PHYSICAL EDUCATION, ATHLETICS, AND RECREATION

Chair and Director, HARRY C. SHEEHY III


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