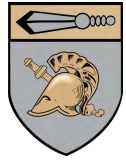




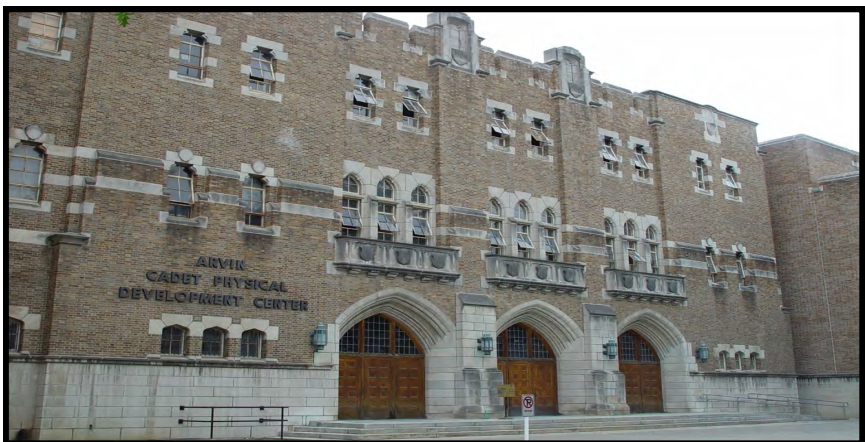
# Department of Physical Education



## Plebe Parent Weekend ~ 10 March 2017

We are proud to welcome the family and friends of the Class of 2020 to Plebe Parent Weekend. The demonstrations you will see today highlight some of the events from the Physical Program that cadets experience at USMA.

The Physical Program curriculum challenges cadets to achieve high standards of physical strength, agility, speed, and endurance to meet the physical demands encountered in military service. They attain these results through participation in a comprehensive program of formal education, involvement in competitive sports, and fitness testing. Formal education includes instruction in Aquatics, Boxing, Combatives and Military Movement. In addition, cadets must successfully complete two cognitive courses, Fundamentals of Personal Fitness and Army Fitness Development, as well as participate in at least one Lifetime Physical Activity course. Evaluations are frequent, standards are high, and testing is physically demanding.



**“WITH VISION WE LEAD” – 2020”**

# DPE VISION

The Department of Physical Education creates a cadet-centered educational environment that provides a militarily-relevant and scientifically-based physical development program which instills a warrior ethos of physical and mental superiority.

# DPE MISSION

The Department of Physical Education develops warrior leaders of character who are physically fit and mentally tough by engaging cadets in activities that promote and enhance physical excellence.

# STATIC DISPLAYS

Static displays and information on the cognitive courses will take place continuously from 2:30—4:15 p.m. at the following locations:

Human Performance Laboratory for the Kinesiology Major will be on the basement level. This state-of-the-art lab is designed to study physical development and supports the Kinesiology major for both teaching and research.

Competitive Sports, Company Athletics & Brigade Opens

Competitive Sports Hallway, 1<sup>st</sup> Floor

Cognitive & Lifetime Physical Activity Courses

Main Foyer, 1<sup>st</sup> Floor

Cadet Summer Training

Main Foyer, 2<sup>nd</sup> Floor

Rock Climbing

'79 Climbing Wall, 3<sup>rd</sup> & 4<sup>th</sup> Floors

# PHYSICAL DEMONSTRATIONS

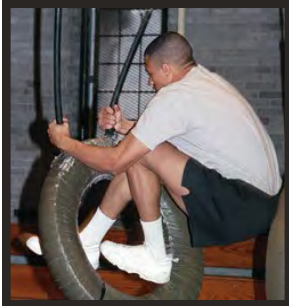
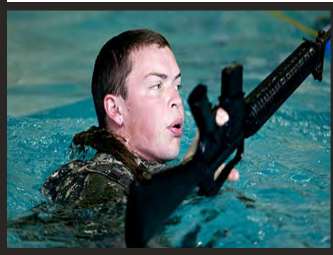
Spectators are invited to rotate to event sites to observe each of the three course demonstrations.

	Demonstration #1:	Demonstration #2:
Survival Swimming	2:35-2:55 p.m.	3:15-3:35 p.m.
Military Movement	3:15-3:35 p.m.	3:55-4:15 p.m.
Boxing	3:55-4:15 p.m.	2:35-2:55 p.m.

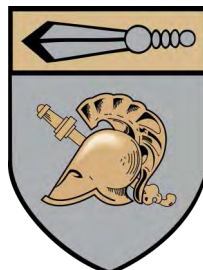
Survival Swimming: Basement Level (Combat Water Survival Swim Lab)

Military Movement: 2<sup>nd</sup> Floor Hayes Movement Lab

Boxing: 2<sup>nd</sup> Floor Gymnasium



**Set the Standard...**  
**Maintain the Standard**



# WHO WE ARE

The Department of Physical Education faculty is a wonderfully diverse blend of professional civilian and military educators whose expertise includes the following areas:

Biomechanics, Curriculum Development, Exercise Physiology,  
Exercise Psychology, Individual Sports/Coaching,  
Instructional Leadership, Kinesiology,  
Measurement & Evaluation, Motor Learning & Control,  
Nutrition, Pedagogy, and Sports Medicine.

## **PRESENTED BY THE CLASS OF 2020 and the DEPARTMENT OF PHYSICAL EDUCATION**

**Colonel Kevin Bigelman, Acting Director**

**Lieutenant Colonel Russ Nowels, Deputy Director**

**Dr. Jeffrey D. Coelho, Director of Instruction**

**Mr. Tim Goetz, Course Director, Military Movement**

**Mr. John McVan, Course Director, Aquatics**

**Dr. Ray Barone, Course Director, Boxing**

**Mrs. Melissa Jackson, Course Director, Combatives**

**Mr. Dawes Strickler, Course Director, Rock Climbing**

**Mr. Jon Liba, Course Director, Fundamentals of Personal Fitness**

**MAJ Alex Bedard, Course Director, Army Fitness Development**

**Dr. Craig Yunker, Director of Competitive Sports**

**Dr. Jesse Germain, Director of the Kinesiology Major**

**Mr. John Palmer, Director of Sports Medicine**

