**PhysicaL Education**

**Departmental Office:** 336 Dodge Physical Fitness Center; 212-854-3439; perec.columbia.edu (http://bulletin.columbia.edu/general-studies/majors-concentrations/physical-education/perec.columbia.edu)

**Director of Undergraduate Studies:** Director of Physical Education and Recreation, Jeffrey Ryder, 332 Dodge Physical Fitness Center; jr3876@columbia.edu; 212-854-4001

**Departmental Administrative:** Belgica Ramirez, 212-854-3439; br12@columbia.edu

The Physical Education Department offers a variety of activities in the areas of aquatics, fitness, martial arts, individual/ dual sports, team sports, and outdoor education. Most of the activities are designed for the beginner level. Intermediate/ advanced courses are offered at selected times. All courses are designed to develop and/or improve students’ fundamental skills and to help realize their potential. Activity that promotes one’s fitness level is emphasized. A major goal is to provide a positive, enjoyable experience for students, hopefully leading to the development of an active, healthy lifestyle.

The majority of the courses are offered in ten time preferences. However, there are early morning conditioning activities, Friday-only classes at Baker Athletics Complex, and special courses that utilize off-campus facilities during weekends. A description of the scheduled activities for each time preference is included in the Department of Physical Education website (http://www.dodgefitnesscenter.com).

A list of the activities for the term is included in the Directory of Classes and on the website. Students may select physical education courses during online registration. Students may register for only one section of Physical Education each term.

**Physical Education Requirement**

Successful completion of two Physical Education courses is a Columbia College requirement that students are advised to complete by the end of the first year. Students may elect to take one or two additional terms of Physical Education Activities for credit. Students receive 1 point of academic credit for each completed term of physical education for a possible total of 4 points.

For more information on this requirement, please visit the Core Curriculum – Physical Education Requirement section of the bulletin.

**Medical Conditions**

Students who request to have their Physical Education activities limited or waived because of a medical condition should contact the Director of Undergraduate Studies for Physical Education. In some situations, students may require an evaluation by a clinician at Health Services at Columbia in order to receive a waiver. In consultation with the Director of Physical Education, students may be instructed to contact Dr. Melanie Bernitz, Medical Director of Columbia Health Programs, who facilitates these evaluations.

**Grading**

The grading in all physical education courses is Pass/Fail. Students who fulfill the attendance and participation requirement receive a Pass. Those who miss more than the permissible number of classes and who do not drop the course by the official drop deadline receive a W (Withdrawal). Those who anticipate attendance problems should contact their instructors or the Director of Undergraduate Studies for Physical Education.

**Swim Test**

All students are also required to pass a swimming test or take beginning swimming for one term to fulfill the swimming requirement. A waiver of the swimming test requirement may be granted if a student has a disability certified by a medical authority that precludes swimming. Students may also request waivers and accommodations on the grounds of religious observance or gender identity/expression. All requests for waivers and accommodations are reviewed by the director of physical education.

**Locker and Towel Service**

Students have access to a lock/towel service ($38 fee) and, with the exception of tennis, equipment for the activities is supplied by the Physical Education Department.

**Intercollegiate Athletics**

Students who are participating on an intercollegiate team should register for the appropriate team section of PHED UN1005 Intercollegiate Athletics. Intercollegiate athletes are responsible for taking the swimming test. Student athletes who cannot pass the test should take beginning swimming at the first possible opportunity.

Student athletes who register correctly and participate on a team receive a Pass; those who drop off a team in midterm and still wish to receive academic credit must notify the Physical Education Office and be placed in an activity to complete the attendance requirement. Otherwise, the student must officially drop Intercollegiate Athletics or they receive a mark of W (Withdrawal).

**Director of Physical Education Programs**

Jeffrey Ryder

**Associates**

Cemi Abreu
Michael Aufrichtig
Caroline Blum
James Bolster
Christie Bonn
Victoria Borja
Michael Burr
Amber Cannady
Diana Caskey
Jesse Chapman
Brian Chenoweth
India Choquette
Demerae Christianson
Nathanial Clark
Tyler Cordell
Theodore Cowling
Jared Czech
Aphrodite Daphnis
Derek Davis
Jesse DePalo
Scott Donie
Lauren Dudziak
Samantha Fahey
PHED UN1001 Physical Education Activities. 1 point.
PHED UN1001 classes are offered in a variety of activities in the areas of aquatics, fitness, martial arts, individual/dual sports, team sports, and outdoor education. Emphasis is placed on the basic skills and techniques, strategies, and elements of each activity. There are risks and dangers in participating. Injury resulting from participation is a possibility. Please carefully follow the guidelines and rules provided by the instructor.

The times listed in the online Directory of Classes are the actual class times for each time preference. Students should allow additional time for showering, dressing, equipment exchange, and travel to next class. A description of the scheduled activities for each time preference is posted on the department website, perec.columbia.edu.

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Section/Call Number</th>
<th>Times/Location</th>
<th>Instructor</th>
<th>Points</th>
<th>Enrollment</th>
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<tbody>
<tr>
<td>PHED 1001</td>
<td>001/98190</td>
<td>M W 9:00am - 9:50am, Room TBA</td>
<td>James Bolster, Belgica Ramirez, Anne Skylis, Jeffrey Ryder</td>
<td>16/18</td>
<td>18/18</td>
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<td>002/98189</td>
<td>M W 9:00am - 9:50am, Room TBA</td>
<td>Belgica Ramirez, Anne Skylis, Jeffrey Ryder</td>
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<td>004/98185</td>
<td>M W 9:00am - 9:50am, Room TBA</td>
<td>Belgica Ramirez, Anne Skylis, Jeffrey Ryder, Jesse Chapman</td>
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<td>Belgica Ramirez, Anne Skylis, Jeffrey Ryder, Scott Donie</td>
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<td>Belgica Ramirez, Anne Skylis, Jeffrey Ryder, Pepper Pavlish</td>
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<td>PHED 1001</td>
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PHED UN1002 Physical Education Activities. 1 point.
This class is designed for students to develop and play a variety of recreational sports. Students will become familiar with a variety of sports that are played recreationally throughout the country, such as soccer, team handball, ultimate Frisbee, flag football, and kickball. Emphasis is placed on the basic skills and techniques, strategies, and elements of play for each sport.

There are risks and dangers in participating. Injury resulting from participation is a possibility. Please carefully follow the guidelines and rules provided by the instructor.

The times listed in the online Directory of Classes are the actual class times for each time preference. Students should allow additional time for showering, dressing, equipment exchange, and travel to next class. A description of the scheduled activities for each time preference is posted on the department Web site, perec.columbia.edu

PHED UN1005 Intercollegiate Athletics. 1 point.
Archery, Men's/Women's Golf, Baseball, Women's Lacrosse, Women's Basketball, Women's Soccer, Men's Basketball, Men's Soccer, Women's Rowing, Women's Softball, Men's Freshman Light Row, Women's Swimming, Men's Freshman Heavy Row, Men's Swimming, Men's Varsity Light Row, Women's Tennis, Men's Varsity Heavy Row, Men's Tennis, Women's Fencing, Women's Track, Men's Track, Men's Field Hockey, Women's Volleyball, Football, Wrestling, Women's Squash, and Men's Squash.

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<th>Course Number</th>
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PHED UN3998 Independent Study. 1 point.
Independent Study

PHED GU4997 Independent Study. 1 point.
Independent Study. Instructor approval required. 1-3 points.