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# Athletics and Physical Education

## Contact Person:

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Each student must complete four activities of appropriately designated physical education courses in addition to the 120 academic credit hours required for the B.A. or the 124 required for the B.M. degree. A course approved for General Education Physical Education designation and also for a Mode of Inquiry may simultaneously serve toward the completion of both the academic requirement and one course of the physical education requirement. Transfer students who have not completed this requirement must earn one semester hour of physical education for every 30 credit hours enrolled at SUNY Potsdam, not to exceed a maximum of four credit hours or the equivalent.

Participation on an intercollegiate athletic team may be used to fulfill a maximum of two of the four required physical education activities.

A maximum of one-half of the student's requirement may be fulfilled by satisfactory completion of the same course twice.

Note: Courses numbered PE 100-299 do not count for academic credit hours and cannot be used to fulfill any requirements except the General Education Physical Education requirement. Courses numbered PE 300-499 count for non-liberal arts academic credit hours.

## Physical Education Course Descriptions (non-liberal arts credit)

PE 195, 295, 395, 495 – Special Topics (1-12)

PE 198 298, 398, 498 – Tutorial (1-3)

PE 101-244 – Physical Education Activities (1)

Development of skill for appreciation of a variety of activities for fitness and lifetime recreation. Count toward General Education Physical Education requirement.

Present course offerings are as follows. Other activities are offered at various times based on student interests and faculty expertise.

PE 102 – Badminton

PE 106 – Advanced Conditioning

PE 108 – Aerobic Kick-Boxing

PE 110 – Pilates and Conditioning

PE 114 – Golf

PE 116 – Hatha Yoga

PE 118 – Basketball

PE 119 – Soccer

PE 120 – Ultimate Frisbee

PE 121 – Ice Skating

PE 123 – Jogging and Conditioning

PE 124\* – Physical Education Activities

PE 125 – Self Defense

PE 127 – Racquetball

PE 131 – Swim for Fitness

PE 133 – Tennis

PE 135 – Volleyball

PE 136 – Weight Training

PE 137 – Softball

PE 148 – Cooperative Activities

Course instructs future teachers how to utilize free time in the classroom by incorporating the entire class in cooperative activities. Develop the knowledge to facilitate games and execute them safely and effectively. Students participate in daily activities and on two occasions teach two activities of your choice.

PE 300 – Lifeguarding (2 credits: 1 credit counts toward the General Education Physical Education requirement)

## Intercollegiate Sports

PE 210 – Women's Varsity Softball

PE 211 – Men's Varsity Basketball

PE 215 – Men's Varsity Golf

PE 216 – Men's Varsity Soccer

PE 218 – Men's Varsity Swimming

PE 223 – Women's Varsity Basketball

PE 224 – Women's Varsity Soccer

PE 225 – Women's Varsity Swimming

PE 226 – Women's Varsity Tennis

PE 228 – Women's Varsity Ice Hockey

PE 229 – Men's Varsity Ice Hockey

PE 231 – Women's Varsity Lacrosse

PE 232 – Men's Varsity Lacrosse

PE 233 – Women's Varsity Volleyball

PE 235 – Equestrian

PE 240 – Women's Varsity Cross Country

PE 241 – Men's Varsity Cross Country

PE 244 – Competitive Athletics

\* See department chair

## Coaching Certification

Students may be approved for coaching in the schools of New York State (Commissioner's Regulations, section 135.4) by successfully completing the following courses:

@PE 303 – Techniques of Coaching (2) Theory, strategy and skill development at various grade levels.

@PE 326 – Health and Sports Medicine (4) Anatomical, physiological factors in prevention, treatment and rehabilitation of pathological processes which occur in athletic participation. Fall only.

@PE 335 – Philosophy, Principles and Organization of Competitive Athletics in Education (3) Establishing guidelines for current programs; organization at elementary, junior high school and senior high school levels; local, state and national regulations; legal considerations; moral and ethical standards.