physical activity to health
- Developing practical athletic skills
- Learning how to maximize the results of physical activity throughout life
- Developing a broad knowledge base regarding personal health and wellness
- Developing both knowledge and practical skills in the area of health and sport studies

Physical education activity-based courses, designated PHSD, are offered in four six-week sessions or full-semester sessions. Each six-week course is worth 0.13 units. Each semester course is worth 0.25 units. The grading of activity-based courses is pass/D/fail, but these do not count against the limit of three units of pass/D/fail or credit/no credit. PHSD courses may not be repeated for credit. Students may apply a maximum of 0.50 units of PHSD courses toward the 16.00 units needed to graduate. Evaluation criteria include attendance, effort, cooperation, written tests, subject knowledge and physical proficiency (where applicable). Courses include:

- PHSD 110: Personal Fitness
- PHSD 113: Lifeguard Training
- PHSD 122: Racquetball
- PHSD 124: Tennis
- PHSD 126: Intro to 5K Running
- PHSD 132: Beginning Weight Training
- PHSD 136: Golf
- PHSD 182: CPR and First Aid

Health and sport studies courses (HSPS) are full-semester courses offered on a semester-by-semester basis and are 0.25 or 0.50 units. These courses receive a letter grade and count toward the student's grade-point average. Courses include:

- HSPS 170: Sports Medicine and Wellness
- HSPS 171: Human and Sport Nutrition
- HSPS 184: Wilderness First Aid & Outdoor Skills
- HSPS 188: Topics in Human Performance

Evaluation criteria includes mastery of subject matter, critical and analytical thinking, and comprehension and proficiency in laboratory skills and sessions.

All classes designated as 100-level are appropriate for first-year students. 200-level courses require course work in the natural sciences for success.

There are no limits on the number of HSPS courses that may be taken per semester, but are not repeatable for credit. HSPS courses do not count in the PHSD 0.50 credit limit.

Individual Study Guidelines

Given the nature of physical education and health studies courses, individual studies are only approved in health and sport studies and with extenuating circumstances. They are approved only by a petition to the assistant athletics director for fitness and recreation. Documentation of the circumstances justifying a proposed individual study must be included with the petition. Petitions without documentation are declined.

An individual studies in HSPS is intended to provide the student with the opportunity to pursue an independent investigation of a topic of special interest not covered, or not covered in depth, in the current curriculum. The investigation, which is designed in close collaboration with a current health and sport studies instructor, may be designed to earn 0.13 or 0.25 units of credit. Students may receive credit for no more than one individual study within the department, which does not count in the 0.50 PHSD credit limit.

Enrollment and Completion Procedures for Individual Studies

To enroll in an HSPS individual study:

1. Complete the petition process through documentation of need and present the petition to the assistant athletics director for fitness and recreation. After approval, the student must complete the following no later than the fifth day of the semester.
2. Identify a member of HSPS willing to mentor the project. If the student is a varsity athlete, the student's coach or coaches may NOT serve as mentor.
3. Working closely with the mentor, draft a detailed course syllabus, including the following:
 - Individual study title
 - Topic background information
 - Desired course outcomes
 - Specific objectives necessary to achieve outcomes
 - Weekly topic schedule

- Readings: at least one assigned reading per week for the duration of the individual study. Readings must have direct bearing on the topic of the study. The specific readings must be included in the syllabus and have an electronic link to the text in question.
- Meeting schedule: at least one hour-long meeting with the mentor per week for the duration of the individual study
- Required assignment set 1: At least one detailed paper of 10 to 12 pages on the assigned topic per 0.13 units desired for the individual study. Two papers of this length are required for a 0.25 units individual study. Papers must be fully cited using APA or CSE formatting, and each must include at least eight references from accredited sources.
- Required assignment set 2: For courses that involve physical activity or internship/coaching/sport management-style activities, as well as, academic components, a complete journal of all daily and/or weekly activities must be included, and must contain, at a minimum:
 - Date
 - Activity completed
 - Specifics of activity
 - Course objectives and/or outcomes met by completion of activity

4. Upon completion of the course syllabus, it must be turned in to the assistant athletics director for fitness and recreation for final topic approval.

5. Upon completion of certain units of the study (at set intervals during the semester) and at the final completion of all individual study courses, the requirements as presented in the course syllabus, as well as copies of all assignments and journals, must be presented to the individual study mentor and the assistant athletics director for fitness and recreation. A timetable for review and submission of these documents will be set by the assistant athletics director for fitness and recreation.

6. The mentor is to forward attendance records and recommended course grades to the assistant athletics director for fitness and recreation.

7. Final course grade will be the result of successful completion of all course requirements as reviewed by both the mentor and assistant athletics director for fitness and recreation. Grading will follow standard College procedures.

Courses in Physical Education and Health Studies

Gender in Sport

HSPS 120 CREDITS: 0.25

Students will study various gender issues in sport that mirror societal disparities. We will investigate the history of sport as society has evolved and the history of gender relations in

sport and how gender is used to enforce inequities in sport culture. No prerequisite. Offered every spring.

Sports Medicine and Wellness

HSPS 170 CREDITS: 0.25

The aim of this course is to enable students to make well-informed decisions about a healthy lifestyle. Students will learn the fundamental principles of sports medicine, a discipline derived from exercise physiology and orthopedic medicine. Although traditionally concerned with athletic injuries, this field has expanded to include an array of health-related areas, including nutrition, the use of performance-enhancing supplements, strength training and cardiovascular fitness, basic psychology, pharmacology and substance abuse. By learning about these topics, students will be better prepared to make sensible lifestyle choices that can improve the quality of health and wellness in their lives. No prerequisite. Offered each semester.

Human and Sport Nutrition

HSPS 171 CREDITS: 0.25

This course will instruct individuals interested in sport, wellness and personal nutrition how to use both macronutrients and micronutrients as fuel for performance. All information will follow national guidelines on nutrition. Students will come to understand the foundations of human nutrition and be prepared to make sound nutritional decisions. They will be prepared to integrate nutritional information with personal fitness and sport programs and will understand the concepts of performance periodization and nutrition periodization. They will gain knowledge and experience through the use of discussion forums and in-class activity sessions that will teach them how to choose meals wisely in the dining halls and how to create healthy meals and snacks that will meet energy needs. A background in chemistry or biology is helpful. No prerequisite. Offered every fall semester.

Wilderness First Aid & Outdoor Skills

HSPS 184 CREDITS: 0.25

This course is designed to meet the training and skills needs for anyone who works, travels or spends time in rural or wilderness areas. By understanding how to prepare for trips, follow wilderness ethics guidelines, and use or construct outdoor equipment, the student will be better prepared to meet the demands of the outdoor environment. The student will learn wilderness-specific first aid techniques, including completing a physical exam, treating wounds and head/neck/spinal injuries, dealing with heat- and cold-related illnesses, caring for major injuries, and evacuating the backcountry. The student will learn how to signal for help when phones are not available and create crude shelters for protection from the elements. There will be an optional capstone overnight backpacking trip to cement the newly learned skills in an outdoor environment. Upon successful completion of classroom and skill components, the student will be eligible to receive the American Red Cross Wilderness First Aid certification.

There is a charge for Red Cross instructional materials and certification fee. No prerequisite. Offered every spring.

Topics in Human Performance

HSPS 188 CREDITS: 0.25

This is a laboratory based course that allows the student to explore topics relating to exercise and exercise training. Topics will range from one-week investigations of short-term responses to exercise to multi-week investigations of exercise training effects on a variety of cardiovascular and musculoskeletal variables. Students will develop methodology for investigating the effect of exercise on selected aspects of human anatomy and physiology. The student will use monitored, in-class exercise participation and exercise testing as a means to assimilate objective data regarding physical response to exercise and build conclusions based on the results of self-testing. No prerequisite. Offered occasionally.

Individual Study

HSPS 493 CREDITS: 0.13 - 0.25

Due to the nature of physical education, health and sport studies at Kenyon, individual studies are rarely approved and only under extenuating circumstances. They will be approved by formal petition to the coordinator for physical education and lifetime fitness. Documentation of the circumstances justifying a proposed individual study must be included with the petition. You will work closely with your mentor to develop a course syllabus. The syllabus must outline a schedule of weekly meetings, weekly readings and a set of assignments, which is to include one to two 10-page papers, depending on the amount of credit to be awarded, and a 15-20 minute presentation. All materials must be submitted to the coordinator for physical education and lifetime fitness prior to the first day of the semester. For complete guidelines and requirements to submit a petition, please contact the coordinator for physical education and lifetime fitness. Petitions without verifiable need will be declined. Individual studies in health and sport studies are intended to provide the student with the opportunity to pursue an independent investigation of a topic of special interest not covered, or not covered in depth, in the current curriculum. Individual studies will be worth 0.13 or 0.25 units only. Students may receive credit for no more than one individual study in the department. This credit does not count toward the total of 0.50 physical education credits allowable toward graduation. Because students must enroll for individual studies by the end of the seventh class day of each semester, they should begin discussion of the proposed individual study preferably the semester before, so that there is time to devise the proposal and seek departmental approval before the registrar's deadline. No prerequisite.

Personal Fitness

PHSD 110 CREDITS: 0.13

This course features a program of fitness activities, designed by the student and a member of the physical education faculty. The student and faculty member develop fitness goals and

strategies (activities and a schedule) to reach those goals. Class time is spent completing various fitness tests and workouts and students will keep a training log throughout the course. The student will become familiar with principles of fitness and basic self-assessment techniques. No prerequisite. Offered every semester.

Lifeguard Training

PHSD 113 CREDITS: 0.25

This course provides students with the knowledge and skills to obtain lifeguard certification, including CPR, first aid and water rescue. Successful completion of the course results in a Red Cross certificate. The course runs for the full semester. There is a charge for Red Cross instructional materials. Intermediate or advanced level of swimming proficiency required. No prerequisite. Offered every fall.

Racquetball

PHSD 122 CREDITS: 0.13

The course is designed for participants with all levels of experience. Basic techniques, mechanics and tactical considerations are taught in an environment where the activity itself is the teaching tool. A brief history of the activity and safety considerations for the participant before and during play will be presented. Physical preparation for play, technical performance and tactical strategies will be introduced within the context of the physiological principles and laws of movement. No prerequisite. Offered every spring.

Tennis

PHSD 124 CREDITS: 0.13

The course is designed for participants with all levels of experience. Basic techniques, mechanics and tactical considerations are taught in an environment where the activity itself is the teaching tool. A brief history of the activity and safety considerations for the participant before and during play will be presented. Physical preparation for play, technical performance and tactical strategies will be introduced within the context of the physiological principles and laws of movement. No prerequisite. Offered in the second half of every fall semester.

Intro to 5K Running

PHSD 126 CREDITS: 0.13

This course is designed to provide the student with the basis for a lifetime of activity. Running is an ideal form of fitness training. It provides health and wellness benefits, requires minimal equipment and can be done nearly anywhere. The student will learn technique and form, basic training programs and safety. A portion of each class will be spent building endurance and speed through running workouts that will vary depending upon the fitness level of the student. Throughout the course, the student will keep a training journal, logging weekly mileage, nutrition

and weekly goals. At the end of the course, the students will compete in a 5K race, either for recreation or competitively. No prerequisite. Offered in the second half of the spring semester.

Beginning Weight Training

PHSD 132 CREDITS: 0.13

The course is designed to introduce the basic techniques and principles of strength training through the use of Nautilus and free weight equipment. Physiological principles of isokinetic, isotonic and isometric training will be developed. Safe and appropriate methods of equipment use will be emphasized. No prerequisite. Offered in the first half of every semester.

Golf

PHSD 136 CREDITS: 0.13

This course is designed for participants with all levels of experience. Basic fundamentals and techniques of the game are taught. The strategy of the game is explored and individualized to the student. Successful completion of the course will result in an understanding and appreciation of the game. No prerequisite. Offered in the second half of the fall semester.

CPR and First Aid

PHSD 182 CREDITS: 0.13

This class is designed to prepare the student to take the American Red Cross CPR and first-aid certification tests. The student will learn to safely and effectively care for adult, child and infant victims of cardiopulmonary emergencies including choking; cuts, scrapes and bruises; burns; muscle, bone or joint injuries; sudden illnesses; and poisoning. The student will be able to demonstrate proper precautions to guard against blood-borne illness. Upon successful completion of the course, the student will be eligible to take the American Red Cross certification tests for the above listed skills. There is a charge for Red Cross instructional materials. No prerequisite. Offered in the second half of every semester.