

PHYSICAL EDUCATION

Departmental Office: 336 Dodge Physical Fitness Center; 212-854-3439; perec.columbia.edu

Director of Undergraduate Studies: Director of Physical Education and Recreation, Jeffrey Ryder, 332 Dodge Physical Fitness Center; phed@columbia.edu; 212-854-4001

Departmental Administrative contact: 212-854-3439

The Physical Education Department offers a variety of activities in the areas of aquatics, fitness, martial arts, individual/ dual sports, team sports, and outdoor education. Most of the activities are designed for the beginner level. Intermediate/advanced courses are offered at selected times. All courses are designed to develop and/or improve skills and knowledge, increase physical activity, and promote well-being. Courses aim to promote holistic, sustainable opportunities to engage with physical activity and physical well-being concepts. A major goal is to provide a positive, enjoyable experience for students, leading to the development of an active, healthy lifestyle.

The majority of the courses are offered in ten time preferences. However, there are early morning classes, Friday-only classes at Baker Athletics Complex, and specialty courses that utilize off-campus facilities during weekends. A description of the scheduled activities for each time preference is included in the Department of Physical Education [website](#).

A list of the activities for the term is included in the *Directory of Classes* and on the website. Students may select physical education courses during online registration. Students may register for only one section of Physical Education each term.

Physical Education Requirement

Successful completion of two Physical Education courses is a Columbia College requirement that students are advised to complete by the end of the first year. Students may elect to take one or two additional terms of Physical Education Activities for credit. Students receive 1 point of academic credit for each completed term of physical education for a possible total of 4 points.

For more information on this requirement, please visit the *Core Curriculum* –Physical Education Requirement section of the bulletin.

Medical Conditions

Students who request to have their Physical Education activities limited or waived because of a medical condition should contact the Director of Undergraduate Studies for Physical Education. In some situations, students may require an evaluation by a clinician at Health Services at Columbia in order to receive a waiver. In consultation with the Director of Physical Education, students may be instructed to contact Dr. Melanie Bernitz, Senior Vice President for Columbia Health, who facilitates these evaluations.

Grading

The grading in all physical education courses is Pass/Fail. Students who fulfill the attendance and participation requirement receive a Pass. Those who miss more than the permissible number of classes and who do not drop the course by the official drop deadline receive a W (Withdrawal), UW (Unofficial Withdrawal), or F (Fail). Those who

anticipate attendance problems should contact their instructors or the Director of Undergraduate Studies for Physical Education.

Swim Test

All students are also required to pass a swimming test or take beginning swimming for one term to fulfill the swimming requirement. A waiver of the swimming test requirement may be granted if a student has a disability certified by a medical authority that precludes swimming. Students may also request waivers and accommodations on the grounds of religious observance or gender identity/expression. All requests for waivers and accommodations are reviewed by the Director of Physical Education.

Intercollegiate Athletics

Students who are participating on an intercollegiate team should register for the appropriate team section of PHED UN1005 INTERCOLLEGIATE ATHLETICS. Intercollegiate athletes are responsible for taking the swimming test. Student-athletes who cannot pass the test should take beginner swimming at the first possible opportunity.

Student-athletes who register correctly and participate on a team receive a Pass; those who drop off a team in midterm and still wish to receive academic credit must notify the Physical Education Office and be placed in an activity to complete the attendance requirement. Otherwise, the student must officially drop *Intercollegiate Athletics* or they receive a mark of W (Withdrawal).

Director of Physical Education Programs

Jeffrey Ryder

Associates

Jack Abelson
Colin Allison
Michael Aufrichtig
Al Bagnoli
Paige Barre
Tracey Bartholomew
Alexandra Bassetti
Kayla Bautista
Joseph Blasetti
James Bolster
Brett Boretti
Jake Brown
Alex Canale
Tobe Carberry
Tom Carty
Diana Caskey
Demerae Christianson
Simon Cleary
Stephen Conway/li>
Sean Cooper
Tyler Cordell
Theodore Cowling
Nicholas Cruz
Emerson Curry
Derek Davis
Katie DeSandis
Laki Djokovic
Scott Donie
Howard Endelman

Jim Engles
Aliza Feuerstein
Wilfred Frederic
Liv Gardner
Lea Georgatos
Ralph Green
Meg Griffith
Matt Hall
Jumpei Harada
Andrew Hess
Cole Hester
Dan Ireland
Brian Jines
Olivia Kelly
Amphone Keovongmanysar
Anastasia Kirtiklis
Laurel Korholz
Beth Krysiak
Eliana Laessig
Andrew Laiosa
Tierney Larson
Gustavo Leal
SeoungWoo Lee
Frank Lisante
Reanna Lizardo
James McDermott
Yuki Miyazawa
Rich Mueller
Anne Murray
Shannon Nee
Sara Negrette
Meghan Negrón
Joseph Nord
Gina Orlando
Kristen O'Rourke
Nich Lee Parker
Ken Pollard
Melanie Rodriguez
Franky Rosseland-Harrison
Sophia Rouze
Skyler Russo
Chris Sachvie
Tamara Sagadore
Andrew Sanchez
Patrick Santiago
Daniel Segui
Steve Shulman
Akhnaten Spencer-El
Zach Tanelli
Jen Teague
Tom Terhaar
Selma Trevino
Dan Tischler
Amanda Ventura
Nayelly Walker
Chad Walsh
Samantha Warren
Amy Weeks
Ilene Weintraub
Thomas Wenk

Amber Williams
James Wyatt

PHED UN1001 PHYSICAL EDUCATION ACTIVITIES. 1.00 point.

The times listed in the on-line Directory of Classes are the actual class times for each time preference. A description of the scheduled activities for each time preference is posted on the department Web site, perec.columbia.edu

Fall 2024: PHED UN1001

Course Number	Section/Call Number	Times/Location	Instructor	Points	Enrollment
PHED 1001	111/14476	M W 9:00am - 9:50am Urs Dodge Fitness Center	James Bolster, Jeffrey Ryder, Diamond Stewart, William Hall	1.00	20/20
PHED 1001	112/14477	M W 9:00am - 9:50am Urs Dodge Fitness Center	Jeffrey Ryder, Scott Donie, Diamond Stewart, William Hall	1.00	10/10
PHED 1001	113/14478	W 9:00am - 9:50am S12 Dodge Fitness Center	Jeffrey Ryder, Diamond Stewart, William Hall, David Pickett	1.00	20/20
PHED 1001	114/14479	W 9:00am - 9:50am Lgl Dodge Fitness Center	Jeffrey Ryder, Diamond Stewart, William Hall, Madison Maida, Eric Oakley	1.00	20/20
PHED 1001	115/14480	M W 9:00am - 9:50am Ar3 Dodge Fitness Center	Stephen Shulman, Jeffrey Ryder, Diamond Stewart, William Hall	1.00	20/20
PHED 1001	116/14481	M W 9:00am - 9:50am Ubg Dodge Fitness Center	Jeffrey Ryder, Diamond Stewart, William Hall	1.00	16/16
PHED 1001	121/14482	M W 10:00am - 10:50am Ubg Dodge Fitness Center	Jeffrey Ryder, Jake Brown, Diamond Stewart, William Hall	1.00	20/20
PHED 1001	122/14483	W 10:00am - 10:50am S12 Dodge Fitness Center	Jeffrey Ryder, Theodore Cowling, Diamond Stewart, William Hall	1.00	20/20
PHED 1001	123/14484	W 10:00am - 10:50am Lgl Dodge Fitness Center	Jeffrey Ryder, Diamond Stewart, William Hall, Madison Maida, Eric Oakley	1.00	20/20
PHED 1001	124/14701	M W 10:00am - 10:50am Urs Dodge Fitness Center	Jeffrey Ryder, Diamond Stewart, William Hall	1.00	20/20
PHED 1001	125/14702	M W 10:00am - 10:50am Ar3 Dodge Fitness Center	Stephen Shulman, Jeffrey Ryder, Diamond Stewart, William Hall	1.00	20/20
PHED 1001	126/14703	W 10:30am - 12:00pm Lgl Dodge Fitness Center	Gina Orlando, Jeffrey Ryder, Kayla Bautista, Diamond Stewart, William Hall	1.00	0/16
PHED 1001	131/14704	M W 11:00am - 11:50am Ubg Dodge Fitness Center	Jeffrey Ryder, Diamond Stewart, William Hall, Frances Rosseland-	1.00	20/20

PHED UN1002 PHYSICAL EDUCATION ACTIVITIES. 1.00 point.

The required Physical Education program offers a variety of activities in the areas of strength training, dance, cardio fitness, martial arts, individual and dual sports, team sports, and outdoor education. It is our goal that the experiences provided by these activities will contribute to the development of an active, healthy lifestyle

Spring 2024: PHED UN1002

Course Number	Section/Call Number	Times/Location	Instructor	Points	Enrollment
PHED 1002	101/15334	W 8:00am - 8:50am Lgl Dodge Fitness Center	David Vandercook, Jeffrey Ryder, Diamond Stewart, William Hall, Thomas Carty	1.00	30/30
PHED 1002	111/15335	W 9:00am - 9:50am Lgl Dodge Fitness Center	Jeffrey Ryder, Diamond Stewart, William Hall, Madison Maida, David Pickett	1.00	29/26
PHED 1002	112/15338	M W 9:00am - 9:50am Urs Dodge Fitness Center	Jeffrey Ryder, Diamond Stewart, William Hall	1.00	24/26
PHED 1002	113/15339	M W 9:00am - 9:50am Ar3 Dodge Fitness Center	Stephen Shulman, Jeffrey Ryder, Diamond Stewart, William Hall	1.00	24/22
PHED 1002	114/15340	M W 9:00am - 9:50am Ubg Dodge Fitness Center	Jeffrey Ryder, Richard Nisbett, Diamond Stewart, William Hall	1.00	22/25
PHED 1002	121/15341	W 10:00am - 10:50am S12 Dodge Fitness Center	Jeffrey Ryder, Theodore Cowling, Diamond Stewart, William Hall	1.00	20/24
PHED 1002	122/15342	M W 10:00am - 10:50am Ubg Dodge Fitness Center	Jeffrey Ryder, Tobe Carberry, Diamond Stewart, William Hall	1.00	30/30
PHED 1002	123/15344	M W 10:00am - 10:50am Urs Dodge Fitness Center	Diana Caskey, Jeffrey Ryder, Diamond Stewart, William Hall	1.00	19/22
PHED 1002	124/15345	M W 10:00am - 10:50am Ar3 Dodge Fitness Center	Stephen Shulman, Jeffrey Ryder, Diamond Stewart, William Hall	1.00	25/22
PHED 1002	125/15346	W 10:30am - 12:00pm Lgl Dodge Fitness Center	Gina Orlando, Jeffrey Ryder, Kayla Bautista, Diamond Stewart, William Hall	1.00	18/20
PHED 1002	131/15347	M W 11:00am - 11:50am Ubg Dodge Fitness Center	Jeffrey Ryder, Diamond Stewart, William Hall, Andrew Sanchez	1.00	30/32
PHED 1002	132/15350	W 11:00am - 11:50am S12 Dodge Fitness Center	Jumpie Harada, Jeffrey Ryder, Diamond Stewart, William Hall	1.00	35/31
PHED 1002	133/15351	M W 11:00am - 11:50am	Jeffrey Ryder	1.00	10/12

PHED UN1005 INTERCOLLEGIATE ATHLETICS. 0.00-1.00 points.

Archery, Mens/Womens Golf, Baseball, Womens Lacrosse, Womens Basketball, Womens Soccer, Mens Basketball, Mens Soccer, Womens Rowing, Womens Softball, Mens Freshman Light Row, Womens Swimming, Mens Freshman Heavy Row, Mens Swimming, Mens Varsity Light Row, Womens Tennis, Mens Varsity Heavy Row, Mens Tennis, Womens Fencing, Womens Track, Mens Fencing, Mens Track, Womens Field Hockey, Womens Volleyball, Football, Wrestling, Womens Squash, and Mens Squash

Spring 2024: PHED UN1005

Course Number	Section/Call Number	Times/Location	Instructor	Points	Enrollment
PHED 1005	001/15291		Derek Davis, Jeffrey Ryder, Diamond Stewart, William Hall	0.00-1.00	7/20
PHED 1005	002/15292		Brett Boretti, Jeffrey Ryder, Diamond Stewart, William Hall	0.00-1.00	23/50
PHED 1005	003/15294		Megan Griffith, Jeffrey Ryder, Diamond Stewart, William Hall	0.00-1.00	8/35
PHED 1005	004/15295		James Engles, Jeffrey Ryder, Diamond Stewart, William Hall	0.00-1.00	4/35
PHED 1005	005/15296		Michael Aufrichtig, Jeffrey Ryder, Diamond Stewart, William Hall	0.00-1.00	4/60
PHED 1005	006/15297		Michael Aufrichtig, Jeffrey Ryder, Diamond Stewart, William Hall	0.00-1.00	5/60
PHED 1005	007/15298		Katherine Desandis, Jeffrey Ryder, Diamond Stewart, William Hall	0.00-1.00	3/60
PHED 1005	008/15299		Gregory Lamb, Jeffrey Ryder, Diamond Stewart, William Hall	0.00-1.00	20/150
PHED 1005	009/15301		Amy Weeks, Jeffrey Ryder, Diamond Stewart, William Hall	0.00-1.00	4/25
PHED 1005	010/15302		Richard Mueller, Jeffrey Ryder, Diamond Stewart, William Hall	0.00-1.00	7/25
PHED 1005	011/15303		Jeffrey Ryder, Diamond Stewart, William Hall, Anne Murray	0.00-1.00	14/50
PHED 1005	012/15305		Emerson Curry, Jeffrey Ryder, Diamond Stewart, William Hall	0.00-1.00	26/75
PHED 1005	013/15306		Nicholas Parker, Jeffrey Ryder	0.00-1.00	2/60

PHED UN3998 INDEPENDENT STUDY. 1.00 point.

Independent Study

Spring 2024: PHED UN3998

Course Number	Section/Call Number	Times/Location	Instructor	Points	Enrollment
PHED 3998	001/15329		Jeffrey Ryder, Sara Negrette, Diamond Stewart, William Hall	1.00	11/8
PHED 3998	002/15330		Jeffrey Ryder, Sara Negrette, Diamond Stewart, William Hall	1.00	2/8

Fall 2024: PHED UN3998

Course Number	Section/Call Number	Times/Location	Instructor	Points	Enrollment
PHED 3998	001/14431		Jeffrey Ryder, Sara Negrette, Diamond Stewart, William Hall	1.00	0/8