

# PHYSICAL EDUCATION AND ATHLETICS

**Director: Mark Pietrok**

**Associate Director: Sharon Sexton**

Physical education is a facet of the liberal arts tradition that stresses the interdependence of the physical, mental, and social dimensions of human experience. Students will learn to recognize and experience the positive benefits of building physical fitness and self-care habits, explore aspects of the body's structure and function, and engage in experiences within a group or community setting.

The wide array of classes that satisfy this requirement are offered at many levels and modes of engagement, including physical education courses (with dozens of options, from weightlifting to rock climbing to yoga and meditation), varsity sports, and dance and movement classes. Courses promote personal health and well-being, often serving collective purposes of expression and teamwork. Students learn to challenge themselves by setting goals and measuring progress toward those goals.

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/volleyball courts, an extensive fitness center, and an activity room for self-defense, martial arts, dance, 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. Other facilities include the Huston softball-baseball complex and an outdoor pool, which is open during the summer.

## Graduation Requirement

Students are required to take two physical education/well-being courses (for a **minimum** of 2 semester credits) as part of Lewis & Clark's General Education requirements ([https://docs.lclark.edu/undergraduate/graduationrequirements/generaleducation/#physical\\_education\\_\\_activitytext](https://docs.lclark.edu/undergraduate/graduationrequirements/generaleducation/#physical_education__activitytext)). The following physical education and athletics courses meet this requirement:

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

Upon completing the requirements of a physical education and well-being course, students will have:

- Learned to recognize and experience the positive benefits of building physical well-being and self-care habits as part of the liberal arts tradition;
- Explored structural and functional aspects of their bodies as part of a healthy relationship with the body;

- Discovered connections between the mind and body; and
- Engaged in these experiences within a group or community setting.

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

Matthew Barreau. Instructor in physical education and athletics, head cross country coach, assistant track and field coach. MA 2022 Adams State University. BA 2004 Western Oregon University.

Tara Boatman. Instructor in physical education and athletics, associate head athletic trainer. BA 2003 Concordia University.

Joe Bushman. Instructor in physical education and athletics, head football coach. MAT 1994, BS 1993 Willamette University.

Aaron Campbell. Instructor in physical education and athletics, head track and field coach, recruiting coordinator. MA 2020 Lewis & Clark College. BA 2010 University of Vermont.

Jimmy Chau. Instructor in physical education and athletics, head tennis coach. BA 2001 Lewis & Clark College.

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

Eric Del Prado. Instructor in physical education and athletics, assistant basketball coach. BA 2018 Willamette University.

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

Ann Dorris. Instructor in physical education and athletics, head women's basketball coach. 2016 University of Lynchburg. BA 2014 University of Lynchburg.

Kacie Dunkerley. Instructor in physical education and athletics, assistant women's basketball coach. MS 2022 Stephen F. Austin State University. BS 2020 Concordia University (TX).

Mary Lou Hunter. Professor Emerita of Health and Physical Education. Health and Physical Education. M.Ed. Oregon State University.

Brad Johnson. Instructor in physical education and athletics, head golf coach. BA 1996 University of Northern Colorado.

Matt Kosderka. Instructor in physical education and athletics, head baseball coach. MA 2003 Concordia University. BS 1998 Willamette University.

Erin Labasan. Instructor in physical education and athletics, head volleyball coach. MS 2018 Smith College. BA 2011 Grinnell College.

Claudia Loeber. Instructor in physical education and athletics, assistant rowing coach, athletics communications assistant. BFA 2013 Temple University.

Jeremy Loew. Instructor in physical education and athletics, head athletic trainer. MS 2003 Oregon State University. BA 1995 Lewis & Clark College.

Michael Machado. Instructor in physical education and athletics, assistant football coach. MA 2022 San Jose State University. BA 2019 Lewis & Clark College.

Murilo Martins. Instructor in physical education and athletics, head swimming coach & aquatics director. MA 2021 Indiana State University. MBA 2011 University of Phoenix. BA 2005 University of Fortaleza.

Timothy McCrory. Instructor in physical education and athletics, head men's basketball coach. MPA 2010 University of Missouri. BS 2008 University of Vermont.

Lindsay Newman. Instructor in physical education and athletics, head women's lacrosse coach. MA 2017 University of Denver, BS 2012 University of Kentucky.

Seth Orensky. Director of athletic communications. BS, BA 2011 Boston University.

Mark Pietrok. Director of physical education and athletics. MEd 1987, BA 1985 University of Portland.

Bruce Read. Instructor in physical education and athletics, assistant football coach. BS 1986 Portland State University.

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

Forrest Sherman. Instructor in physical education and athletics, assistant football coach. BA 1994 Lewis & Clark College.

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 men's and women's soccer coach. BA 1981 University of Portland.

Brandon Walcott-Ayers. assistant athletic trainer. MS 2016 Pacific University, BS 2012 University of Oregon.

## Courses

### PE/A 101 Activities

Content: Visit [go.lclark.edu/physical\\_education\\_courses](http://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

Content: Fall varsity sports: volleyball (W), football (M), cross country (MW), soccer (MW). Spring varsity sports: swimming (MW), basketball (MW), tennis (MW), track and field (MW), softball (W), baseball (M), golf (MW), crew (MW), lacrosse (W). 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

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

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

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

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, spring semester.

Semester credits: 4.

### PE/A 405 Advanced Athletic Training

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, fall semester.

Semester credits: 4.

### PE/A 444 Practicum

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, fall and spring semester.

Semester credits: 1-4.

### PE/A 499 Independent Study

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, fall and spring semester.

Semester credits: 1-4.