

Physical Education, Athletics And Recreation

RUSSELL ROGERS, DIRECTOR

FACULTY

Associate Professors

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

UNDERGRADUATE PROGRAMS

The Department of Physical Education conducts a six semester 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.

Beginning in the first semester of their freshman year, students participate in a multitude of sports activities-which can be enjoyed both during college and beyond. You may choose each semester from the following activities: aerobics, archery, badminton, basketball, bowling, fencing, fitness, cardio-kickboxing, CPR certification, dance, golf, lifesaving, nutrition, outdoor adventure, outdoor games, outdoor leadership, Pilates, racquetball, rock climbing, rugby, sailing, scuba, shaolin, soccer, sports and society, softball, 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, club sport and intramural programs, and provides supervised recreation on evenings and weekends during the school year.

PE 200 Physical Education (0-2-1)

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