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Course Description:
As young scholars, you’re constantly exercising your brains through a steady regimen of academic disciplines—English, History, Physics, etc. By reading, taking notes, writing papers, conducting experiments, and participating in heady discussions you keep your mind sharp. But while we at the Robinson Center want your brains to swell with knowledge during TS, we also want to ensure that your bodies don’t atrophy in the process. I mean, in that case we’d have to extract your brains and put them into jars and with that would come a host of problems. For instance, you wouldn’t have a hand to raise during class, and it would be incredibly difficult to tell you apart. And have you ever gone on a date with someone who was just a brain in a jar? They always seem to pull that old “whoops-I-left-my-wallet-in-my-other-jar” gambit. So anyway, in order that your bodies don’t shrivel into useless husks, we’ve included an hour-long fitness class as part of TS. Every Friday, unless otherwise noted, we’ll meet in the TS classroom at 2:30 (P.M., wise guys) and engage in some kind of physical activity until 3:30. This will be an opportunity to play games, get the heart racing, and simply get to know each other outside of the classroom setting.

Format:
Students will meet in the classroom every Friday at 2:00 P.M. From there we’ll head out to the side-yard, walk to a nearby field or park, or go to the HUB. We may also take long walks around campus.

We ask that students wear sneakers or other comfortable athletic shoes and be prepared for drizzle (rain jackets or shells and umbrellas recommended). If the rain’s in full swing we’ll figure out an alternative.

Students may bring their phones but must leave them on the sidelines during the games and activities.

Activities may include:
- Ultimate Frisbee
- Table Tennis
- Tennis Tennis
- Gardening
- Soccer
- Bowling
- Fights to the Death
- Nature Walks

But feel free to suggest activities, games, and sports. We want to make this a fun class for everyone! There will be no formal assessment or grade for this class, so just join in and have fun with your fellow students!