PHYSICAL EDUCATION, ATHLETICS, AND RECREATION
Chair and Director: Lisa Melendy

- Tomas Adalsteinsson, Assistant Professor of Physical Education and Head Women's Golf Coach
- Hesham Aly, Visiting Assistant Professor of Physical Education and Head Coach of the Men's and Women's Squash Teams
- Kevin M. App, Assistant Professor of Physical Education and Head Men's Basketball Coach
- Alix H. Barrale, Assistant Professor of Physical Education and Head Field Hockey Coach
- Bill Barrale, Assistant Professor of Physical Education, Head Baseball Coach
- Ethan M. Barron, Assistant Professor of Physical Education, Head Men's Track & Field Coach
- Anik A. Cepeda, Assistant Professor of Physical Education and Head Coach of Women's Tennis
- Marshall K. Creighton, Lecturer in Physical Education and Assistant Strength & Conditioning Coach
- Meghan K. Gillis, Assistant Professor of Physical Education and Head Coach of Women's Ice Hockey
- Daniel R. Greenberg, Assistant Professor of Physical Education and Head Coach of Men's Tennis
- Kris Herman, Assistant Professor of Physical Education, Head Softball Coach
- Josh D. Hillman, Lecturer in Physical Education and Head Men's Golf Coach
- Nate D. Hoey, Assistant Professor of Physical Education, Head Women's Track & Field Coach
- Scott D. Honecker, Assistant Professor of Physical Education and Head Coach of Wrestling
- William R. Kangas, Assistant Professor of Physical Education and Head Men's Ice Hockey Coach
- Christi L. Kelsey, Acting Associate Director of Athletics & Assistant Professor of Physical Education and Head Women's Volleyball Coach
- Steven J. Kuster, Assistant Professor of Physical Education and Head Swim Coach
- Alice Lee, Assistant Professor of Physical Education and Head Women's Lacrosse Coach
- Zafi Levy, Assistant Professor of Physical Education and Head Squash Coach
- Scott A. Lewis, Assistant Professor of Physical Education and Associate Director of Outing Club
- Rob Livingstone, Lecturer in Physical Education, Head Strength and Conditioning Coach
- Dusty A. Lopez, Assistant Professor of Physical Education and Head Coach of Women's & Men's Cross Country
- Marc Mandel, Assistant Professor of Physical Education and Head Men's Crew Coach
- Patricia M. Manning, Assistant Professor of Physical Education and Head Women's Basketball Coach
- George M. McCormack, Assistant Professor of Physical Education, Head Men's Lacrosse Coach
- Mark T. McDonough, Lecturer in Physical Education, Assistant Football Coach
- Amber J. McHugh, Assistant Professor of Physical Education and Head Alpine Ski Coach
- Lisa M. Melendy, Chair, Director of Athletics and Assistant Professor in Physical Education
- Ramon R. Mignott, Lecturer in Physical Education and Assistant Football Coach
- Carolyn D. Miles, Acting Director of Athletics and Assistant Professor in Physical Education
- Steve Monsulick, Assistant Professor of Physical Education and Head Nordic Ski Coach
- Ben Oliver, Assistant Professor of Physical Education and Director of the Williams Outing Club
- Mark R. Raymond, Assistant Professor of Physical Education and Head Coach of Football
- Sarah Raymond, Assistant Professor of Physical Education and Head Women's Soccer Coach
- Steffen Siebert, Assistant Professor of Physical Education, Head Men's Soccer Coach
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.

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

- Aerobic and Core Conditioning
- Aqua Fitness
- Badminton
- Basketball
- Boot Camp
- Bouldering
- Circuit Training
- Dance (African, Ballet, Modern)
- Futsal/Indoor Soccer
- Golf
- Hiking
- Ice Skating
- Kayaking
- Kettlebells
- Lifeguarding
- Mindfulness
- Mountain Biking
- Muscle Fitness
- Pickle Ball
- Platform Tennis
- Playground Games
- Rape Aggression Defense (RAD)
- Running
- Skiing (Alpine and Cross Country)
- Snowboarding
- Snowshoeing
Soccer
Spikeball
Spinning
Squash
Swim for Fitness
Swimming
Trip Leader training
Telemarking
Tennis
Volleyball
Walk for Fitness
Weight Training
Wellness
Yoga