

# PHYSICAL EDUCATION, ATHLETICS, AND RECREATION

Chair and Director: Lisa Melendy

Assistant Professors: K. App, T. Adalsteinsson, A. Barrale, W. Barrale, J. Chuks, M. Creighton, P. Farwell, M. Gillis, D. Greenberg, K. Herman, J. Hillman, S. Honecker, W. Kangas, C. Kelsey, S. Kuster, J. Lemieux, K. Levine, Z. Levy, S. Lewis, K. Maloney, P. Manning, G. McCormack, L. Melendy, C. Miles, M. Pinard, M. Raymond, E. Sullivan, A. Swain, P. Wells. Instructors: D. Ackerson, K. Callahan-Koch. Sports Medicine: S. Coelho, S. Krzyzanowicz, R. Lanoue, J. Simon, L. Wilk, Y. Wilkinson. Dance: S. Burton, E. Dankmeyer, J. Parker.

The instructional Physical Education Program at Williams is an integral part of the student's total educational experience. As a part of the liberal arts concept, the program develops the mind-body relationship, which is dependent upon the proper integration of physical and intellectual capacities. The main objective of the physical education program is to develop in each student an appreciation of physical fitness and wellness, and to expose them to a variety of activities that are suitable for lifetime participation.

Four credits of Physical Education represent one of the requirements for the College degree. There are five physical education units during the year. In the fall academic semester, there are two six-week physical education quarters. Winter Study is another unit, and there are two physical education quarters in the spring academic semester. Two different activities must be completed in the fulfillment of the requirement. Students must complete two physical education credits during the first year, all four physical education credits must be completed by the end of sophomore year if the student wishes to study abroad.

A schedule listing all courses offered is issued to every student before each quarter and Winter Study. Classes may vary according to availability of instructors and interest of students. More information can be found at [athletics.williams.edu/physical-education](http://athletics.williams.edu/physical-education).

The following courses are offered at various times during the year:

Aqua Fitness

Badminton

Basketball

Bicycling

Boot Camp

Bowling

Canoeing

Core and Conditioning

Dance (African, Ballet, Modern)

Diving

Erg Fitness

Figure Skating

Futsal

Golf

Hiking

Ice Climbing

Kayaking

Lifeguarding

Lifetime Sports

Mountain Biking

Muscle Fitness

Outdoor Living Skills

Pickle Ball

Pilates

Rape Aggression Defense (RAD)

Rock Climbing

Rowing

Running

Skiing (Alpine and Cross Country)

Snowboarding

Snowshoeing

Soccer

Spinning

Squash

Street Hockey

Swim for Fitness

Swimming

Telemarking

Tennis

Trail Crew

Volleyball

Weight Training

Wellness

Wilderness Leadership

Yoga

Zumba