PHYSICAL EDUCATION, ATHLETICS, AND RECREATION

Chair and Director, LISA MELENDY


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.

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. For more information visit http://athletics.williams.edu/physical-education/

Aqua Fitness
Badminton
Basketball
Bicycling
Boot Camp
Bowling
Canoeing
Core and Conditioning
Dance (African, Ballet, Modern)
Diving
Erg Fitness
Figure Skating
Golf
Hiking
Ice Climbing
Kayaking
Lifetime Sports
Mountain Biking
Muscle Fitness
Outdoor Living Skills
Pickle ball
Rape Aggression Defense (RAD)
Rock Climbing
Rowing
Running
Skiing (alpine and cross country)
Snowboarding
Soccer
Spinning
Squash
Street Hockey
Swim for Fitness
Swimming
Telemarketing
Tennis
Trail Crew
Volleyball
Weight Training
Wellness
Wilderness Leadership
Yoga
Zumba