



Physical Education Recreation Athletics

DID YOU KNOW?

- PERA offers nearly 50 PE classes each semester
- PERA sponsors 14 Varsity Sports
- PERA provides a multitude of recreation programs

WHAT KINDS OF PHYSICAL EDUCATION CLASSES ARE OFFERED?

Dance, Swimming, Sailing, Canoe, Racquet Sports, Yoga, Pilates, Fitness, Self Defense, Martial Arts, Archery, Rock Climbing, Volleyball, Golf, Fencing, and Games to name a few!

WHERE CAN I FIND INFORMATION ABOUT RECREATION OFFERINGS?

See web.wellesley.edu/web/Athletics/Recreation

Opportunities range from Aerobics to Scuba to White Water Rafting to Dorm Crew to Fun Runs to Downhill Skiing to Cross Country Skiing to Intramurals to Kayaking. The fun is endless!

WHAT CLUB SPORTS ARE OFFERED?

PERA supports eight club sports that compete against clubs from area colleges:

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|------------|-----------------------|
| Equestrian | Skiing |
| Ice Hockey | Synchronized Swimming |
| Rugby | Ultimate Frisbee |
| Sailing | Water Polo |

Wellesley also sponsors a host of dance clubs.

See web.wellesley.edu/web/Athletics/Recreation/clubs.psml

WHAT VARSITY SPORTS ARE OFFERED?

Wellesley offers 14 Varsity Sports:

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|---------------------------|---------------------|
| Basketball | Soccer |
| Crew (Novice and Varsity) | Softball |
| Cross Country | Squash |
| Fencing | Swimming and Diving |
| Field Hockey | Tennis |
| Golf | Track and Field |
| Lacrosse | Volleyball |

See www.wellesleyblue.com/landing/index

First-Year-Only PE Courses

Beginning this fall, PERA is pleased to offer seven class sections that are limited to First-Year students:

- 100A Zumba TF 3pm
- 103A Pilates TF 8:30am
- 111A Fusion Fitness TF 1:40pm
- 114A Strength Training TF 9:50am
- 141A Boot Camp MTh 9:50am
- 510A Rock Climbing TTh 7pm
- 661B Beginning Yoga MTh 3pm

While these courses will focus primarily on the physical skills involved in their activities, limiting enrollment to incoming students will:

- Allow first-years access to the most popular PE classes.
- Provide a "team-based approach" to learning and an immediate and supportive social network.
- Enable instructors to serve as unofficial mentors to incoming students, helping them to acquire the healthy habits and skills necessary to make a successful transition to college.



Wellesley College Physical Education FAQ

How many PE credits does the College require?

The College requires all students to earn eight PE credits. Semester classes are worth four credits; term classes are two. Students may also earn PE credit for varsity athletics (max 4 credits per sport per year) and certain recreation programs (max 2 credits overall). **These PE credits are separate from (and do not count toward) the 32 academic credits the College requires for graduation.**

How long do I have to fulfill the PE requirement?

Our department highly recommends that students fulfill the requirement by the end of their sophomore year. We strongly encourage you to enroll in a semester PE class this fall.

When do I register for physical education courses?

PE registration for Fall 2011 courses will be August 31 and September 1, from 8am to 11pm each day. **First-Years have priority on day one.** This fall is the best opportunity to get into the course you want. See <http://web.wellesley.edu/web/Athletics/PhysicalEducation/registration.psml>

How can I find out what physical education courses are offered and when they meet?

See <http://web.wellesley.edu/web/Athletics/PhysicalEducation/schedule.psml>

Does a physical education course count as one of my four academic classes per semester?

No, a PE course does not count as one of your four academic classes. Students enjoy and benefit from the balance that physical activity brings to their academic work.

Will PE courses appear in my online academic schedule in Banner? Will they appear on my transcript or effect my GPA?

No, No, and No. PE courses will appear only in your "PE History" in MyWellesley, not in your online academic schedule. The only PE-related information that will appear in your permanent record (or on your transcript) is a note indicating that you fulfilled the PE graduation requirement.

May I take more than one PE course per semester/term?

Yes, students may take more than one PE course at a time. Note, however, that the online registration system allows students to enroll in only one class and waitlist for one class.

PERA is the catalyst for all students to LEARN, PLAY, COMPETE, and achieve an active balanced lifestyle.