

PHYSICAL EDUCATION, ATHLETICS, AND RECREATION

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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
- Telemarking
- Tennis
- Trail Crew
- Volleyball
- Weight Training
- Wellness
- Wilderness Leadership
- Yoga
- Zumba