

# Physical and Health Education

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## Higher Education Officers:

- Raymond Rankis (Director of Athletics )
- John Alesi (Athletic Coordinator)
- Naomi Chang (Athletics Trainer)
- Machli Joseph (Deputy Director of Athletics)
- Dima Kamenshchik (Equipment Manager)
- Charles Lampasso (Aquatics Program Director)
- John Neves (Assistant Athletic Director/Sports Information Director)
- Carrie Thomas (Head Women's Volleyball Coach & Senior Women's Administrator)

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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)

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

<a href="#">PED 2412</a>	Intermediate Modern Dance	2 hours; 1 credit
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#### Courses in Health Science

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

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