

PHYSICAL EDUCATION COURSE DESCRIPTIONS

PHED 110: ROCK CLIMBING

An introduction to rock climbing emphasizing responsible climbing techniques, belaying, and safety systems. Also included will be the metaphorical and psychological aspects of climbing. Practical experience will be at the Hollins climbing wall and other local climbing gyms. Open to first-year students.

PHED 113: WILDERNESS ADVENTURE SPORTS

This course introduces basic techniques necessary in the outdoor activities of hiking, bouldering, caving, and rock climbing. Field trips are expected on weekends. Open to first-year students.

PHED 114: ORIENTEERING

Orienteering is the sport of navigation with a map and compass. Participation may at first glance seem simple: navigate through a series of points using a compass and a map, with the fastest time the “winner.” In this course students learn about reading maps and compasses. There can be an opportunity to make maps as well. The courses will start simply and build as the class develops their personal skills. Students may take opportunity to visit sites off campus to hone their skills. Open to first-year students.

PHED 115: BASIC FISHING

Students will have the opportunity to learn and have hands-on experience with reels, rods, and more—knots—casting—what fish like to eat—lure, bait, and fly-fishing—basic safety—catch and release vs. cut, clean, and eat! The class will include field trips to streams and rivers. There is a course fee and a Virginia fishing license is required. Open to first-year students.

PHED 119: CONDITIONING FOR OUTDOOR FITNESS

Training and conditioning can help improve performance in outdoor-based adventure activities. This course begins with an individual assessment of students’ conditioning. Then, using a variety of techniques, including weight training, core strengthening, aquatics, and cardiovascular training, students will develop personal workout plans that enhance their enjoyment and performance in outdoor activities.

PHED 120: HEALTH AND WELLNESS

An introductory course of wellness, general fitness, and lifestyle management. Topics included are wellness, physical fitness, cardio respiratory endurance, muscular strength and endurance, flexibility, body composition, nutrition, weight management, stress, and cardiovascular health. The concepts will help with healthy life-long decisions. Activities include weight training, jogging, walking, and other physical activities. There will be discussion days and activity days. Open to first-year students.

PHED 121: LIFETIME SPORTS

This course is designed to introduce students to sports that they can participate in for a lifetime. Students will gain an understanding that being physically active in their life will enhance overall wellness and improve their quality of life. The sports will include badminton, tennis, and golf. This course introduces lifetime sports so students may continue their education by taking the next level class or start to play on their own.

PHED 127: GOLF FOR BUSINESS

This class examines business and leadership as it is applied to conducting business through the game of golf. Students will practice driving, the approach, and all components of the short game. Students will learn not only the nuances of the games’ fundamentals but also the nuances of entertaining clients and doing business, as well as developing a business plan to host your own golf tournament. The course will follow the PGA of America’s curriculum.

PHED 201: BEGINNING AEROBICS

This class is for the person with no dance or aerobics experience. We will get a good workout while progressing with basic moves. Class will include high/low aerobics, step aerobics, and some weight training. Open to first-year students.

PHED 202: BEGINNING SWIMMING

This course is for those individuals who have a “healthy respect” (fear) of the water or would just like to learn to swim. Basic water orientation, safety skills, and introduction to propulsion on the front and back. Open to first-year students.

PHED 203: WATER AEROBICS

The purpose of this course is to introduce participants to the techniques and principles involved in an aquatic aerobic workout. Movement and exercises in the water to tone, shape, and build the cardiovascular system. Working toward a lifetime personal program. Open to first-year students.

PHED 204: DEVELOPMENTAL SWIMMING

To establish an awareness of swimming as a possible lifetime personal program based on individual needs and desires. Participants should be comfortable in the water and able to move in some manner in the prone position and on the back. Diving and safety skills will be covered. The class will work toward a cardiovascular workout that is individually designed. Open to first-year students.

PHED 205: AEROBIC FITNESS

This course introduces class participants to the mechanics of aerobic fitness activities, including the benefits to the musculoskeletal system and cardiovascular capabilities. Class activities may include traditional aerobics, step aerobics, power walking, kickboxing, circuit and interval training, and core strength development. Safety guidelines, exertion rate, and training expectations will be incorporated into the course structure to ensure a safe and beneficial exercise experience. Open to first-year students.

PHED 206: DEEP WATER AEROBICS

Aerobic conditioning in deep water. Warm-up and cool-down portions will be conducted in shallow water. The remaining exercises are in deep water or suspended body positions. Flotation exercise belts are worn; however, individuals need to be very comfortable in deep water. Flexibility, stretching, and core strength will also receive attention. Open to first-year students.

PHED 207: BEGINNING GOLF

The student will learn the quarter swing, half swing, full swing, and techniques of chipping and putting. Introduction to the rules of courtesy on the course and the basic rules of golf. Open to first-year students.

PHED 208: BEGINNING TENNIS

The student will be taught the basic strokes of tennis: forehand drive, serve, net volley, and lob. Rules of play along with match play will be introduced.

PHED 209: BEGINNING LACROSSE**PHED 209: FUNDAMENTALS OF LACROSSE**

Introductory course working on the basic skills, rules, and history of lacrosse. Topics covered include cradling, passing, catching, ground balls, and cutting. Students will also experience positions and the role of each position on the field. The history of the game and how the women’s game has changed throughout the years will also be examined. Open to first-year students.

PHED 212: INTERMEDIATE CLIMBING**PHED 212: INTERMEDIATE ROCK CLIMBING**

This class is designed to teach the skills necessary to set up and facilitate outdoor rock-climbing trips. Participants learn top rope-anchoring systems and advanced knots and hitches and their uses. The course also covers safety standards and site management for working with groups, as well as workouts to improve individual technique, strength, and endurance.

PHED 213: AEROBICS

This class is for the person committed to being in shape. High intensity aerobics combined with step aerobics and weights give variety to the class. Some movement or dance experience is recommended. Open to first-year students.

PHED 214: BADMINTON

Introductory course teaching students the basic skills and strategies involved in playing the game of badminton. Rules of play along with match play will be introduced.

PHED 216: DIET AND CONDITIONING

Introductory course teaching students about various conditioning/fitness methods and nutrition that will enable them to make healthy, educated lifetime decisions. Students are involved in many activities, including walking, jogging, rollerblading, weight training, and many other activities and games. Open to first-year students.

PHED 217: GOLF II

Learn the swing for golf, techniques of chipping, pitching, sand trap explosion, and putting. Introduction strategies, rules of the game, and courtesy on the course. Open to students with prior experience or satisfactory completion of PHED 207.

PHED 218: TENNIS II

Learn the strokes of tennis (forehand drive, backhand drive, serve, net volley, and lob) and strategies of singles and doubles play. Open to students with prior experience or satisfactory completion of PHED 208.

PHED 219: BEGINNING FENCING, FOIL

Learn the basic defenses (parries 2, 4, 5, 6, 7, 8) counter parries (4 and 6), basic attacking moves (single disengage, double disengage, beat, cutover, glide, bind and envelopment), reposte, remise, and strategies for foil. Open to first-year students.

PHED 221: LACROSSE

Learn the rules and skills of one of the fastest-growing women's sports in this country. A fast-paced game that combines throwing, catching, and running. Open to first-year students. No experience necessary.

PHED 223: WEIGHT TRAINING

Introductory course teaching students how to train with Nautilus and free-weight equipment in a safe, effective, and enjoyable way so that they will want to continue to train for the rest of their lives. Students are able to develop their own personal training program based on their individual needs or desires. Open to first-year students.

PHED 227: ADVANCED CONDITIONING

An advanced conditioning class that emphasizes four main areas: strength training mainly through free weights, core/abdominal strengthening, footwork, agility and quickness conditioning and flexibility. This 90-minute class allows the student to focus on multiple areas of conditioning and learn lifelong fitness values.

PHED 228: STRENGTH AND TONE

This course utilizes the fundamentals of core, weight, and resistance training to promote muscle and strength development. Building on traditional strength-training methodology, this course introduces participants to the benefits of cross training, antagonistic work, and balance. Instruction will be given on proper form and implementation, appropriate repetitions, and safety guidelines.

PHED 229: BEGINNING FENCING, ÉPÉE

Learn the basic defenses (parries 2, 4, 5, 6, 7, 8) counter parries (4 and 6), basic attacking moves (single disengage, double disengage, beat, cutover, glide, bind and envelopment), reposte, remise, and strategies for épée. Open to first-year students.

PHED 231: KICKBOXING

This course provides a learning environment where class participants can gain an understanding of their personal fitness level. Class participants utilize the mechanics of fitness activities borrowing from aerobics, martial arts, and boxing. Students examine the benefits to the musculoskeletal system and cardiovascular responses. The course provides class participants with a structured class environment that allows them to engage in a positive fitness experience.

PHED 232: CHALLENGE EDUCATION ACTIVITIES

An introduction to personal challenge/discovery activities, including group initiatives, cooperative games, trust exercises, and a high ropes course. Activities will involve physical and psychological risk and challenge. Students will develop the competencies to facilitate adventure activities for groups through active participation, leadership, and understanding group dynamics. Open to first-year students.

PHED 233: PILATES

This course introduces class participants in the mechanics of strength, flexibility, and conditioning. Class activities incorporate dance, traditional Pilates movements, and fitness techniques. Participants will gain knowledge of how these activities encourage core strength development, balance, and flexibility. Safety guidelines and fitness principles will be examined to promote a well-rounded exercise program.

PHED 234: BACKPACKING AND WILDERNESS CAMPING

An introduction to a lifetime leisure skills emphasizing environmentally sound backpacking and camping practices. We will learn a variety of technical skills: selection of proper clothing and layering systems, backpacking foods and preparation, safe travel techniques in a group, use of camp stoves, low-impact camping, and developing physical stamina. Open to first-year students.

PHED 235: SOCCER I

This course introduces participants to the sport of soccer. History, rules, and regulations are incorporated into the practical aspects of the course. Students learn technical fundamentals such as dribbling, passing, receiving, and finishing. Tactical fundamentals such as systems of play, defensive and offensive strategies, and player roles are introduced. The importance of team cohesion, leadership, conditioning, team management, and motivation are also examined.

PHED 236: ADVANCED AEROBICS

This class will be a high-intensity aerobics class for the serious fitness enthusiast. The class will combine floor aerobics, step aerobics, and work with hand weights. The class will provide an intense cardiovascular workout followed by rigorous toning. Prerequisite: PHED 213 and permission. Open to first-year students.

PHED 237: INTRODUCTION TO CHINESE KEMPO-KARATE

In this exciting class, students will receive a structure introduction to Chinese Kempo-Karate that will conclude with the opportunity to earn a purple belt (first rank). The primary goals of the course are to teach practical self-defense and to increase physical fitness and self-confidence in a safe and engaging environment. Each class will feature moves specifically designed to develop speed, power, flexibility, stamina, and balance. There is a course fee and required attire. Open to first-year students.

PHED 238: LIFEGUARD INSTRUCTOR

This course prepares individuals to become American Red Cross lifeguard instructors. Prerequisite: Completion of the lifeguard training (PHED 248) and water safety instructor (PHED 244) course.

PHED 239: LIFETIME WELLNESS ACTIVITIES

This course is designed to introduce activities to last a lifetime. Students will gain an understanding that being physically active in life will enhance the six dimensions of wellness and improve quality of life. Activities include walking, rock climbing, swimming, tennis, soccer, and more.

PHED 244: WATER SAFETY INSTRUCTOR

The purpose of this instructor course is to train instructor candidates to teach American Red Cross swimming and water safety courses. The instructor course covers planning and organizing courses, information and skill development sessions, and practice teaching. Although not required, lifeguard training (PHED 248) is a recommended prerequisite. Book fee required.

PHED 245: BODY SCULPTING

This is a toning class set to music. Using hand weights and isometric resistance, the student will tone all major upper and lower muscle groups. The class will focus on problem areas for women, such as triceps, abs, and glutes. Open to first-year students.

PHED 247: TAI CHI FOR HEALTH

Tai chi can be described as an exercise consisting of slow, relaxed movements that help us develop internal and external balance and harmony, improve circulation, fitness level, as well as increased oxygen to our bodies. The moves are practiced in a slow controlled fashion that builds strength as well as balance and relaxes the body and clears the mind. Regular practice of tai chi slowly, yet measurably, improves one's overall fitness and harmony. The intent of the course is to teach students a form that will be beneficial throughout life, which will in turn provide many health and peaceful returns.

PHED 248: LIFEGUARD TRAINING

The purpose of the lifeguard training course is to teach the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare lifeguard candidates to recognize emergencies, respond quickly and effectively to emergencies, and prevent drowning and other incidents. The course leads to American Red Cross certification. Prerequisite: intermediate or advanced swimming skills.

PHED 249: LEVEL I HATHA YOGA

In this yoga class students will learn beginner-level hatha yoga, which combines breathing techniques (Pranayama), postures (asanas), relaxation, and meditation. The main goals will be to learn and understand the benefits of these various aspects of hatha yoga and how they can be incorporated into a lifestyle promoting well-being, as well as application for stress management (handling the effects of stress or preventing its occurrence). Weekly classes will consist of partial discussion along with experiential practices and complete hatha yoga classes, which are designed to integrate body, mind, breath, and spirit.

PHED 254: BEGINNING VOLLEYBALL

The student will be taught the basic skills of volleyball, including; serving, passing, attacking, digging, and blocking. Students will also learn the basic rules and scoring involved with recreational play.

PHED 255: SPECIAL TOPIC - ADVANCED FENCING

Students will fence, foil, épée, and sabre and learn attacks, parries, and strategies. The parries include parry 4, 6, 7, 8, and 2 and counter parries 4 and 6. The attacking moves include single disengage, double disengage, beat, cutover, glide, bind and envelopment, reposte, and remise. Students compete against each other and other universities.

PHED 257: CHINESE-KEMPO KARATE II

In this continuation of the first course, students will have the opportunity to progress from purple to the rank of blue belt. This course will continue to develop physical stamina and endurance with exciting workouts geared towards the refinement of strikes, throws, pressure points, and chokes with addition of more advance techniques that continue the focus on self-defense. Prerequisite: PHED 237.

PHED 261: CORE TRAINING

An introductory course that will teach students the basic fitness components involved with core training, balance, and flexibility. Core training will not only incorporate the abdominal muscles, but will also focus on the primary back muscles involved. Balance and flexibility components will be emphasized in both stationary and movement based activities. Students will learn safety, proper technique, and lifetime implementation.

PHED 263: WHITEWATER AND FLAT WATER PADDLING

Utilizing the paddling venues of Canoeing, Kayaking and Stand Up Paddleboarding, students will develop the skills and knowledge base necessary to utilize these activities to help facilitate an active and healthy lifestyle. Areas to be covered include, paddle strokes, transporting equipment clothing, river features, safety concerns and fitness requirements. Students will also research social venues that provide regional paddling resources.

PHED 265: SOCCER II

This course offers a more in-depth study of the game than Soccer I. Students will study the history and the development of soccer in the United States. Tactics and match analysis will be covered. Students will study coaching methodology and complete a coaching project. Prerequisite: PHED 235 or permission or instructor.

PHED 269: LEVEL II HATHA YOGA

This course will provide the student with a hatha yoga practice that is focused on increasing strength, flexibility, focus/concentration, balance, and peaceful, relaxed energy to take into the rest of your day. We will build on the fundamentals from Level I in order to develop and sustain a personal as well as beneficial class practice. Prerequisite: PHED 249.

PHED 290: INDEPENDENT STUDY (0 to 2)

Independent study arranged with and approved by the physical education faculty.

PHED 390: INDEPENDENT STUDY (0 to 4)

Independent study arranged with and approved by the physical education faculty. Permission of athletic director required. Independent studies will be approved to fulfill physical education activity requirements only in cases of medical necessity or unavoidable circumstances.

PHED 399: INTERNSHIP (4)

Application must be made with faculty prior to registration.

RIDING

The courses in riding include instruction for beginning, intermediate, and advanced riders. Emphasis in the riding program is placed on riding and showing hunters. The program includes cross-country ride, hunts with a recognized hunt club, and hunter shows through the state. Riding courses are offered each term and are open to all students. Students should register for the course appropriate to their individual skill levels.

PHED 240: RIDING FOR REGISTRATION ONLY

This is an administrative designation for registration in riding until a student is placed into the appropriate level.

PHED 241: BEGINNING RIDING

The basics are taught in this course. This course starts the rider from the beginning; however, the rider who can trot or who may be learning to canter may be included.

PHED 242: INTERMEDIATE I RIDING

Required skills: must be able to control a quiet horse at a walk, trot, and canter. Jumping: It is not necessary to have previous experience, but jumping skills will be included in the course.

PHED 243: INTERMEDIATE II RIDING

Required skills: must be able to control a horse at a walk, trot, and canter. Jumping: Must have elementary jumping background and be able to jump small courses.

PHED 251: ADVANCED I RIDING

Required skills: must be able to walk, trot, and canter a horse correctly. Must be able to jump a 2' 6" course with some showing experience.

PHED 252: ADVANCED II RIDING

Required skills: must have had considerable show ring experience but not have shown competitively at 3' 6" and/or not have won an AHSA Medal or Maclay. ISHA Intermediate Riders.

PHED 253: ADVANCED III RIDING

Restricted level: for those who have had considerable show ring experience at the 3' 6" level (in the junior hunters or equitation) and/or who have won a Medal or a Maclay. IHSA Open Riders. Exceptions must be approved by the instructor.

VARSITY SPORTS

Hollins University is a member of the ODAC and NCAA Division III. We compete locally as well as regionally. Tryouts are open to all interested students. Student athletes practice/compete five to six days a week in individual sport seasons.

PHED 300: VARSITY BASKETBALL

PHED 315: VARSITY CROSS COUNTRY

PHED 320: VARSITY FIELD HOCKEY (no longer offered)

PHED 325: VARSITY GOLF

PHED 330: VARSITY LACROSSE

PHED 340: VARSITY RIDING

PHED 345: VARSITY SOCCER

PHED 360: VARSITY SWIMMING
PHED 370: VARSITY TENNIS
PHED 380: VARSITY VOLLEYBALL