

PHYSICAL EDUCATION

200 Barnard Annex

212-854-2085

Department Administrator: Karen Arciola

Mission

The Physical Education Department subscribes fully to the College's commitment to help students realize their full potential. The diversity of the curriculum and the specialization of the faculty permit the student to focus on personal interests and learn the importance of regular participation in physical activity as a lifetime choice. These opportunities instill the basic principles of physical activity in the pursuit of wellness.

The curriculum is driven by the seven components of wellness: physical, occupational, social, intellectual, environmental, emotional, and spiritual, using the physical dimension as a foundation. Through regular participation in guided physical movement, the student gains enhanced physical fitness, improved self-esteem, and stress management techniques. Physical Education and the extra-curricular programs address the body-mind connection as the student learns skills that will influence the quality of her life currently in academic achievement and in all future endeavors.

Student Learning Outcomes

Students will be able to:

1. Demonstrate an exercise to increase muscular endurance;
2. Identify methods of assessing body composition;
3. Demonstrate knowledge of a method for monitoring cardiovascular fitness;
4. Perform pertinent warm-up and cool down exercises;
5. Recognize the benefit of physical activity in reducing stress;
6. Demonstrate increased kinesthetic awareness in chosen activity;
7. Demonstrate proper safety techniques in chosen activity;
8. Demonstrate an exercise to increase muscular strength; and
9. Perform pertinent movement activities to increase flexibility

Chair: Laura Masone (Senior Associate)

Senior Associate: Lisa Northrop

Associate: Melanie Rodriguez

Term Associate: Cindy Lanzas, Eliana Laessig

Adjunct Associates: Stephen Shulman, India Choquette, Talese Hunt

Degree Requirement

One Physical Education course is required for the General Education requirement and must be completed by the end of the First Year. One additional point of elective Physical Education may be counted towards the 122 points required for graduation, if space is available. Transfer students must complete one semester of Physical Education by the end of the Junior Year and are not eligible for the second point of credit.

Dance technique courses also fulfill the Physical Education requirement. Some Dance courses receive a letter grade as opposed to an automatic pass/fail grade. Consult the Dance Department for more information.

The Physical Education requirement may be fulfilled through satisfactory participation on an intercollegiate athletic team (including the cheerleading and dance teams). A student participating on an intercollegiate team must add the team course number on their program.

Students with Disabilities:

Both disabled and non-disabled students at Barnard are expected to complete the one semester physical education requirement by the end of the first year. Students with permanent or temporary disabilities will be individually advised and placed in a suitable activity, based upon the recommendations of the Director of the Center for Accessibility Resources and Disability Services (CARDS).

Prior to Physical Education course registration, students with disabilities are encouraged to discuss their needs with the Director of the Center for Accessibility Resources and Disability Services (CARDS) or Chair of the Physical Education Department. Priority registration may be offered on a case-by-case basis to students who need to enroll in a particular class for disability-related reasons.

All students with disabilities should self-identify to their Physical Education instructors as soon as possible in the semester and discuss any disability-related needs they may have. Please register with CARDS if you have not previously done so. You may also want to consult with your private clinician and/or a clinician from the Student Health Service regarding your particular situation.

Curriculum: The curriculum is organized and administered by the faculty of the Department of Physical Education. Instruction is offered in the areas of fitness, mind/body, and self-paced courses. Courses are designed to promote the development and enjoyment of lifetime motor skills, which will afford opportunities to realize one's potential and to provide vigorous exercise to release tensions often generated by strong academic commitments and intense urban life.

Extracurricular Fitness: Recreational use of the LeFrak Center for Well-being Fitness Center and Fitbear group fitness program is encouraged. All Barnard students, faculty, and staff are eligible to use these programs.

Intercollegiate Athletics: The Barnard/Columbia Athletic Consortium provides the opportunity for eligible undergraduate women to compete together as members of University-wide athletic teams. Sixteen varsity sports are currently sponsored: archery, basketball, crew, cross country, fencing, field hockey, golf, lacrosse, soccer, softball, squash, swimming & diving, tennis, indoor and outdoor track & field, and volleyball. Governed by NCAA and Ivy League rules, all teams are Division I. Competition is scheduled with teams from the Ivy League, the metropolitan area, and the eastern region. In addition, students are eligible to qualify for regional and national championships. Physical Education credit may be earned through satisfactory participation on a varsity team.

Registration: Registration takes place during the assigned Registration window. Information is available in the Registrar's Office or website.

Cross Registration: Barnard students may receive credit for a Columbia Physical Education course, if space is available. Admittance is at the discretion of the Columbia Physical Education Chair.

MIND/BODY COURSES

BEGINNING YOGA (PHED BC1693)

An introduction to Hatha Yoga focusing on the development of the physical body to increase flexibility and strength. Breathing practices and

meditation techniques that relax and revitalize the mind and body are included.

PILATES PRACTICE (PHED BC1900)

This is a beginning level Pilates mat course adapted to an at-home practice format. A combination of online resources in Panopto/Canvas and in-person meetings will be used to track student practice and progress. Regular home practice will teach students to make exercise a part of their regular routine despite time constraints. It will teach them the confidence to incorporate exercise into their lives without being dependent on a group class.

TAI CHI (PHED BC1691)

MUSCULAR STRENGTH/ENDURANCE COURSES

BODY SCULPTING (PHED BC1581)

Muscle definition exercises using weights, bands and bars for the whole body, set to music.

Cardio Circuits (PHED BC1592)

A studio-based course designed to improve cardiovascular fitness, endurance, and overall health. Through a variety of high-energy workouts, participants will utilize dumbbells, resistance bands, and bodyweight exercises to enhance their cardiovascular training. This course features dynamic routines, including aerobic workouts, interval and circuit training, and strength-infused cardio sessions, all tailored to accommodate varying fitness levels.

SPECIAL COURSES

FITNESS OUTSIDE (PHED BC1550)

This fitness course is held completely outside ... uses no electricity or technology ... and highlights the outdoor experience to promote good health, improve brain function, focus and memory, reduce stress, and improve self-esteem and resilience. Students experience green space and nature with an immediate lowering of stress hormones thus boosting mood and happiness. This course is designed to provide the right amount of technique and motivation for every fitness level by combining light cardiovascular and muscular endurance exercises in an outdoor setting. Students must be willing to workout in public spaces.

Cross-Listed Courses