

# 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 PROGRAMS**

The Department of Physical Education conducts a six semester required program. This program, through structured instructional classes, provides students 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 sport activities which can be enjoyed both during college and beyond. Students may choose from the following classes: aerobics, archery, badminton, basketball, bowling, fencing, fitness cardio-kickboxing, CPR certification, dance, golf, lifesaving, nutrition, outdoor adventure, 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, studio cycling and yoga. The Physical Education course offerings are updated on an annual basis to meet the needs and interests of Stevens students. Course offerings may vary from semester to semester.

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)**

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