Physical Education and Athletics

2015-2016

The Department of Physical Education and Athletics offers a four-fold physical education and athletics program which includes:

1. Required physical education classes;
2. Intercollegiate athletics;
3. Intramural athletics and club sports; and
4. Recreational athletics.

A large number of students use the institution’s facilities for recreational purposes, including swimming, tennis, soccer, basketball, volleyball, weight lifting, softball, and racquetball.

Russell H. Volk Gymnasium

A tri-level complex containing a NCAA regulation basketball arena, two racquetball/handball courts, wrestling room, weight training facility, locker space, and offices for the Physical Education Department.

Steinhauer Field House

A facility of 35,000-sq. ft., which provides for the needs of intercollegiate athletics and physical education classes.

Darden Baseball Field

Newly renovated with dugouts, fencing, 10 inning score-board, netted backstop, press-box and lights for night games. Located west of Brooks Field and has seating accommodations for 500 spectators.

Softball Field

Newly constructed dugouts, batting cage, perimeter fencing, sound system and new irrigation system. Located west of Darden Field seating for 200 people.

Harry D. Campbell Field

Includes a synthetic surface named in honor of Harry D. Campbell, Class of 1939. Currently under renovation.

Tennis Courts

The Department maintains four tennis courts.

Student Recreation Center

A three-level, 108,000 square foot facility that features an 8 lane, 25 yard swimming pool with 2 diving boards and a 14 person hot tub. There are men's and women's locker rooms, a 4,000 square foot climbing wall, a full service juice bar, an elevated jogging track, a 5,500 square foot fitness area, 2 multi-purpose rooms, a recreational gym and an arena that seats 3,000 for varsity athletic contests.

Swenson Intramural Complex

Two fields are available for intramural/recreation sports.

Stermole Track and Field Complex

Nine lane metric track with all field event components necessary to host NCAA, RMAC sanctioned events. Seating for 800 spectators.

CSM Soccer Stadium

Synthetic surface which provides opportunities for Men's and Women’s NCAA, RMAC sanctioned events. Seating for 500 spectators.

Required Physical Education

Each student at Colorado School of Mines is required to complete four separate semesters of Physical Education classes (PAGN):

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PAGN101</td>
<td>PHYSICAL EDUCATION (prerequisite)</td>
<td>0.5</td>
</tr>
<tr>
<td>PAGN102</td>
<td>PHYSICAL EDUCATION (prerequisite)</td>
<td>0.5</td>
</tr>
<tr>
<td>PAGN2XX</td>
<td>PHYSICAL EDUCATION</td>
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<td>PHYSICAL EDUCATION</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>Semester Hrs</strong></td>
<td><strong>2.0</strong></td>
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Exceptions:

1. A medical excuse verified by a physician;
2. Veterans, honorably or generally discharged from the armed forces;
3. New students entering CSM for the first time who are 26 years or older prior to the first day of class;
4. Students holding a bachelor’s degree.

Normally, it is fulfilled during the first two years of attendance. Transfer students should check with the Admissions Office regarding advanced standing in physical education. Participation in intercollegiate athletics may be substituted for required semesters and hours of physical education. ROTC students can waive the physical education requirement when a similar four-semester physical activity is required in their respective ROTC Programs.

Upper-class students who wish to continue taking physical education after completing graduation requirements may re-enroll in any of the 200-level courses.

Some of the 200-level courses may require off campus transportation, please check with Department of Athletics. All students enrolled in physical education shall provide their own gym uniform, athletic shoes, sunscreen or swimming suit. Students are encouraged to rent a locker and lock in Volk for a $10 rental fee.

Intercollegiate Athletics

The School is a charter member of the Rocky Mountain Athletic Conference (RMAC) and the National Collegiate Athletic Association (NCAA). Sports offered include: football, men’s and women’s basketball, wrestling, men’s and women’s track, men’s and women’s cross country, baseball, men’s golf, men’s and women’s swimming and diving, men’s and women’s soccer, and women’s volleyball and softball. An athlete can register each semester for one hour physical activity credit to meet their graduation requirements.

Through a required athletic fee, all full-time students attending CSM become members of the CSM Athletic Association, which financially supports the intercollegiate athletic program. With this fee, each CSM student receives free admission to all home athletic events. The Director of Athletics administers this program.
Physical Education and Athletics

Intramural and Club Sports

The intramural program features a variety of activities ranging from those offered in the intercollegiate athletic program to more recreational type activities. They are governed by the CSM Rec. Sports Department. All activities are offered in the following categories: men, women and co-ed.

The club sport program is governed by the CSM Sport Club Council. There are 14 competitive groups currently under this umbrella. Some teams engage in intercollegiate competition at the non-varsity level, some serve as instructional/recreational entities, and some as strictly recreational interest groups. They are funded through ASCSM. Some of the current organizations are Cycling, Ice Hockey, Lacrosse, Men's Rugby, Women's Rugby, Ski Team, Men's Soccer, Women's Soccer, Men's Ultimate Frisbee, Women's Ultimate Frisbee, Men's Volleyball, Women's Volleyball, Water Polo, Bowling and In-Line Hockey.

Athletic Director
David Hansburg, Director of Athletics

Associate Athletic Director
Dixie Cirillo, Physical Education Coordinator, Associate Athletic Director
Eric Stahl, 2014, Associate Athletic Director

Assistant Directors
Charles O'Dell, Assistant Athletic Director
Robert Thompson, Assistant Director of Athletics

Recreation Sports
Robert Thompson, Student Recreation Center Director
Ryan McCallum, Assistant Director of Recreation Center
John Howard, Director of Club and Intramural Sports
Nate Bondi, Director of Outdoor Recreation

Administrative Assistant
Carolyn Dennee, Administrative Assistant

Coaches
Austin DeVoe, Head Wrestling Coach
Kevin Fickes, Head Women's Soccer Coach
Leah Glasgow, Head Softball Coach
Jerod Goodale, Head Baseball Coach
Tyler Kimble, Head Golf Coach
Frank Kohlenstein, Head Men's Soccer Coach
Pryor Orser, Head Men's Basketball Coach
Nate Rothman, Head Swimming and Diving Coach
Chris Siemers, Head Cross Country Coach
Brittany Simpson, Head Women's Basketball Coach
Jamie Skodeland, Head Volleyball Coach
Matt Sparks, Head Track and Field Coach
Robert Stitt, Head Football Coach

Assistant Coaches
Tara Brooks, Assistant Track Coach
Clement Grinstead, Assistant Football Coach
Brian Hendricks, Assistant Football Coach
Scott Kaniecki, Assistant Football Coach
Shannon McDonell, Assistant Women's Soccer Coach
Kellen Mitts, Assistant Baseball Coach
Greg Mulholland, Assistant Men's Soccer Coach
Matt Nicholson, Assistant Football Coach
Todd Porter, Assistant Wrestling Coach
Heather Roberts, Assistant Volleyball Coach
Brad Schick, Assistant Men's Basketball Coach
Jason Semore, Assistant Football Coach
Leslie Seymour, Assistant Women's Basketball Coach
Nolan Swett, Assistant Football Coach

Head Athletic Trainer
Jennifer McIntosh, Head Athletic Trainer

Assistant Athletics Trainers
Jacob Pope, Assistant Athletic Trainer
Andy Vanous, Assistant Athletic Trainer
Andrea Westhead, Assistant Athletic Trainer

Equipment Manager
Darren Townsend, Equipement Manager

Sports Information
Collin Bonnicksen, Sports Information Director
Bryan Desch, Assistant Sports Information Director

Courses

PAGN101. PHYSICAL EDUCATION. 0.5 Semester Hrs.
(I) (Required and not repeatable for credit) A general overview of life fitness basics which includes exposure to educational units of Nutrition, Stress Management, Drug and Alcohol Awareness. Instruction in Fitness units provides the student an opportunity for learning and the beginning basics for a healthy life style.

PAGN102. PHYSICAL EDUCATION. 0.5 Semester Hrs.
(II) (Required and not repeatable for credit) Sections in physical fitness and team sports, relating to personal health and wellness activities. Prerequisite: PAGN101.
PAGN151. VARSITY BASEBALL. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of baseball in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN153. VARSITY MEN'S BASKETBALL. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of men's basketball in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN154. VARSITY WOMEN'S BASKETBALL. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of women's basketball in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN157. VARSITY CROSS COUNTRY. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of cross country in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN159. VARSITY FOOTBALL. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of football in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN161. VARSITY GOLF. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of golf in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN167. VARSITY MEN'S SOCCER. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of men's soccer in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN168. VARSITY WOMEN'S SOCCER. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of women's soccer in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN169. VARSITY SWIMMING. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of swimming and diving in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 1 semester hour.

PAGN173. VARSITY TRACK AND FIELD. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of track and field in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN175. VARSITY WRESTLING. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of wrestling in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN177. VARSITY VOLLEYBALL. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of volleyball in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN179. VARSITY SOFTBALL. 1.0 Semester Hr.
Instruction and practice in fundamentals and mechanics of softball in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. Prerequisite: none. 1 semester hour.

PAGN198. SPECIAL TOPICS. 0.5-6 Semester Hr.
(i, II) Pilot course or special topics course. Topics chosen from special interests of instructor(s) and student(s). Usually the course is offered only once. Prerequisite: none. Variable credit; 1 to 6 credit hours. Repeatable for credit under different titles.

PAGN201. PERSONAL WELLNESS. 1.0 Semester Hr.
Provides an overview of the 5 Dimensions of Wellness: Physical, Social, Emotional, Intellectual and Spiritual. Students will take a proactive approach to developing strategies for optimum wellness including goal setting and application of wellness principles through assignments and group in-class work. Prerequisites: PAGN101 and PAGN102. 2 hours lecturer; 1 semester hour. Repeatable for credit.

PAGN202. INDOOR SOCCER. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 0.5 semester hour. Repeatable for credit.

PAGN203. TECHNIQUES OF RELAXATION. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 0.5 semester hour. Repeatable for credit.

PAGN204. FLY FISHING. 0.5 Semester Hrs.
PAGN202 through PAGN280. (Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 and PAGN102. 0.5 semester hour. Repeatable for credit.

PAGN205. BEGINNING KARATE. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 0.2 hours activity; .5 semester hour. Repeatable for credit.

PAGN206. INTERMEDIATE KARATE. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 0.2 hours activity; .5 semester hour. Repeatable for credit.
PAGN207. TRAIL RUNNING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN208. KAYAKING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN209. AIKIDO. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN210. HIKING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN211. BEGINNING SWIMMING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN212. INTERMEDIATE SWIMMING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN221. BEGINNING WEIGHT TRAINING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN222. ADVANCED WEIGHT TRAINING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN223. DISTANCE RUNNING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN232. YOGA. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN235. WORKOUTS AND WELLNESS. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 and PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN241. WOMEN'S WEIGHT TRAINING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 and PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN242. WOMEN'S RAQUETBALL. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 and PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN251. GOLF. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN255. MOUNTAIN BIKING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN257. INTRODUCTION TO ROCK CLIMBING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN258. WOMEN'S ROCK CLIMBING. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN271. BEGINNING BADMINTON. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.
PAGN272. ADVANCED BADMINTON. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN273. BEGINNING BASKETBALL. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN274. ADVANCED BASKETBALL. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN275. VOLLEYBALL. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN277. BEGINNING RACQUETBALL. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN279. HANDBALL. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN280. CLUB SPORTS. 0.5 Semester Hrs.
(Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday or Thursday for 1.5 hours. Prerequisite: PAGN101 or PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN281. ADVANCED HANDBALL. 0.5 Semester Hrs.
(I, II) PAGN202 through PAGN280. (Students enrolling in these courses may be required to furnish their own equipment.) Classes will be offered on Monday and Wednesday for 50 minutes each day or on Tuesday, Thursday or Saturday for 1.5 hours. Prerequisite: PAGN101 and PAGN102. 2 hours activity; .5 semester hour. Repeatable for credit.

PAGN298. SPECIAL TOPICS. 0.5-6 Semester Hr.
(I, II) Pilot course or special topics course. Topics chosen from special interests of instructor(s) and student(s). Usually the course is offered only once. Prerequisite: none. Variable credit; 1 to 6 credit hours. Repeatable for credit under different titles.

PAGN498. SPECIAL TOPICS. 0.5-6 Semester Hr.
(I, II) Pilot course or special topics course. Topics chosen from special interests of instructor(s) and student(s). Usually the course is offered only once. Prerequisite: none. Variable credit; 1 to 6 credit hours. Repeatable for credit under different titles.