Physical Education and Athletics

Website: Sewanee Tigers (https://sewaneetigers.com/landing/index/)

All students must receive credit for two semesters of work in physical education deemed satisfactory by the Department of Physical Education and Athletics. Students must have earned one PE credit before the end of the first year, and a second PE credit before the end of the sophomore year. Exceptions may be made by petition to the College Standards Committee. Student completion or non-completion of required physical education courses is recorded on the transcript on a Pass/Fail basis. Each class generally consists of two scheduled periods each week of one hour in length. These courses do not count toward the thirty-two academic courses required for graduation.

The department offers instruction in various activities throughout the year governed by student-expressed interest.

Objectives

Among the objectives of this program are to:

1. Develop an enthusiasm for playing a game or sport well enough that it may be enjoyed both in college and later life;
2. Develop agility and coordination of mind, eye, and body;
3. Grow in understanding of, and develop skills in, maintaining physical fitness and overall wellness for daily living.

Intramural and Varsity Sports

Participation in a year-long program of varsity (or club) athletics in one sport yields two physical education credits.

The intramural program for men offers competition in touch football, volleyball, basketball, racquetball, golf, ping pong, pool, floor hockey, team handball, equestrian, and Ultimate Frisbee®. Women's intramural athletics include volleyball, basketball, softball, football, soccer, cross country, racquetball, and tennis.

Schedules are maintained in the following men's varsity sports: football, soccer, basketball, swimming and diving, baseball, tennis, golf, lacrosse, and track & field. Athletic activities for women students include the following varsity sports: basketball, cross country, equestrian, field hockey, golf, soccer, softball, swimming and diving, tennis, track & field, lacrosse, and volleyball.

Faculty

Director Webb
Assistant Director of Athletics (Facilities) McCarthy
Coach Braden, Chair

A current list of athletic coaches by sport and athletic administration and staff may be found here (http://sewaneetigers.com/information/directory/index/).

Courses

Physical Education and Athletics Courses

PHED 102 Racquetball (0)

PHED 103 Weight Exercise (0)

PHED 104 Beginning Ballet (0)

PHED 105 Beginning Tennis (0)

PHED 106 Beginning Fencing (0)

PHED 108 Beginning Handball (0)

PHED 110 Aerobics (0)

PHED 111 Zumba (0)

PHED 113 Beginning Jazz (0)

PHED 115 Beginning Riding (0)

PHED 116 Introduction to Horse Management (0)
This course introduces the basics of handling and caring for horses, including groundwork, grooming, nutrition, veterinary care, and farrier requirements. Though unmounted, this course requires strenuous physical activity managing horses.

PHED 119 Weight Training (0)

PHED 123 Beginning Tap Dance (0)

PHED 124 Basketball (0)

PHED 125 Lifetime of Fitness: Running (0)

PHED 126 Lifetime of Fitness: Swimming (0)

PHED 127 Lifetime of Fitness: Biking (0)

PHED 128 Lifetime of Fitness: Mountain Biking (0)

PHED 129 Lifetime of Fitness: Beginning Golf (0)

PHED 130 Lifetime of Fitness: Beginning Soccer (0)

PHED 131 Lifetime of Fitness: Squash (0)

PHED 132 Lifetime of Fitness: Badminton (0)

PHED 133 Lifetime of Fitness: European Handball (0)

PHED 134 Lifetime of Fitness: Bocce (0)

PHED 135 Lifetime of Fitness: Frisbee Golf (0)

PHED 136 Lifetime of Fitness: Speed and Agility (0)

PHED 137 Lifetime of Fitness: Ultimate Frisbee (0)

PHED 138 Lifetime of Fitness: Change-Bell Ringing (0)
English Change Ringing is a non-competitive and non-contact team activity performed on the ring of eight bells in Breslin Tower. The "exercise," as it is commonly known, is highly stimulating intellectually and mildly demanding physically. It develops mental and physical skills in the context of a communal effort. A successful student will acquire the bells handling skills necessary to begin ringing the changes.

PHED 139 Advanced English Change Ringing (0)
Skill development to ring common English change ringing methods such as hunting, Plain Bob, Grandsire, Steadman, etc. *Prerequisite: PHED 138.*

PHED 152 Fly Fishing (0)

PHED 153 Introduction to Fishing (0)
Introduction to fishing includes instruction on the use of various equipment, baiting and setting the hook, and reeling in fish. Instructor will also share information on different types of fishing and how fishing affects the environment.

PHED 154 Beginning Modern Dance (0)

PHED 155 Advanced Beginning Riding (0)

PHED 165 Beginning Jumping (0)

PHED 166 Introduction to Hunter Seat Equitation (0)

PHED 167 Schooling the Hunter (0)

PHED 168 Foundations of Flourishing and Well-Being (0)
Foundations of Well-Being prepares students for academic, personal, and social success by exploring the science and practice of positive psychology to better understand the roots of a happy and meaningful life. The course is experiential and interactive, and students are required to participate in wellness activities both inside and outside of the classroom. Students will gain a clear understanding of the factors and practices that contribute to their own well-being, will be motivated to consistently apply those practices in their daily lives, and experience a sense of belonging and commitment to community well-being.

PHED 170 Stretch and Relax (0)

PHED 171 Introduction to Hatha Yoga (0)

PHED 172 Pilates (0)
The pilates exercise program creates length, strength, and flexibility in the muscles. It promotes body balance and helps to provide spinal support. The program also uses mental focus to improve efficiency of movement while encouraging the control of muscles.

PHED 173 Intermediate Pilates (0)
The intermediate Pilates exercise program encourages length, strength, and flexibility in the muscles. It promotes body balance and helps to provide spinal support. The program also uses mental focus to improve efficiency of movement and muscle control. *Prerequisite: PHED 172.*

PHED 174 Introduction to Team Sports (0)
Introduction to a variety of team sports such as: volleyball, football, basketball and soccer. Students will learn the rules and practice each sport. Head coaches will serve as guest speakers to share specific experiences and answer questions.

PHED 175 Novice Riding (0)

PHED 176 Pickleball (0)
For both beginners and advanced players. No equipment is necessary for the students in order to be a part of this course. Court shoes are required.

PHED 180 Sport Aviation (0)
This course teaches the ground school requirements for the private pilot's license and provides instruction of basic flying skills.

PHED 190 Beginning Bouldering (0)
Bouldering is a type of low-to-the-ground rock climbing that does not utilize ropes or most other technical climbing equipment. Sewanee, with its sandstone crags and bouldering wall is ideally suited to this popular sport. Taught by the Sewanee Outing Program, the course covers the basics of the sport, with special emphasis on safety and fun.

PHED 191 Sewanee Volunteer Fire Department (0)
Participation in the Sewanee Volunteer Fire Department.

PHED 199 Special Topics (0)
This course may be repeated for credit when the topic differs.

PHED 200 Martial Arts (0)

PHED 204 Intermediate Ballet (0)

PHED 205 Intermediate Tennis (0)

PHED 213 Intermediate Jazz (0)

PHED 214 Pilgrimage to Santiago (0)
Prerequisite: Only open to students admitted to the Sewanee Summer in Spain program.

PHED 215 Intermediate Riding (0)

PHED 216 Advanced Horse Management (0)
This course continues the study of handling and caring for courses, including equine physiology and anatomy, equine behavior and body language, herd behavior, and groundwork. Though unmounted, this course requires strenuous physical activity managing horses.
Prerequisite: PHED 116 or one course in equestrian physical education.

PHED 223 Intermediate Tap Dance (0)
Prerequisite: PHED 123 or THTR 123.

PHED 225 Lifetime of Wellness: Golf (0)

PHED 226 Lifetime of Wellness: Tennis (0)

PHED 227 Lifetime of Wellness: Weight Training (0)

PHED 228 Lifetime of Wellness: Beginner to Intermediate Road Biking (0)

PHED 229 Lifetime of Wellness: Recreational Sports (0)

PHED 230 Lifetime of Wellness: Table Tennis (0)

PHED 231 Lifetime of Wellness: Reducing Stress through Meditation and Movement (0)
Through methods of systematic cultivation of awareness of body and mind such as stretching, yoga, body-scan, attention to breathing, sitting and walking meditation, and loving-kindness meditation, this course encourages greater health and well-being. The promotion of greater awareness reduces anxiety, anger, and depression while enhancing psychological resilience, the ability to act effectively under increased short and long-term stress, and energy and enthusiasm for life. Taught in a compressed seven-week format, this course requires daily practice outside of class and student participation in one four-hour weekend class meeting.

PHED 232 Lifetime of Fitness: Les Mills Body Combat (0)
Students participate in a 55-minute high intensity martial arts-inspired group fitness class, produced and choreographed by Les Mills (average number of calories burned is 737).

PHED 233 Lifetime of Wellness: Mindful Self-Compassion (0)
Through meditation, lecture, group exercises, discussion, and informal daily practice, this course provides tools for encouraging self-compassion. Students learn to motivate themselves with kindness and recognize and meet difficult emotions with greater ease. Empirical studies have demonstrated that this class increases compassion to self and others, mindfulness, and life satisfaction while reducing anxiety, depression, stress, and emotional avoidance. Taught in a compressed seven-week format, this course requires daily practice outside of class and student participation in one four-hour weekend class meeting.

PHED 234 Group Blast (0)
Group Blast is cardio training that uses The STEP in highly elective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.

PHED 240 Hiking on the Western Geology Trip (0)
Prerequisite: Only open to students admitted to the Geology of the Western U.S. Field Trip program.

PHED 251 Scuba (0)

PHED 252 Advanced Scuba (0)
Prerequisite: PHED 251.

PHED 253 Rescue Scuba (0)
Prerequisite: PHED 252.

PHED 261 Road Cycling (0)
A two-day, 150-mile event in middle Tennessee conducted in fall with the Sewanee Outdoor Program. Twenty-five mile training rides, taken three times per week, are led by the SOP and are required to condition for this event.

PHED 262 Alpine Mountaineering Traverse in Colorado (0)
A ten-day Sewanee Outdoor Program winter alpine expedition in Colorado, for which three days are devoted to acclimating hikes in the San Juan mountains; seven days are spent snowshoeing, backpacking, and camping on a thirty-five mile traverse on the continental divide. Requires pre-trip preparation, special instruction, weekly training runs and hikes, and additional fee. *Prerequisite: Only open to students admitted to this Outing Program.*

PHED 263 Marathon and Half-Marathon Runs (0)
The Sewanee Outing Program gives instruction and facilitates twelve weeks of required training runs in preparation for either Sewanee's *Rocks Roots* trail run (22 or 13.1 miles) or Nashville's *Music City Marathon* (26.2 or 13.1 miles).

PHED 264 Canoeing the Rio Grande (0)
This seven-day Sewanee Outdoor Program expedition, in preparation for which weekly training and paddling sessions are required, involves canoeing and camping through eighty-three miles of Lower Canyons in a true wilderness setting along the Mexico-Texas border. *Prerequisite: Only open to students admitted to this Outing Program.*

PHED 270 T'ai Chi (0)

PHED 272 Fitness and Wellness Instructor Training (0)
This course covers the design and instruction of safe and effective group fitness classes. Students learn how to lead cardio and strength training formats and practice how to safely and effectively use music, equipment, and basic fitness principles. This class is not a certification, but is excellent preparation for a national certification such as ACE or AFAA.

PHED 273 Advanced Fitness and Wellness Instructor Seminar (0)
This course is for students who complete PHED 272 and would like to teach fitness classes at the University Wellness Commons. Students learn additional fitness formats, teach fitness classes, and meet as a group to discuss teaching strategies, set-backs, and best practices. *Prerequisite: PHED 272.*

PHED 303 Water Polo (0)
This course emphasizes fundamental water polo skills (egg-beater, passing, catching, and shooting), as well as the development of game awareness through an exploration of offensive and defensive strategies for set play, counterattack, and man-up/man?down situations.

PHED 304 Advanced Ballet Technique (0)

PHED 306 Advanced Fencing (0)
Prerequisite: PHED 106.

PHED 308 Advanced Handball (0)

PHED 315 Advanced Riding (0)

PHED 325 Club Canoe Team (0)

PHED 326 Club Lacrosse Team (0)

PHED 328 Club Rugby Team (0)
Prerequisite: Open only to members of the Men's or Women's Club Rugby Teams. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 330 Club Crew Team (0)
Prerequisite: Open only to members of the Club Crew Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 331 Club Squash Team (0)
Prerequisite: Open only to members of the Club Squash Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 332 Club Tennis Team (0)
Involves twice-weekly practice sessions and some participation in outside events with other club tennis teams. *Prerequisite: Open only to members of the Club Tennis Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..*

PHED 334 Club Ice Hockey Team (0)
This course emphasizes ice hockey fundamentals such as stick handling, passing, receiving, and shooting as well as team strategy for both offensive and defensive sets. Intermediate to advanced ice skating skills are required as is participation in weekly practice sessions and events with other ice hockey club teams.

PHED 335 Three-Day Eventing (0)
Learn the fundamentals of Dressage, Show Jumping, and Cross Country. Students must provide a horse or lease a horse from the University to compete on the Sewanee Eventing Team. *Prerequisite: PHED 215 or PHED 315 or PHED 463.*

PHED 336 Club Cycling (0)
Prerequisite: Open only to members of the Club Cycling team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 340 Topics: Club Sports (0)
Prerequisite: Open only to members of this Club Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 350 Skill Training for Emergency Medical Technicians (0)
Emphasis of this course, geared toward the training of Sewanee EMT students, is on practical skills such as bandaging and splinting, proper lifting and moving of patients, and extricating people from car accidents. The course trains students to perform rescue techniques including chest compressions, rescue breathing, and the manual stabilization of fractured limbs. By the end, students are expected to demonstrate competency on all skills required for EMT qualification.

PHED 351 American Red Cross Lifeguard (0)

PHED 352 American Red Cross Lifeguard Instructor (0)

PHED 366 Hunter Seat Equitation (0)
This course is for riders at the advanced level who are interested in furthering their equitation knowledge and skills. *Prerequisite: PHED 215 or PHED 315.*

PHED 368 Schooling the Jumper (0)
This course is for riders at the intermediate or advanced level who are interested in furthering their knowledge about jumpers. *Prerequisite: PHED 215 or PHED 315.*

PHED 401 Water Safety Instruction (0)

PHED 403 Advanced Weight Training (0)

PHED 444 Independent Study (0)
To be taken only with explicit permission from the liaison between physical education and the academic program. *Prerequisite: Instructor prerequisite override required.*

PHED 449 Varsity Cheerleading Team (0)
Prerequisite: Open only to members of the Varsity Cheerleading Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 450 Varsity Swimming and Diving Team (0)
Prerequisite: Open only to members of the Varsity Swimming/Diving Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 451 Varsity Tennis Team (0)
Prerequisite: Open only to members of the Men's or Women's Varsity Tennis Teams. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 452 Varsity Baseball Team (0)
Prerequisite: Open only to members of the Varsity Baseball Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 453 Varsity Basketball Team (0)
Prerequisite: Open only to members of the Men's or Women's Varsity Basketball Teams. Membership will be verified with team officials, and eligible students (i.e., non-members) will be dropped from this course..

PHED 454 Varsity Golf Team (0)
Prerequisite: Open only to members of the Men's or Women's Varsity Golf Teams. Membership will be verified with team officials, and eligible students (i.e., non-members) will be dropped from this course..

PHED 455 Varsity Soccer Team (0)
Prerequisite: Open only to members of the Men's or Women's Varsity Soccer Teams. Membership will be verified with team officials, and eligible students (i.e., non-members) will be dropped from this course..

PHED 456 Varsity Track and Field Team (0)
Prerequisite: Open only to members of the Varsity Track and Field Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 457 Varsity Lacrosse Team (0)
Prerequisite: Open only to members of the Men's or Women's Varsity Lacrosse Teams. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 458 Varsity Football Team (0)
Prerequisite: Open only to members of the Varsity Football Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 459 Varsity Field Hockey Team (0)
Prerequisite: Open only to members of the Varsity Field Hockey Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 460 Varsity Cross Country Team (0)
Prerequisite: Open only to members of the Varsity Cross Country Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 461 Varsity Volleyball Team (0)
Prerequisite: Open only to members of the Varsity Volleyball Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 462 Varsity Softball Team (0)
Prerequisite: Open only to members of the Varsity Softball Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..

PHED 463 Varsity Equestrian Team (0)
Prerequisite: Open only to members of the Varsity Equestrian Team. Membership will be verified with team officials, and ineligible students (i.e., non-members) will be dropped from this course..