# PHIL 453 PHILOSOPHICAL STUDIES: ADVANCED THEMES IN PHILOSOPHY

Copenhaver, Fritzman, Martinez, Odenbaugh, Smith

Content: Advanced study of topics covered in 300-level themes in philosophy courses, in areas other than value theory.

Prerequisite and/or restriction: Philosophy 101, 250, and one 300-level course, or consent of instructor.

Taught: Annually, 4 semester credits. May be taken more than once for credit if on different topics.

# Physical Education and Athletics

# DIRECTOR: CLARK S. YEAGER

Physical education and physical fitness are important aspects of a curriculum that stresses the physical, mental, and social dimensions of the human experience. Integral to a liberal arts education is a recognition 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.

# GRADUATION REQUIREMENT

Students are required to take two physical education/activity courses as a General Education requirement. Physical education and athletics courses that meet this requirement may be numbered 101, 102, 141, or 142. Students may register for only one 101 course per semester. Up to four credits earned for 101, 102, 141, and 142 may be applied toward total credits required for graduation.

#### 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—three outdoor courts, and three covered by a heated dome. Other facilities include the Huston softball-baseball complex and an outdoor pool, open during the summer.

Lewis & Clark also has waterfront docks and storage for sailing and rowing on the Willamette River.

## STAFF

Monica Baker, associate director for athletic development.

Tara Boatman, assistant athletic trainer.

Michael Charles, instructor, head men's and women's golf coach.

Meg Coryell, business manager.

Chris Fantz, instructor, head swimming coach, aquatics director.

Shawna Feldt, instructor, head softball coach.

David Fix, instructor, head men's and women's track and field coach, assistant cross country coach.

Tom Flynn, instructor, head baseball coach.

Dinari Foreman, director of intramurals, associate head men's basketball coach. Juli Fulks, instructor, head women's basketball coach.

Robert Gaillard, instructor, head men's basketball coach.

Steve Golas, instructor, head women's soccer coach.

Tim Jacobs, instructor, assistant football coach.

Lori Jepsen, instructor, head volleyball coach.

Jeremy Loew, instructor, assistant athletic trainer.

Phil Magbanua, assistant football coach, assistant track and field coach.

Kristian Martin, assistant director of athletics for information and communication.

*Judy McMullen*, senior associate director of physical education and athletics for academic support.

Mark Minty, assistant director of athletics for facilities.

Mark Pietrok, instructor, senior assistant director of physical education and athletics for sports medicine.

Sharon Sexton, associate director of physical education and athletics, senior woman administrator.

Chris Sulages, instructor, head football coach.

Sam Taylor, instructor, head men's and women's rowing coach.

Gundars Tilmanis, instructor, head men's and women's tennis coach.

Keith Woodard, instructor, head cross country coach, assistant track and field coach.

#### PE/A 101 ACTIVITIES

Staff

Content: Options may include aerobics, step aerobics, badminton, ballroom dancing, baseball, basketball, bowling, cycling, deep-water running, fitness walking, flag football, fly-fishing, golf, hula dancing, indoor cycling, jogging, lifeguard training, cross training/core conditioning, outdoor adventures, Pilates, poekoelan, rock climbing/bouldering, rowing, sailing, scuba diving, skiing/snowboarding, soccer, softball, strength and conditioning, swim fitness, swimming, tae kwon do/hapki do, tennis, volleyball, weight training, women's self-defense, yoga. Focus on safe techniques, conditioning activities, principles of movement, importance of lifetime fitness. Student participation and attendance emphasized. Off-campus activities may require a student to secure his or her own transportation to the site. Fees for some activities; check individual course descriptions at www.lcpioneers.com for most current details.

Prerequisite and/or restriction: Check individual course descriptions.

Taught: Annually (many activities offered each semester), 1 semester credit, credit-no credit.

### PE/A 102 VARSITY ATHLETICS

Staff

Content, fall semester varsity sports: Volleyball (W), football (M), cross country (M and W), soccer (W).

Content, spring semester varsity sports: Swimming (M and W), basketball (M and W), tennis (M and W), indoor and outdoor track and field (M and W), softball (W), baseball (M), golf (M and W), crew (M and W).

Prerequisite and/or restriction: Consent of instructor.

Taught: Annually, 1 semester credit, credit-no credit.

#### PE/A 141 WILDERNESS FIRST RESPONDER

Yuska (College Outdoors)

Content: Problem-solving skills for responding to medical emergencies in the wilderness: medical knowledge, resource assessment, team management. Exceeds requirements for National First Responder Curriculum. Fee (amount determined annually).

*Prerequisite and/or restriction:* Consent of instructor prior to registration.

Taught: Annually, during semester break in January, 1 semester credit, credit-no credit.

#### PE/A 142 WILDERNESS LEADERSHIP

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. Fee (amount determined annually).

Prerequisite and/or restriction: Consent of instructor prior to registration.

Taught: Annually during spring semester, plus a one- to two-week field course in May, 1 semester credit, credit-no credit.

# PE/A 340 Prevention and Care of Injuries

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.

Prerequisite and/or restriction: None.

Taught: Annually, 4 semester credits.

#### PE/A 405 ADVANCED ATHLETIC TRAINING

Pietrok

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

Prerequisite and/or restriction: Consent of instructor.

Taught: Every third year, 4 semester credits.

#### PE/A 444 PRACTICUM

Staff

Content: Independent project developed under the direction of a faculty member.

Prerequisite and/or restriction: Consent of instructor and department director.

Taught: Annually, 1-4 semester credits.

#### PE/A 499 INDEPENDENT STUDY

Staff

Content: Independent topic developed and researched under the direction of a faculty member.

Prerequisite and/or restriction: Consent of instructor and department director. Taught: Annually, 1-4 semester credits.

# **Physics**

### CHAIR: MICHAEL BROIDE

Physics is the inquiry into the structure and organization of the universe. It is the study of forces and matter, of motion, of cause and effect, and of the intrinsic properties of space and time. It seeks to comprehend the essences of these things at the deepest level, and to use them to synthesize models of complex phenomena. The accomplishments of physics stand out among the highest achievements of human intellect and imagination, and as the discipline continues to evolve, the mysteries with which it deals are ever more intriguing. For a person planning a career in any field, a physics course is an ideal component of a liberal arts education. For one who seeks a career as a physicist, the breadth acquired in a liberal arts education augments and enhances the special training that physics requires.

The Department of Physics offers a complete program for students planning careers in physics, astronomy, or engineering, including a thorough preparation for graduate school or for professional engineering school. (For additional