
Physical Education

Objectives

Movement and activity are basic functions necessary for the human body to grow, develop, and maintain health. Realizing that good health is largely self-controlled, the physical education department's curriculum focuses on fitness, dance, and lifetime sports to encourage lifestyle changes in its students.

Brandeis prides itself on education of the body as well as education of the intellect. The physical education department curriculum focuses on cardiovascular fitness, flexibility, body composition (percent of body fat), the maintenance of muscular strength, and endurance.

Students should complete the physical education requirement by the end of their sophomore year. Transfer students may offer toward the requirement physical education courses that appear on the transcript of their previous institutions. Most physical education courses meet for two hours per week and are limited in size; preference is given to first-year students.

Any student who has served in the military, foreign or domestic, is exempt from the entire physical education requirement. Proper documentation must be provided to the physical education department.

Faculty

Sheryl Sousa, Chair

Jamele Adams

First-year experience.

Carol Ann Baer

Dance.

Vincent Christiano

Karate.

Kelly Cotter

Fitness—Pilates.

Michael Coven

Fitness—weight training. Team sports.

Denise Dallamora

Fitness—yoga.

Lisa DeNicola

Fitness—aerobics.

John Evans

Fitness—D.D.R.

Jessica Johnson

Aquatics. First aid. CPR.

Ben Lamanna

Fitness—total body workout. Racquet sports.

Zabelle Margosian

Dance.

Danielle Miller

Fitness—body sculpture.

Michelle O'Malley

First-year experience.

Mark Reytblat

Fitness—team sports.

Niki Rybko

First aid. CPR.

William Shipman

Fencing. Racquet sports. Golf.

Colin Tabb

Power walking. Cardio fitness.

Jean-Robert Theodat

Fitness—Tae Kwon Do.

James True

Personal safety.

Richard Varney

Team sports. Racquet sports. Golf.

James Zotz

Aquatics. Pilates. Stress management.

Undergraduate Degree Requirements

Physical education is an undergraduate degree requirement at Brandeis. This requirement is satisfied by successful completion of two, semester-long, noncredit courses, participation on a varsity athletics team, or passing a fitness test taken during the first two years.

Completion of one full season of participation on a varsity athletics team, as certificated by the Department of Athletics, is equal to the completion of one, semester-long, noncredit course. A student may satisfy the physical education requirement through the completion of two full seasons of participation on a varsity athletics teams. This policy was instituted in the academic year 2004–2005 and is not retroactive. Participation in club sports or intramurals does not count toward the physical education requirement.

All students have four opportunities during their first two years at Brandeis to exempt themselves from all or part of the physical education requirement by taking a battery of tests that measure muscular strength and endurance, flexibility, cardiovascular endurance, and body composition. A student unable to pass the fitness test should enroll in a course in the Personal Fitness Group.

A grade of 70-79 percent on the fitness test will exempt you from one physical education class or half of your requirement. A grade of 80 percent or better will exempt you from two physical education classes or all of your requirement. Physical education classes, meet the first day of regular classes and attendance is mandatory. A maximum of **two absences** is allowed in a class that meets once per week and a maximum of **four absences** is allowed in a class that meets twice per week.

Courses of Instruction

(1-99) Primarily for Undergraduate Students

PE 1a Beginner's Swimming

[pe-sc]

Designed to teach the nonswimmer the basic skills of floating, treading water, and the crawl stroke. Usually offered in the fall semester.

Staff

PE 2a Swim Fitness

[pe-sc]

Designed to improve overall fitness levels through lap swimming. Emphasis is on using the heart rate to improve cardiovascular endurance level. The instruction is geared more to understanding and implementing swimming as a vehicle to fitness and less toward teaching individual swimming stroke mechanics. Usually offered every semester.

Mr. Zotz

PE 2b Water Aerobics

[pe-sc]

Designed to improve overall fitness levels through water exercise. Emphasis is on improving cardiovascular endurance through a cross-section of exercises done in the water. Usually offered every semester.

Mr. Zotz

PE 5a First Aid and Community CPR

[pe-1]

An instruction in the American Red Cross standard First Aid and Cardiopulmonary Resuscitation and AED (automated external defibrillator). Upon course completion, certificates will be given to students who successfully complete the skills test and pass the written test with scores of 80 percent or better. Usually offered every semester.

Ms. Johnson and Ms. Rybko

PE 6a Sports Medicine

[pe-1]

An introduction to sports medicine. A basic understanding of human anatomy and sports is required. The course looks at many facets of sports medicine, including weight training, nutrition, drug education, flexibility, and rehabilitation. Each of the major joints of the body is examined anatomically, based on injuries sustained. Class also looks briefly at surgical repair of certain joints. Usually offered every spring semester.

Staff

PE 9a Volleyball

[pe-1]

An introduction to the fundamentals of volleyball—scoring, rotation, rules, and the basic skills of passing, serving, hitting, and setting. Methodology includes lectures, demonstrations, drills, but mostly play.

Course is intended to be fun through active participation. Usually offered every fall.

Staff

PE 10a Basketball

[pe-1]

Structured to meet needs of students with an overview of offensive and defensive skills. Methods used are lecture, demonstrations, drills, and play. Usually offered every semester.

Staff

PE 11a Nautilus/Free Weights

[pe-1]

Instruction of proper use of Nautilus, Body Master, and free-weight training. Classes also include aerobic activity such as use of Lifecycles and Tru-Climb 450. Usually offered every semester.

Mr. Coven

PE 12a Power Step

[pe-1]

This class is based on step aerobics, with the addition of weights and/or cords to increase the intensity of the class, and increase the upper body workout. Usually offered every semester.

Ms. DeNicola

PE 14a Yoga

[pe-1]

Hatha yoga, physical in nature and based on proper body alignment, is distinctive in its use of props such as belts, walls, and blankets. Classes start with gentle stretches and work toward more challenging poses. Usually offered every semester.

Ms. Dallamora

PE 16a Golf

[pe-1]

A beginning golf group instructional course. Techniques such as grip, set-up, swing, chipping, pitching, and putting are covered. Some discussion on golf rules and etiquette is introduced. Usually offered every semester.

Mr. Varney

PE 17a Beginner's Fencing

[pe-1]

Covers basic mobility, offensive and defensive strategy, and tactics. Competitive bouts is done, with a class tournament scheduled for the end of the semester.

Usually offered every semester.

Mr. Shipman

PE 18b Intermediate Fencing

[pe-1]

Prerequisite: PE 17a.

Basic mobility and blade actions are reviewed, with advanced attacks and tactics, strategy, and more bouts included. Introduction to saber and epee.

Usually offered every spring semester.

Mr. Shipman

PE 20a Intermediate Tennis

[pe-1]

Prerequisite: prior tennis experience.

Designed for the student who already possesses the fundamental tennis skills and knows how to play the game. Emphasis is on match play tactics and the integration of footwork, conditioning, and shot selection into a complete game. Usually offered every semester.

Mr. Lamanna

PE 21a Tennis

[pe-1]

Students must provide their own racquet.

An overview of grips, ground strokes, serve, return of serve, and net play. Basic singles and doubles strategy, rules, and scoring of the game are introduced. Usually offered every semester.

Mr. Lamanna

PE 22a Squash

[pe-1]

Students must provide their own racquet and protective eyewear.

Covers rules for squash. The serve, return of serve, grip, forehand, backhand, and other basic strokes are introduced. Strategy and play will be emphasized. Usually offered every semester.

Mr. Lamanna and Mr. Varney

PE 24a Beginner's Karate

[pe-1]

The first three Kata of Uechi-Ryu are taught. Application to kanshiwa and kanshu is explored. Students begin slow speed, focused free-fighting, with emphasis on technique from Uechi-Ryu Kata. Usually offered every semester.

Mr. Christiano

PE 25a Intermediate Karate

[pe-1]

Prerequisite: PE 24a.

Advanced Kotekitae and body conditioning, especially shin and toe development, is practiced. Study of self-defense focuses on multiple, unarmed attackers. Usually offered every spring semester.

Mr. Christiano

PE 26a Beginning Social Dance

[pe-1]

Learn the basic skills and steps in the American style of waltz, cha-cha, swing, rumba, and mambo. Usually offered every semester.

Ms. Evans-Baer

PE 26b Beginning Social Dance, Part II

[pe-1]

Prerequisite: PE 26a or comparable dance experience.

A continuation of PE 26a. Previous knowledge of waltz, cha-cha, swing, rumba, and mambo is helpful, but not necessary. Usually offered every spring semester.

Ms. Evans-Baer

PE 27a Keeping Stress in Check

[pe-1]

Designed to help students achieve wellness through exercise, nutrition, and health education. Students are taught to recognize components of their lifestyles that are detrimental to their health while developing a personal fitness program. Usually offered every semester.

Mr. Zotz

PE 31a Ballet

[pe-1]

Students begin with warm-up exercises (barre work); balance, control, stretch, and arm movements will be incorporated. When dancers become strong enough, class will proceed to center work, including balancing exercises, turns, and jumps. Dancers will learn stretching and cool-down exercises. Usually offered every semester.

Ms. Margosian

PE 31b Intermediate Ballet

[pe-1]

Students need to have two to three years of recent ballet training to participate. Same material as beginning ballet is covered at an accelerated pace. Russian-style ballet and the Legat technique are taught. Usually offered every semester.

Ms. Margosian

PE 32a Modern Dance

[pe-1]

A beginning course in modern dance technique, based on Martha Graham and José Limón style. The course will offer stretching and alignment to dance sequences. Usually offered every semester.

Staff

PE 33a Walking for Fitness

[pe-1]

Designed to improve your overall fitness level through walking. Emphasis is on improving cardiovascular endurance level. Instruction is given on how to develop a personal fitness program. Usually offered every semester.

Staff

PE 35a Power Walking

[pe-1]

Designed to help increase the fitness level of students through a high-intensity, low-impact workout. The workout consists of walking with hand-held weights. Usually offered every semester.

Mr. Tabb

PE 38a Indoor Soccer

[pe-1]

An introduction to the fundamentals of soccer—skill development, dribbling, passing, shooting, offense, and defense. Intended to provide fun through participation in elementary games and exercises.

Mr. Reytblat

PE 40a Personal Safety/Self-Defense

[pe-1]

Teaches students to assert themselves and deal with the natural excitement and fear that can cause a person to freeze up when faced with an aggressor. Students are led through simple but effective drills and scenarios designed to help them overcome the uncomfortable feelings and fear that can mark a person as an easy target for an attack.

Mr. True

PE 41a Pilates

[pe-1]

A series of exercises designed to strengthen the abdominals and back muscles. These core exercises are combined with some yoga stretches to enhance flexibility and well-being. Usually offered every semester.

Ms. Cotter and Mr. Zotz

PE 42a Tae Kwon Do

[pe-1]

A series of physical exercises designed to build strength, flexibility, and endurance. Through physical training, students build a strong mind and spirit. Usually offered every semester.

Mr. Theodat

PE 43a Dance Dance Revolution

[pe-1]

Students play a video game that requires them to use their feet instead of their thumbs. Following the lighted arrows with their feet, Dance Dance Revolution is aerobic in nature and can burn as many calories as a Stairmaster or jogging. Usually offered every semester.

Mr. Evans

PE 44a The First-Year Experience: Spirit, Mind, and Body

[pe-1]

Open only to first-year students.

Applying general health and wellness principles, students learn to develop a balanced and healthy lifestyle that will assist them in becoming engaged and contributing citizens of the Brandeis community. Usually offered every semester.

Mr. Adams and Ms. O'Malley

PE 45a Stability Ball Class

[pe-1]

The stability ball, a large round ball which provides an unstable surface, is used to strengthen the body as a unit. A combination of exercises with the ball builds core strength, as well as enhances balance, power, and flexibility. Usually offered every year.

Ms. Dallamora

PE 46a Body Sculpture

[pe-1]

Full body workout using free weights for muscular endurance, stability ball for core strength, and the step to tone the body. Usually offered every semester.

Ms. Miller

PE 47a Total Body Training

[pe-1]

Open to all abilities.

Do you want to be a better athlete?

Athleticism is a combination of strength, power, coordination, flexibility, balance, agility, and reaction. Includes dynamic stretching, plyometrics, core workout, and confidence-building exercises in a fast-paced hour. Usually offered every semester.

Mr. Lamanna

PE 48a Cardio Workout

[pe-1]

Offers instruction of proper use of cardio equipment including elliptical machines, treadmills, rowers, and stationary bikes.

Mr. Tabb

PE 49a Tennis and Squash

[pe-1]

Covers tennis over the first half of the semester and squash for the second half.

Mr. Lamanna

Courses of Related Interest

These count as activity courses toward the physical education requirement.

THA 9a

Movement for the Stage I

THA 9b

Movement for the Stage II

THA 10b

Stage Combat

THA 11a

Movement for the Performer

THA 110a

Moving Women/Women Moving

THA 110b

Modern Dance and Movement

THA 120a

Dance in Time

THA 120b

Movement and Dance Theater Composition

THA 130a

Suzuki