

# 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 women 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

**Adjunct Associates:** Stephen Shulman, India Choquette, Talese Hunt, Eliana Laessig, Selma Trevino

## Degree Requirement

One Physical Education course is required and must be completed by the end of the first year. One point will be earned for this one course. Students in the Barnard/JTS dual program must complete one Physical Education course by the end of the junior year. One additional point of elective Physical Education may be counted towards the 122 points required for graduation. 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. One-point studio courses in the Dance Department also fulfill the Physical Education requirement.

### 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 Barnard Fitness Center and Fitbear group fitness program is encouraged. All Barnard students, faculty, and staff are eligible to use these programs.

*The Barnard Fitness Center is under construction and will be closed for the 2023-2024 academic year. Please check membership at Dodge Fitness Center.*

**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 assigned Registration window. Information is available in the Registrar's Office or web site. Students should include the Physical Education course by number, section, title, and I.D. number on final programs filed with the Registrar.

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

## CARDIOVASCULAR COURSES

## MIND/BODY COURSES

PHED BC1900 PILATES PRACTICE

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)

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.

## **MUSCULAR STRENGTH/ENDURANCE COURSES**

### **SPECIAL COURSES**

#### **Cross-Listed Courses**