

Physical Education and Athletics

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

1. 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, Jack Hancock Wrestling Center, weight training facility, locker space, and offices for the Athletics Department.

Steinhauer Field House

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

Jim Darden Baseball Field

With dugouts, fencing, 10 inning score-board, netted backstop, press-box and lights for night games. Located west of Stermole Soccer Stadium and has seating accommodations for 500 spectators.

Joe Coors, Jr. Softball Field

With dugouts, batting cage, perimeter fencing, sound system and an irrigation system. Located west of Jim Darden Field seating for 200 people.

Alumni Field at Marv Kay Stadium

Opened in 2015, the state-of-the-art Marv Kay Stadium features seating for 4,090, fan-friendly amenities, and lights for night games and practices. The playing field is a synthetic surface.

Korell Athletic Center

Attached to Marv Kay Stadium, the Korell Athletic Center houses weight training and sports medicine facilities for Mines Athletics, as well as locker rooms and coaching staff offices for football, track & field, and cross country. The second floor includes flexible meeting and classroom space.

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.

Stermole Soccer Stadium

Synthetic surface which provides a practice and playing venue for men's and women's NCAA soccer. The stadium seats 500 and features a support building with locker rooms, meeting space, and a press box.

Required Physical Activity

As part of the Success and Wellness category for the Core, students may complete part of this requirement through a physical activity course.

Students who are former military may receive up to 1 credit for physical activity through the JST (Joint Service Transcript).

Transfer students should check with the Registrar's Office regarding applicable courses in physical activity. Participation in intercollegiate athletics or club sports may be used for required semesters and hours of physical activity on a one-to-one basis. ROTC students may use their ROTC registration to meet the Success and Wellness requirement.

Students who wish to continue taking physical activity after completing the Success and Wellness requirements may continue to apply PAGN credit towards their Free Elective. However, a maximum of 3.0 activity credits in total may apply toward Free Elective.

Some of the 200-level courses may require off campus transportation, please check with Department of Athletics. All students enrolled in physical activity shall provide their own gym uniform, athletic shoes, sunscreen or swimming suit. Lockers are available by request in the administrative offices on the third floor of Volk Gym.

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, 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 Mines become members of the Mines Athletic Association, which financially supports the intercollegiate athletic program. With this fee, each Mines student receives free admission to all home athletic events. The Director of Athletics administers this program.

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 Mines Rec. Sports Department. All activities are offered in the following categories: men, women and co-ed.

The club sport program is governed by the Mines 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.

Courses

PAGN101. PHYSICAL EDUCATION. 1.0 Semester Hr.

(I, II) 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. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN151. VARSITY BASEBALL. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN153. VARSITY MEN'S BASKETBALL. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN154. VARSITY WOMEN'S BASKETBALL. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN157. VARSITY CROSS COUNTRY. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN159. VARSITY FOOTBALL. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN161. VARSITY GOLF. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN167. VARSITY MEN'S SOCCER. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN168. VARSITY WOMEN'S SOCCER. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN169. VARSITY SWIMMING. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN173. VARSITY TRACK AND FIELD. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN175. VARSITY WRESTLING. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN177. VARSITY VOLLEYBALL. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

PAGN179. VARSITY SOFTBALL. 1.0 Semester Hr.

(I, II) 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. 3 hours lab; 1 semester hour. Repeatable for credit.

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. Variable credit; 1 to 6 credit hours. Repeatable for credit under different titles.

PAGN201. PERSONAL WELLNESS. 1.0 Semester Hr.

(I, II) 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. 2 hours lecture; 0.5 semester hours. Not repeatable for credit.

PAGN202. SOCCER. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN203. TECHNIQUES OF RELAXATION. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; .5 semester hours. Repeatable for credit.

PAGN205. BEGINNING KARATE. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN206. INTERMEDIATE KARATE. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN207. TRAIL RUNNING. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN209. AIKIDO. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN210. HIKING. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN211. BEGINNING SWIMMING. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN212. INTERMEDIATE SWIMMING. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN221. BEGINNING WEIGHT TRAINING. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN222. ADVANCED WEIGHT TRAINING. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN223. DISTANCE RUNNING. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN232. YOGA. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN233. OUTDOOR LEADERSHIP ADVANCED. 1.0 Semester Hr.

(I, II) This Outdoor Leadership course is set to involve many students in experiencing outdoors and leadership in a combined manner. Outdoor programs require a high level of skill development, team work, real-time feedback loops, planning, monitoring of team members and outdoor conditions. Outdoor skills allow people access to more opportunities for relaxation, travel, personal exploration. Leadership and followership skills come through working with other people, time management, forming alternate plans, and then evaluating decisions. Repeatable for credit. 1.50 hours lab; .50 semester hours.

PAGN241. WOMEN'S WEIGHT TRAINING. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN242. WOMEN'S RAQUETBALL. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN245. SLACKLINE. 1.0 Semester Hr.

Students enrolling in these courses may be required to furnish their own equipment. Repeatable for credit.

PAGN251. GOLF. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN257. INTRODUCTION TO ROCK CLIMBING. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN258. WOMEN'S ROCK CLIMBING. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN273. BEGINNING BASKETBALL. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN274. ADVANCED BASKETBALL. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN275. VOLLEYBALL. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN277. BEGINNING RACQUETBALL. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN279. HANDBALL. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN280. CLUB SPORTS. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN281. ADVANCED HANDBALL. 1.0 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

PAGN282. INTRAMURAL SPORTS. 1.0 Semester Hr.

For this course, students will be required to play 16 hours of Intramural Sports throughout the semester. Intramural Sports offers league sports, tournament sports, and open play. Students can check the sports schedule by going to www.imleagues.com/Mines. Intramural Sports are offered outside of normal class hours, with sports occurring weeknights and on the weekends.

PAGN285. PHYSICAL ACTIVITY. 1.0 Semester Hr.

Physical activity. Repeatable for credit.

PAGN286. SRC - GROUP FITNESS. 1.0 Semester Hr.

Students enrolling in these courses may be required to furnish their own equipment. Repeatable for credit.

PAGN287. SRC - WORKOUTS. 1.0 Semester Hr.

Students enrolling in these courses may be required to furnish their own equipment. Repeatable for credit.

PAGN288. ADVANCE RACQUETBALL. 1.0 Semester Hr.

Learn advanced racquetball techniques and playing experience at an advanced level.

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. Variable credit; 0.5 to 6 semester hours. Repeatable for credit under different titles.

PAGN299. INDEPENDENT STUDY. 0.5-6 Semester Hr.

(I, II) Students enrolling in these courses may be required to furnish their own equipment. Individual research or special problem projects supervised by a faculty member, also, when a student and instructor agree on a subject matter, content, and credit hours. Prerequisite: ? Independent Study? form must be completed and submitted to the Registrar. Variable credit; 1 to 6 credit hours. Repeatable for credit.

PAGN398. 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. Variable credit; 0.5 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. Variable credit; 0.5 to 6 credit hours. Repeatable for credit under different titles.

Faculty & Staff

Please see our staff directory: <https://minesathletics.com/staff-directory>