

PHYSICAL EDUCATION AND ATHLETICS

Director: Shana Levine

Associate Director: Sharon Sexton

Physical education and physical fitness are important aspects of a curriculum that stresses the interrelationship between the physical, mental, and social dimensions of the human experience. Integral to a liberal arts education is recognition and application of the importance of health and fitness. Therefore, Lewis & Clark offers a comprehensive physical-activity program that emphasizes physical fitness and the acquisition of skills and knowledge for lifelong activities in the areas of fitness, recreational activities, sports skills, and dance.

For students interested in practical applications and theory-based learning, the Department of Physical Education & Athletics offers opportunities to collaborate with experienced professionals via independent study or internships to pursue the supervised study of topics not offered in the regular curriculum.

Facilities

Pamplin Sports Center and Zehntbauer Swimming Pavilion are the major indoor health and fitness facilities on campus. They house an eight-lane swimming pool, a gymnasium with three basketball courts, an extensive fitness center, and an activity room for self-defense, martial arts, and aerobics classes. Locker rooms are available for people participating in classes, recreation, and athletic events. Griswold Stadium, Fred Wilson Field, and Eldon Fix Track feature a lighted, state-of-the-art track and synthetic playing field. The campus has six tennis courts, four of which are covered, that were recently resurfaced. Other facilities include the Huston softball-baseball complex and an outdoor pool, which is open during the summer.

Course Subjects

Specific offerings may include the following:

aerobics
 badminton
 ballroom dancing
 baseball
 basketball
 bowling
 cardio strength circuit
 cross training & core conditioning
 cycling indoor/outdoor
 golf
 group fitness
 gym class heroes
 lifeguard training
 martial arts

mountain biking
 personal fitness
 qi gong (chi kung)/meditation
 rock climbing/bouldering
 rowing
 sailing
 SCUBA diving
 skiing/snowboarding
 soccer
 softball
 step aerobics
 swim fitness
 swimming
 tennis
 volleyball
 weight training
 women's self-defense
 yoga

Graduation Requirement

Students are required to take two physical education/activity courses as part of Lewis & Clark's General Education requirements. The following physical education and athletics courses meet this requirement:

PE/A 101	Activities
PE/A 102	Varsity Athletics
PE/A 142	Wilderness Leadership

Students may register for only one PE/A 101 Activities course per semester, except in the summer semester, when one course may be taken each session. Up to 4 semester credits earned for the courses listed above may be applied toward total credits required for graduation.

Faculty

David Andrews. Instructor in physical education and athletics, head golf coach. BS 1973 University of Wisconsin-Oshkosh.

Monica Baker. Associate director of athletic development. BA 2000 Washington State University.

Shawna Cyrus. Instructor in physical education and athletics, head softball coach. BA 2002 Oregon State University.

Angela Dendas. Head strength and conditioning coach. MS 2010, BS 2007 Humboldt State University.

Patrick Dreves. Instructor in physical education and athletics, head tennis coach. BA 1995 Whitworth University.

Chris Fantz. Instructor in physical education and athletics, aquatics director, head swimming coach. MA 2012 Lewis & Clark College. BA 1999 University of Puget Sound.

Pamela Findlay. Instructor in physical education and athletics, head women's basketball coach. MS 2011 Bemidji State University. BA 2008 Air Force Academy.

Tom Flynn. Instructor in physical education and athletics, head baseball coach. MA 1996 Furman University. BA 1991 The College of Wooster.

Dinari Foreman. Instructor in physical education and athletics, head men's basketball coach. BA 1995 Lewis & Clark College.

Jacob Hales. Instructor in physical education and athletics, assistant football coach. BS 2008 University of Nevada, Las Vegas.

Eric Jackson. Instructor in physical education and athletics, assistant football coach. BS 1987 Eastern Michigan University.

Shana Levine. Director of physical education and athletics. JD 2004 University of Pittsburgh. BA 2001 Washington and Lee University.

Jay Locey. Instructor in physical education and athletics, head football coach. MS 1983 University of Oregon. BS 1978 Oregon State University.

Stacie Matz-Gordon. Instructor in physical education and athletics, head volleyball coach. BA 2008 Pacific Lutheran University.

Kayleigh McCauley. Coordinator of student-athlete academic support. EdD 2014 Texas A&M University, Corpus Christi. MS 2009 East Stroudsburg University. BS 2007 University of New England.

Isaac Parker. Instructor in physical education and athletics, assistant football coach. MAT 2005, BA 2002 Willamette University.

Mark Pietrok. Senior associate director of physical education and athletics, head athletic trainer. MEd 1987, BA 1985 University of Portland.

Joseph Schaumburg. Instructor in physical education and athletics, assistant men's baseball coach. MA, BA University of San Francisco.

Sharon Sexton. Associate director of physical education and athletics, senior woman administrator. MEd 1999 Ashland University. BA 1996 St. Bonaventure University.

Sam Taylor. Instructor in physical education and athletics, head rowing coach. BA 2001 University of Puget Sound.

Jim Tursi. Instructor in physical education and athletics, head women's soccer coach. BA 1981 University of Portland.

Keith Woodard. Instructor in physical education and athletics, director of cross country and track and field. BS 1989 Lewis & Clark College.

Courses

PE/A 101 Activities

Faculty: Physical Education and Athletics Faculty
Content: Visit go.lclark.edu/physical_education_courses for current course descriptions (including prerequisites and fees for specific offerings). Focus on principles of physical fitness such as safe techniques, conditioning activities, principles of movement, importance of lifetime fitness. Student participation and attendance emphasized. Credit-no credit. May be repeated for credit.
Prerequisites: None.
Usually offered: Annually, fall, spring, and summer.
Semester credits: 1.

PE/A 102 Varsity Athletics

Faculty: Physical Education and Athletics Faculty
Content: Fall varsity sports: volleyball (W), football (M), cross country (MW), soccer (W). Spring varsity sports: swimming (MW), basketball (MW), tennis (MW), track and field (MW), softball (W), baseball (M), golf (MW), crew (MW). Credit-no credit. May be repeated for credit. Registration is subject to coaching-staff approval during the add/drop period.
Prerequisites: None.
Usually offered: Annually, fall and spring semester.
Semester credits: 1.

PE/A 142 Wilderness Leadership

Faculty: Yuska (College Outdoors)
Content: Leadership, followership, and decision making in a wilderness environment. Five class meetings and extensive outdoor field experience offering opportunities to develop and test interpersonal and technical skills. Credit-no credit. Fee.
Prerequisites: None.
Restrictions: Consent of College Outdoors required.
Usually offered: Annually, spring semester.
Semester credits: 1.

PE/A 244 Practicum

Faculty: Physical Education Faculty
Content: Internship or practicum to be arranged with instructor.
Prerequisites: None.
Restrictions: Sophomore standing required.
Usually offered: Annually, fall, spring, and summer.
Semester credits: 1-4.

PE/A 299 Independent Study

Faculty: Physical Education Faculty
Content: Independent study topic to be arranged with instructor.
Prerequisites: None.
Restrictions: Sophomore standing required.
Usually offered: Annually, fall, spring, and summer.
Semester credits: 1-4.

PE/A 340 Prevention and Care of Injuries

Faculty: Pietrok
Content: Introduction to athletic training, scientific background for conditioning, influence of factors on performance, psychogenic factors in sports, modalities, injury recognition, first aid techniques, protective equipment.
Prerequisites: None.
Restrictions: Sophomore standing required.
Usually offered: Annually.
Semester credits: 4.

PE/A 405 Advanced Athletic Training

Faculty: Pietrok

Content: Application of scientific foundations, use of therapeutic modalities, evaluative techniques, manufacturing of protective equipment and strapping, clinical experience.

Prerequisites: None.

Restrictions: Sophomore standing and consent of instructor required.

Usually offered: Every third year.

Semester credits: 4.

PE/A 444 Practicum

Faculty: Physical Education and Athletics Faculty

Content: Independent project developed under the direction of a faculty member. Credit-no credit. May be repeated for credit.

Prerequisites: None.

Restrictions: Sophomore standing and consent required.

Usually offered: Annually.

Semester credits: 1-4.

PE/A 499 Independent Study

Faculty: Physical Education and Athletics Faculty

Content: Independent topic developed and researched under the direction of a faculty member. May be repeated for credit.

Prerequisites: None.

Restrictions: Sophomore standing and consent required.

Usually offered: Annually.

Semester credits: 1-4.