

NEW COURSE PROPOSAL

PROGRAM AREA

ART

1. Catalog Description of the Course**PHED 105. ZEN OF SURFING (1)**

Three hours activity per week

Exploration into the physiological and psychological benefits that result from human interaction with forces of nature. Students develop an increased understanding of the ocean and complex dynamics that underlie the sport of surfing. The interrelationship between physical activity and personal aesthetics is explored through weekly surfing activities.

GenEd: E

2. Mode of Instruction.

	Units	Hours per Unit	Benchmark Enrollment
Lecture	_____	_____	_____
Seminar	_____	_____	_____
Laboratory	_____	_____	_____
Activity	___1___	___3___	___15___

2. **Justification and Learning Objectives for the Course.** (Indicate whether required or elective, and whether it meets University Writing, and/or Language requirements) *[Use as much space as necessary]*
General Education course in category E

- Students demonstrate increased balance and agility through weekly surfing activities
- Zen principles through the unifying process and peace of mind found in physical activity and meditation
- .Students analyze visual and physical aspects of nature and demonstrate harmonious existence with their natural environment.
- Students develop means for intellectual comprehension of a physical activity.
- Students will increase their appreciation of the natural environment through participation in scheduled surfing activities.
- Students gain an understanding of the importance of the interrelationship between nature and the human condition.

4. **Is this a General Education Course** YES

If Yes, indicate GE category:

A (English Language, Communication, Critical Thinking)	
B (Mathematics & Sciences)	
C (Fine Arts, Literature, Languages & Cultures)	
D (Social Perspectives)	
E (Human Psychological and Physiological Perspectives)	X

5. Course Content in Outline Form. [Be as brief as possible, but use as much space as necessary]

PHED 105. Zen of Surfing (1)

Topics covered

Through class presentations, field trips, movies, and surfing activities, the following topics will be covered:

- The History of surfing
- Evolution of surfboards and equipment
- Physical training and coordination exercises
- Zen meditation techniques
- Breathing exercises and techniques
- Basic surfing styled and techniques
- Cultural exploration of the contemporary surfing lifestyle
- Surfing images and icons
- Surf music
- Surf films
- Great surfers of the world
- Great surf spots of the world
- Paddling techniques, duck diving and big wave survival
- Advanced surfing techniques
- Competitive surfing techniques
- Physical benefits of surfing
- Emotional benefits of surfing

6. References. [Provide 3 - 5 references on which this course is based and/or support it.]

Long, John. *The Big Drop*. Guilford: Globe Pequot Press, 1999.

Pirsig, Robert. *Zen and the Art of Motorcycle Maintenance*. NY: Bantam, 1984.

Radlauer, Ed. *Surfing*. Glendale: Bomar Publishing, 1968.

Sahn, Seung. *Only Don't Know*. RI: Providence Zen Center, 1982.

Sartre, Jean-Paul. *Being and Nothingness*. New York: Washington Square Press, 1956.

Smith, Don. *Surfing, The Big Wave*. Toll Associates, 1976.

Suzuki, Shunryu. *Zen Mnd, Beginner's Mind*, Weatherhill, 1996

7. List Faculty Qualified to Teach This Course.

- Jack Reilly

8. Frequency.

a. Projected semesters to be offered: Fall __03__ Spring __04__ Summer _____

9. New Resources Required.

none

10. Consultation.

Attach consultation sheet from all program areas, Library, and others (if necessary)

11. If this new course will alter any degree, credential, certificate, or minor in your program, attach a program modification.

- Jack Reilly, MFA, Professor of Fine Arts, surfer since 1965 12-10-2002

Proposer of Course

Date