

Fitness/Physical Activity Requirement

Each student is required to complete successfully a two-part fitness and physical activity requirement. The Fitness Component of the requirement is met by successful completion PHED 102 Introduction to Lifelong and Sports Fitness. The Activity Component may be met by registration for and successful completion of one course selected from among the Varsity Sport Sequence (PHED 150-164), the Performance Activity courses (110, 120-123, 132, 134), the Intense Conditioning Sequence (PHED 137, 138), Yoga (PHED 140), Introduction to Riding (PHED 183), Fly Fishing (PHED 104-105), or Dance (FINA 133-138). Students with documented disabilities are offered accommodations and modifications on a case by case basis in compliance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973.