PHYSICAL EDUCATION REQUIREMENTS

Physical Education is a degree requirement. The physical education program concentrates on lifetime activities and sports, so that all students leave Middlebury College with exposure to sports or recreational activities in which they have developed a degree of skill and interest, which will be an asset to them in later years. Each course carries one unit of physical education credit. Each class meets for approximately one hour per day unless otherwise noted.

REQUIREMENT:

Before graduation, students must complete two courses to receive the required two credits. Students who have not completed their requirement before the end of their final semester will not be eligible to graduate.

Students may use participation on varsity intercollegiate teams as a way of satisfying the physical education requirement.

The Physical Education department also recognizes participation in five club sports. The five club sports that can receive a physical education credit are Rugby, Crew, Water Polo, Equestrian and Sailing, which have a coach on site for practices and games. In order to receive a physical education credit, students must participate in one full semester of Crew, Rugby, Water Polo, Sailing or Equestrian. Each of these club sports will equal one Physical Education credit. The following dance courses are also eligible for credit: DANC 160, DANC 161, DANC 162, DANC 260, DANC 261, DANC 276, DANC 360, DANC 361, DANC 380, DANC 381.

Physical Education credit may also be received by presenting certification cards in American Red Cross or American Heart Association Standard Adult First Aid and CPR, or PADI or NAUI scuba. One credit for each certification may be obtained. These certifications must be earned at any point during the student’s time at Middlebury.

Students who wish to elect additional courses beyond those required for graduation are encourages to do so, and should register on Banner for the appropriate course.