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# Department of Physical Education, Athletics and Recreation

**RUSSELL ROGERS, DIRECTOR**

## **FACULTY**

### **Associate Professors**

Nicholas Mykulak, M.A. (1976), Montclair State College  
Linda Vollkommer, B.A. (1970), Jersey City State College

## **UNDERGRADUATE PROGRAM**

The Department of Physical Education conducts a three-year required program. This program, through structured instructional classes, provides you with the knowledge and skill in a wide range of lifetime, team, dance and wellness oriented activities.

During the first semester, freshmen will attend, for the first half of the semester, the Health & Wellness Information Series. Thereafter, they will receive instruction in one of several team sports. In the second semester and thereafter, they participate in a multitude of sports activities—which can be enjoyed both during college and beyond. Students may choose each semester from the following activities: aerobics, archery, badminton, basketball, bowling, fitness, cardio-kickboxing, CPR certification, dance, equestrian, golf, nutrition, outdoor adventure, outdoor leadership, Pilates, racquetball, rock climbing, rugby, sailing, scuba, shaolin, soccer, sports and society, squash, strength and conditioning, swimming, tai chi, tennis, triathlon, volleyball, wellness and yoga. The Physical Education course offerings are updated on an annual basis to meet the needs and interests of Stevens students.

The department also offers the opportunity for athletic competition through its intercollegiate and intramurals programs, and provides supervised recreation on evenings and weekends during the school year.

### **PE 200 Physical Education I**

**(0-2-1)**

Health and wellness information series and team sports. Grading is pass/fail only.

### **PE 200 Physical Education II-VI**

**(0-2-1)**

Instruction in lifetime, team, dance and wellness activities. Grading is pass/fail or letter grade.