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.

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