

The information presented here is as of 7/29/2011.

PHYSICAL EDUCATION, ATHLETICS, AND RECREATION

Chair and Director, LISA MELENDY

Assistant Professors: A. BARRALE, W. BARRALE, D. BROOKS, F. BROOKS, S. BURTON, M. CREIGHTON, E. DESANTY, R. FARLEY, P. FARWELL, R. FISHER, D. GREENBERG, E. GREES, R. HASENFUS, K. HERMAN, W. KANGAS, C. KELSEY, A. KELTON, S. KUSTER, Z. LEVY, S. LEWIS, M. MAKER, P. MANNING, C. MASON, G. MCCORMACK, L. MELENDY, M. PINARD, M. RUSSO, H. SILVA, A. SWAIN, P. WELLS. Instructors: M. CAMPANELLI, K. CALLAHAN-KOCH. Sports Medicine: M. FRAWLEY, L. WILK, R. LANOUE, Y. WILKINSON.

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.

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

Badminton	Plyometrics
Basketball	Rock Climbing
Bicycling	Rowing
Bowling	Running
Broomball	Ski Patrol
Canoeing	Skiing (alpine and cross country)
Core Training	Snowboarding
Dance (African, Ballet, Modern)	Soccer
Diving	Spinning
Figure Skating	Squash
Fly Fishing	Swimming
Golf	Telemarking
Horseback Riding	Tennis
Ice Climbing	Trail Crew
Kayaking	Volleyball
Martial Arts	Water Aerobics
Method Matwork, Pilates based	Weight Training
Mountain Biking	Wellness
Muscle Fitness	Wilderness Leadership
Outdoor Living Skills	Women's Self Defense
Paddle Tennis	Yoga