

HMC Physical Education Course Requirement

HMC students need to complete the three Physical Education (PE) course requirement with the objective of three semester courses of physical education, consisting of an approved fitness class and two additional elective courses, is required for graduation. developing skills for a lifelong physical fitness program. While no unit credit is given, satisfactory completion of

Starting with students who enter HMC Fall 2005 or later, the first-year aerobics PE course requirement must be completed during your first year. These courses, with varying levels of fitness and instructional content, are taught by full time CMS Athletic Department staff members and are listed below. Season-long participation in an intercollegiate team sport with CMS Athletic Department staff members also fulfills this requirement, but the student must remember to enroll in the team sport for PE credit.

The remaining two required PE courses are PE electives and must be completed before graduation. Any PE courses taken from the Joint PE Program (CMS) or from Pomona College can fulfill this requirement. Fitness training with an associated ROTC program can also fulfill a PE requirement. PE courses can be repeated for PE credit. There are some courses that can be taken for PE credit **or** unit credit, such as DANC classes. To receive PE credit, you must enroll in the course as a PE with **1** unit credits (upon successful completion [beginning FA10/not retroactive]). Starting with students who enter HMC Fall 2008 or later, a season-long participation in a team sport with a CMS Athletic Department staff member can count as two elective PE courses at 2 units each (not to exceed 3 credit units) in completing graduation requirements.

Spring 2012 PE Courses That Satisfy The First-Year Aerobic PE Course Requirement

Aqua Fitness	PE 016	JP 01	TR	1:00pm-2:00pm	Lonzo	CM-DU-POOL
Badminton	PE 041	JP 01	TTH	11:00 am -12:00pm	Semelmacher	CM-DU-SM-GYM
Basketball	PE 043	JP 02	MW	11:00am-12:00pm	Scalmanini	CM-DU-GYM
CATZ	PE 006	JP 01	MW	10:00-10:55am	Calichman	CM-DU-SM
CATZ	PE 006	JP 02	MW	11:00am-12:00pm	Calichman	CM-DU-SM
CATZ	PE 006	JP 03	TR	10:00-10:55am	Sanchez	CM-DU-SM
Fitness Class	PE 008	JP 02	TR	11:00am -11:55am	Retzlaff	CM-DU
Floor Hockey	PE 046	JP 01	W	5:00pm -6:30pm	Pruitt	CM-DU-SM
Running	PE 011	JP 01	TR	11:00am -11:55am	Town	CM-DU
Soccer Int/Adv	PE 056	JP 01	TR	11:00-11:55am	Sanchez	CM-DU-Parents Field
Team Sports	PE 058	JP 01	TR	11:00am -11:55am	Sweeney	HM-LAC-GYM
Tennis-Beg	PE 060A	JP 01	MW	10:00 am -10:55am	Retzlaff	CM-BZ-CRTS
Tennis-Int/Adv	PE 060B	JP 01	MW	11:00 am -11:55am	Settles	CM-BZ-CRTS
Volleyball-Adv.	PE 062B	JP 01	TR	11:00am-11:55am	Vlasich	CM-DU-GYM
Weights/PowerTrng	PE 086	JP 01	W	6:30pm-7:55pm	Sweeney	CM-DU

Spring 2012 Club/Team Sports That Satisfy The First-Year Aerobic PE Course Requirement

Baseball Team	PE 100	JP 01	Arranged	Town	DU-ARCE
Basketball Team-Men	PE 105	JP 01	Arranged	Scalmanini	DU-SM
Basketball Team-Women	PE 107	JP 01	Arranged	Burton	DU-SM
Diving Team-M/W	PE 115	JP 01	Arranged	Griffiths	DU-POOL
Golf Team-Men	PE 125	JP 01	Arranged	Jollymour	DU-GYM
Golf Team-Women	PE 127	JP 01	Arranged	Burton	DU-GYM
Lacrosse Team-Women	PE 130	JP 01	Arranged	Semelmacher	DU-GYM
Softball Team-Women	PE 137	JP 01	Arranged	Hipple	DU-SOFT
Swim/Diving Team-M/W	PE 145	JP 01	Arranged	Griffiths	DU-POOL
Tennis Team-Men	PE 150	JP 01	Arranged	Settles	DU-CRTS
Tennis Team-Women	PE 152	JP 01	Arranged	Retzlaff	DU-CRTS
Track& Field-M/W	PE 155	JP 01	Arranged	Reimer	DU-STAD
Water Polo Team- Men	PE 165	JP 01	Arranged	Lonzo	DU-POOL

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For Reference:

Fall 2011 First-Year Aerobic PE Courses

Fall 2011 PE Courses That Satisfy the First-Year Aerobic PE Course Requirement

Aqua Fitness	PE 016	JP 0	TR	1:00-2:00pm	Lonzo, G	CM-DU-POOL
Badminton	PE 041	JP 02	TR	1:00-2:00pm	Semelmacher, H	CM-DM-SM
*Basketball Skills & Cndt.	PE 042	JP 01	MW	11:00-12:30pm	Scalmanini, K	CM-DU-GYM
CATZ	PE 007B	JP 01	MW	10:00-10:55am	Calichman, D	CM-DU-SM
CATZ	PE 007B	JP 02	WS	11:00-11:55am	Calichman, D	CM-DU-SM
CATZ	PE 007B	JP 03	TR	10:00-10:55am	Sanchez, K	CM-DU-SM
Fitness Bootcamp	PE 019	JP 01	TR	5:00-6:00pm	Reimer, K.	CM-DU-WTRM
Fitness Class	PE 008	JP 01	TR	10:00-10:55am	Hipple	CM-DU-FIT
Fitness Class	PE 008	JP 02	TR	11:00-11:55am	Hipple	CM-DU-FIT
Floor Hockey	PE 046	JP 01	R	5:00-6:30pm	Pruett, A	CM-DU-SM
Free Weights	PE 080	JP 01	MW	11:00-11:55am	Lonzo, G	CM-DU-WTRM
Lacrosse	PE 052	JP 01	TR	11:00-11:55am	Semelmacher, H	SC-TIER-AFA
Mountain Biking	PE 033	JP 01	F	10:00-11:55am	Settles, P	CM-DU-GYM
Running	PE 011	JP 01	MW	4:00-4:55pm	Town, R	CM-DU-GYM
Soccer-Advanced	PE 056B	JP 01	TR	11:00-11:55am	Sanchez, K	CM-DU-PRNT
Swim Conditioning	PE 015	JP 01	TR	11:00-11:55am	Griffiths	CM-DU-POOL
Team Sports	PE 058	JP 01	MW	9:00-10:00am	Sweeney, K.	HM-LAC-GYM
Tennis-Beg	PE 060A	JP 01	MW	11:00-11:55am	Retzlaff, M	CM-BZ-CRTS
Tennis-Int/Adv	PE 060B	JP 01	TR	1:00-1:55pm	Vlasich, K	CM-BZ-CRTS
Volleyball-Advanced	PE 062B	JP 01	TR	11:00-11:55am	urner-Graves, D	CM-DU-GYM

Fall 2011 Team Sports That Satisfy The First-Year Aerobic PE Course Requirement

Basketball Team-Men	PE 105	JP 01	ARR	Scalmanini, K	CM-DU-GYM
Basketball Team-Women	PE 107	JP 01	ARR	Burton, J	CM-DU
Cross Country Team-M/W	PE 110	JP 01	ARR	Goldhammer, J	CM-DU
Football Team	PE 120	JP 01	ARR	Sweeney, K.	CM-DU
Lacrosse Club – Men	PE 225	JP 01	ARR	Faranda, J	CM-ARR
Soccer Team-Men	PE 135	JP 01	ARR	Calichman, D	CM-DU-PRTZ
Soccer Team-Wmn	PE 140	JP 01	ARR	Sanchez, K	CM-DU-PRTZ
Volleyball Team-Wmn	PE 160	JP 01	ARR	Vlasich, K	CM-DU-GYM
Water Polo Team-Men	PE 165	JP 01	ARR	Lonzo, G	CM-DU-POOL