

Physical and Health Education

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Higher Education Officers:

- Carrie Thomas (Administrator in Charge/Assistant Compliance Officer/Head Women's Volleyball Coach)
- John Alesi (Athletic Coordinator & Compliance / Head Coach - Men's Basketball)
- Naomi Chang (Athletics Trainer)
- Dima Kamenshchik (Equipment Manager/Assistant SID)
- Charles Lampasso (Aquatics Program Director/Men's & Women's Swimming Coach)
- John Neves (Assistant Athletic Director/Sports Information Director/Student Support Services)

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Field Description

Physical and health education course offerings and extra - curricular programs are designed to provide fulfilling experiences for the individuals physical, mental, and social life. In addition to courses in physical education, health education, dance education, and safety education, the program oversees the Office of Intercollegiate Athletics and the Office of Intramurals and Recreation. Most activities are coed, except as otherwise noted.

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Intercollegiate Athletics

The Office of Intercollegiate Athletics conducts a program of athletic competition with other collegiate institutions in the sports of baseball, basketball, soccer, swimming, tennis, and volleyball for men; basketball, cross-country, softball, swimming, tennis, and volleyball for women; and coed archery. It also sponsors a cheerleading squad. Membership on these teams is open to all qualified students. The College is a member of the National Collegiate Athletic Association (NCAA) and the Eastern College Athletic Conference (ECAC), as well as other regional and metropolitan athletic conferences. Please contact the director of athletics in Room B1-102 at the Newman Vertical Campus, located at 55 Lexington Avenue at 24th Street, or call 646-312-5042 for further information.

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Intramurals and Recreation

The Office of Intramurals and Recreation offers extensive activities and programs to meet the needs and interests of a diverse population of participants. This program utilizes all the facilities and appropriate equipment of the department when supervision is available and is offered as a supplement to the departments diversified elective course offerings. Please contact the director of intramurals in Room B1-103 at the Newman Vertical Campus, 55 Lexington Avenue at 24th Street, or call 646-312-5045 for further information.

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Courses

Courses in Physical Education (PED)

PED 1110	Basketball (Men)	2 hours; 1 credit
PED 1112	Soccer (Men)	2 hours; 1 credit
PED 1117	Sabre Fencing (Men)	2 hours; 1 credit
PED 1118	Power Volleyball (Men)	2 hours; 1 credit
PED 1119	Foil Fencing (Men)	2 hours; 1 credit
PED 1210	Basketball (Women)	2 hours; 1 credit
PED 1219	Foil Fencing (Women)	2 hours; 1 credit
PED 1309	Volleyball and Badminton	2 hours; 1 credit
PED 1310	Karate Skill Techniques	2 hours; 1 credit
PED 1311	Tennis	2 hours; 1 credit
PED 1312	Fencing (Coed)	2 hours; 1 credit
PED 1313	Archery	3 hours; 1 credit
PED 1314	Volleyball	2 hours; 1 credit
PED 1316	Swimming for Beginners	2 hours; 1 credit
PED 1317	Swimming (Intermediate)	2 hours; 1 credit
PED 1323	Fitness and Weight Training	2 hours; 1 credit
PED 1325	Badminton	2 hours; 1 credit
PED 1410	Introductory Tap Dancing	2 hours; 1 credit
PED 1411	Ethnic and Cultural Dance	2 hours; 1 credit
PED 1412	Modern (Interpretive) Dance	2 hours; 1 credit
PED 1413	Aerobic Dance	2 hours; 1 credit
PED 2110	Advanced Basketball (Men)	2 hours; 1 credit
PED 2310	Karate Skill Techniques (Advanced)	2 hours; 1 credit
PED 2313	Techniques for Lifetime Fitness	3 hours; 2 credits
PED 2322	Advanced Swimming/Lifesaving	3 hours; 2 credits
PED 2323	Water Safety Instructor Training	3 hours; 2 credits
PED 2325	Recreational Activities for the Physically Limited Individual	2 hours; 1 credit
PED 2412	Intermediate Modern Dance	2 hours; 1 credit

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Courses in Health Science

HED 1810	Safety Education and First Aid	2 hours; 2 credits
HED 1911	Critical Health Issues	3 hours; 3 credits
HED 1914	Alcohol and Drug Abuse	3 hours; 3 credits
HED 1915	Human Sexuality and Family Planning	3 hours; 3 credits
HED 1917	Nutrition and Health	3 hours; 3 credits
HED 1930	Women and Health	3 hours; 3 credits
HED 2920	Health Learning in the Elementary School	2 hours; 2 credits

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