PE Requirement Checklist

PE REQUIREMENT FOR GRADUATION: 4 PE units + swim test

PE COURSE OFFERINGS: 1 PE unit per class (quarter).

FALL I (1st day of fall classes to fall break)
FALL II (after fall break to semester end)
SPRING I (1st day of spring classes to spring break)
SPRING II (after spring break to semester end)

VARSITY SPORTS (2 PE units per sport/per year):

FALL
FIELD HOCKEY
M. SOCCER
W. SOCCER
M. CROSS COUNTRY
W. CROSS COUNTRY
VOLLEYBALL

WINTER
M. BASKETBALL
W. BASKETBALL
M. SWIMMING
W. SWIMMING
W. BADMINTON
M. INDOOR TRACK & FIELD
W. INDOOR TRACK & FIELD

SPRING
GOLF
BASEBALL
SOFTBALL
M. LACROSSE
W. LACROSSE
M. TENNIS
W. TENNIS
M. OUTDOOR TRACK & FIELD
W. OUTDOOR TRACK & FIELD

PE DANCE CLASSES TAKEN THROUGH THE DANCE DEPARTMENT – 2 PE units per semester

(continued)
*CLUB SPORTS* (see notes)

- M. ULTIMATE  (fall & spring)
- W. ULTIMATE  (fall & spring)
- M. RUGBY  (fall & spring)
- W. RUGBY  (fall & spring)
- M/W FENCING  (fall & spring)
- M. BADMINTON  (winter)

*STUDENT ACTIVITY GROUPS (SAGs)* (see notes)

- AEROBICS  (2nd quarter fall and 2nd quarter spring)
- AIKIDO  (fall & spring)
- CAPOEIRA  (fall & spring)
- FOLK DANCE  (fall & spring)
- M. SOCCER  (fall)
- SQUASH  (winter)
- SWING DANCE  (fall & spring)
- TANGO  (fall & spring)
- COED OUTDOOR VOLLEYBALL  (spring only)
- WING CHUN SELF-DEFENSE CLUB  (fall & spring)

**INTRAMURAL SPORTS** - NO PE UNITS GIVEN

**INDEPENDENT STUDY** - NO PE UNITS GIVEN

**SWIM TEST** – Mandatory. Given to freshmen during orientation. Students who cannot swim well enough to pass the test must take a swimming class, which satisfies the swim test requirement and earns 1 PE unit.

Swim test protocol: Each individual must enter the pool via the shallow end and swim 75 yards (3 pool lengths) continuously without stopping at either end or in the middle. Finishing up in the deep end, get out of the water without using the ladder. Re-enter the water in the deep end with a feet-first jump and tread or float (no swimming) in deep water for 2 minutes.

**NOTES**

1. Beginning with the class of 2019, a maximum of two PE units can be obtained through participation in club sports or SAGs. The remaining two PE units necessary to graduate must be obtained through PE courses or varsity sports offered by the Department of Physical Education and Athletics, or by PE Dance courses offered by the Dance Program in the Department of Music and Dance.

2. Beginning the 2016-17 school year, seniors can only obtain PE units through PE courses or varsity sports offered by the Department of Physical Education and Athletics, or by PE Dance courses offered by the Dance Program in the Department of Music and Dance.

8/24/18