

## DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION

MARGARET S. MOORE, *chair*

The mission of the Department of Health and Physical Education at Converse is to provide as broad and varied a curriculum as possible to aid students in developing skills, knowledge, and understanding that will lead to participation in life time sports and/or fitness activities.

### Departmental Requirements and Recommendations

**It is recommended that all physical education requirements be completed by the end of the student's junior year.**

Every new student, by July 1, must be examined by her own physician. The report must be sent to the Director of Health Services.

Freshmen are required to take two activity courses to be selected from three different areas: Dance, Individual, and Team. Courses are graded conventionally and will be counted in the grade average of the student. Dance courses are listed in the Department of Theatre.

Students who are not safe in deep water are encouraged to take a swimming course.

Beyond the freshman year, nine additional credit hours in physical education activity courses will be allowed. Only two of these additional hours, however, will count toward the total of 120 hours required for graduation.

If a student's health restricts her participation, she is expected to meet the two-course requirement through a limited program plan. All such students shall arrange their physical education work in consultation with the chair of the department at the time of registration.

Equitation is offered as an off-campus sport. Riding students must have written parental permission and a written statement releasing the College from all liability in the activity and in transportation. Charges for instruction in equitation are listed under Fees.

In conjunction with the Athletic Association, the department conducts intramural activities throughout the year in volleyball, basketball, tennis, golf, and soccer.

The department conducts and advises the Tarpon-Shark Club which presents an annual public performances.

#### INDIVIDUAL SPORTS

\*100-400. EQUITATION/ONE CREDIT

*GEP, elective.* HPE 100: Beginning Equitation, HPE 200: Intermediate Equitation, HPE 300: Advanced Equitation, HPE 400: School Group in Equitation. *Offered during fall and spring terms. Fee payable to Converse: \$600.00 each term.*

\*120-126. BEGINNING/ADVANCED

BEGINNING INDIVIDUAL SPORT/ONE CREDIT  
*GEP, elective.* HPE 123: Fencing, HPE 124: Golf, HPE 126: Tennis. *Offered during fall or spring term. Green fee for golf payable at the course is \$10.00.*

\*140. SWIMMING/ONE CREDIT

*GEP, elective.* HPE 140: Beginning Swimming. *Offered in the fall.*

\*150-154. FITNESS/ONE CREDIT

*GEP, elective.* HPE 150: Aerobics, HPE 151: Walk/Swim, HPE 152: Fitness Approaches, HPE 153: Introduction to Yoga, HPE 154: Weight Training. *Offered during fall and/or winter and/or spring term.*

\*220-226. INTERMEDIATE INDIVIDUAL SPORTS/ONE CREDIT

*GEP, elective.* HPE 224: Golf, HPE 226: Intermediate Tennis. *Offered on demand. Green fee for golf payable at course is \$40.00.*

\*245. LIFEGUARD TRAINING AND WATER-

FRONT LIFEGUARDING MODULE/ONE CREDIT  
*GEP, elective.* The American Red Cross Lifeguarding course covers the skills and knowledge required for effective lifeguarding at swimming pools and non-surf, open water beaches. *Offered during winter term. Must have either current CPR and Standard First Aid or take concurrently. Fee payable to Red Cross through instructor is \$20.00, including books. Please note, this fee is subject to change.*

\*344. WATER SAFETY INSTRUCTORS/TWO CREDITS

*GEP (only 1 of the 2 credits may count toward GEP), elective.* This course is designed to train participants to teach American Red Cross swimming and water safety courses. *Offered during spring term. Eligibility determined by precourse written and skills tests. Fee payable to Red Cross through Instructor is \$50.00, including book. Please note, this fee is subject to change.*

## Department of Health and Physical Education

### \*345. LIFEGUARD TRAINING INSTRUCTORS/ ONE CREDIT

*GEP, elective.* This course is designed to train participants to teach American Red Cross Lifeguarding courses. *Offered on request during winter term. Must have a current American Red Cross Lifeguarding certificate. Fee payable to Red Cross through Instructor is \$55.00, including books. Please note, this fee is subject to change.*

### TEAM SPORTS

#### \*130-134. BEGINNING TEAM SPORTS/ ONE CREDIT

*GEP, elective.* HPE 130: Basketball, HPE 132: Soccer, HPE 134: Volleyball. *Offered during fall and/or winter and/or spring term.*

### RELATED COURSES

#### 180. STANDARD FIRST AID AND PERSONAL SAFETY/CARDIOPULMONARY RESUSCITATION/TWO CREDITS

*Elective credit.* A study of first aid, including thorough knowledge and skill development to meet the needs of most situations when emergency first-aid care is needed and medical assistance is not excessively delayed. *Offered on demand.*

#### 195. ATHLETIC TRAINING/THREE CREDITS

*Prerequisites: BIO 100. Elective Credit.* This course focuses on causes, symptoms, emergency care, treatment, rehabilitation and diagnostic training for sports injuries. *Offered on demand. Special fee: \$20.00 for training.*

#### 197. LIFETIME HEALTH TOPICS/ THREE CREDITS

*Elective.* Topics to be included are nutrition, diet, weight control, and physical fitness. *Offered on demand.*

#### 393. HEALTH AND PHYSICAL EDUCATION FOR ELEMENTARY TEACHERS/ THREE CREDITS

*Prerequisites: None. Required for elementary majors, elective for special education majors. Recommended to take during the Junior or Senior year.* Designed to meet certification requirements of the State Department of Education. A study of the developmental characteristics of the elementary child and planned activities in health and physical education that meet these needs. *Offered during fall, winter, and first summer session terms.*

#### 490. DIRECTED INDEPENDENT STUDY/ ONE OR TWO CREDITS

*Elective.* This course is designed as an individual study of a topic chosen by the student and approved by the instructor or as a group study designed to complement the physical education curriculum or a specific course offered by another department. *Offered on demand.*

### DANCE

Courses are listed under the Department of Theater.