

ATHLETICS, PHYSICAL EDUCATION, AND RECREATION

Courses offered through the Department of Athletics, Physical Education, and Recreation are listed under the subject code ATHLETIC (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=ATHLETIC&filter-departmentcode=ATHLETIC=on&filter-coursestatus=Active=on>), OUTDOOR (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=OUTDOOR&filter-departmentcode=OUTDOOR=on&filter-coursestatus=Active=on>), PE (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=PE&filter-departmentcode=PE=on&filter-coursestatus=Active=on>), and WELLNESS (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=WELLNESS&filter-departmentcode=WELLNESS=on&filter-coursestatus=Active=on>) on the Stanford Bulletin's ExploreCourses (<https://explorecourses.stanford.edu/browse>) web site. Most courses are activity classes and carry 1 unit of credit for satisfactory completion of work. Although there is no limitation on the number of activity classes in which a student may enroll, no more than 8 units of these activity classes (and/or other University activity classes) may be applied toward undergraduate graduation requirements. See the "Credit (<http://exploreddegrees.stanford.edu/undergraduatedegreesandprograms/#credittext>)" tab of the "Undergraduate Degrees (<http://exploreddegrees.stanford.edu/undergraduatedegreesandprograms>)" section of this bulletin for complete information. Course fees, as applicable, are posted to the student's University account.

Department of Athletics, Physical Education, & Recreation Mission

From its founding in 1891, Stanford University's leaders have believed that physical activity is valuable for its own sake and that vigorous exercise is complementary to the educational purposes of the University. Within this context for human development, it is the mission of Stanford's Department of Athletics, Physical Education, and Recreation to offer a wide range of high quality programs which will encourage and facilitate all participants to realize opportunities for championship athletic participation, physical fitness, health, and well being.

The mission of Stanford Recreation is to provide a balanced and holistic approach to the growth and wellness of our students, faculty, and staff by delivering best-in-class co-curricular programs and resources.

The department's classes and programs aim to promote understanding of the value and role of physical activity as an important dimension of the human condition, to develop performance skills in sport, to develop the habit of participation, and to provide leadership opportunities in aquatics, sports, and other physical activities. To this end, the program encompasses a diversity of learning and participating opportunities from informal recreation through organized intramural competition, basic instructional classes, and theoretical study to, and including, intercollegiate athletic competition.

There are no degree programs currently offered in Athletics, Physical Education, and Recreation.

Facilities

Athletic facilities are located throughout campus. They include, but are not limited to Arrillaga Center for Sport and Recreation (Squash, Fencing, fitness & physical education facility for students, faculty, &

staff), Arrillaga Family Sports Center (Home to DAPER), Arrillaga Outdoor Education & Recreation Center (Outdoor Education, Avery Recreation Pool, fitness & Physical Education facility for students, faculty & staff), Avery Aquatic Center (Swimming & Diving, Water Polo, Synchronized Swimming), Bill & Joyd Smith Family Stadium (Softball), Burnham Pavillion & Ford Center (Gymnastics, Volleyball), Cobb Track and Angell Field (Track & Field), Klein Field at Sunken Diamond (Baseball), Laird Q. Cagan Stadium at Maloney Field (Soccer, Lacrosse), Maples Pavillion (Basketball, Volleyball), Red Barn (Equestrian), Siebel Varsity Golf Training Complex (Golf), Stanford Campus Recreation Association (Stanford's community center for faculty, senior staff and their families), Stanford Golf Course (Golf, Cross Country), Stanford Rowing & Sailing Center (Rowing, Sailing, Lightweight Rowing), Stanford Stadium (Football), Steuber Rugby Stadium & Doyle Family Clubhouse (Rugby), Taube Family Tennis Center (Tennis), West Campus Tennis Courts, Varsity Field Hockey Turf (Field Hockey), Sand Hill Intramural Fields, Roble Field, Tresidder Fitness Center, Manzanita Basketball Court and Field.

Lockers

Lockers are available for rent to faculty/staff and students at the Arrillaga Outdoor Education Recreation Center, Arrillaga Family Sports Center, and the Ford Center.

Contacts

Office: Arrillaga Family Sports Center

Mail Code: 94305-6150

Phone: (650) 723-4591

Web Site: (<http://gostanford.com>)<http://gostanford.com> (<http://gostanford.com>)

Web Site: <http://clubsports.stanford.edu> (<http://clubsports.stanford.edu>)

Web Site: <http://smap.stanford.edu> (<http://smap.stanford.edu>)

Courses offered by Athletics are listed under the subject code

ATHLETIC (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=ATHLETIC&filter-departmentcode=ATHLETIC=on&filter-coursestatus=Active=on>) on the Stanford Bulletin's ExploreCourses (<https://explorecourses.stanford.edu/browse>) web site.

Athletics Programs

Intercollegiate Athletics

In keeping with American university tradition, Stanford offers a broad intercollegiate athletic program. The objectives are to provide the opportunity to compete at the highest possible level without jeopardizing the integrity of the individual or the institution; to adhere strictly to all University, association, and conference rules governing athletic participation; and to encourage effectively the achievement of academic goals by student athletes at the same rate as other University students.

As a member of the National Collegiate Athletic Association (NCAA), Stanford fields both men's and women's varsity teams. Those for men are baseball, basketball, crew, cross country, fencing, football, golf, gymnastics, sailing, soccer, swimming and diving, tennis, track and field, volleyball, water polo, and wrestling. Those for women are basketball, crew, cross country, fencing, field hockey, golf, gymnastics, lacrosse, sailing, soccer, softball, squash, swimming and diving, synchronized swimming, tennis, track and field, volleyball, sand volleyball and water polo. Both men's and women's teams are affiliated with the Pacific Twelve Conference. Additional or alternative intercollegiate athletic competition is available for all teams.

Club Sports Program

Stanford Club Sports supports intercollegiate competition for non-varsity Club Sports teams at the highest level by providing opportunities for student leadership development as well as appropriate resources to support team and individual success in development, training, and

competition. The program is actively supervised by the Associate Director for Recreation Sports and Physical Education, along with the Coordinator for Club Sports and Intramural Sports but the emphasis is for team operations to be student-driven. Students who are returning and committed members of teams that meet the criteria for inclusion in the formal curriculum may register for units of credit, subject to the University's Activity unit (<http://exploreddegrees.stanford.edu/undergraduatedegreesandprograms/#creditttext>) policy, for Athletics, Physical Education & Recreation.

Martial Arts Program

The Stanford Martial Arts Program (SMAP) is an umbrella organization that supports the various member martial arts groups on campus. Its main goals are to educate the Stanford community through outreach programming about the variety of martial arts instruction on campus, serve as a centralized communications network among the different groups, and preserve the martial arts as a vital and distinctive component of Stanford life. Academic credit, subject to the University's Activity unit (<http://exploreddegrees.stanford.edu/undergraduatedegreesandprograms/#creditttext>) policy, is offered for participation in SMAP classes in accordance with the department's Physical Education guidelines.

Directors

Director, Academic Services Student Athletes: Austin D. Lee

Associate Director for Recreation Sports and Physical Education: Pam Mahlow

Stanford Martial Arts Program: Tim Ghormley

Contacts

Office: Arrillaga Center for Sports and Recreation
Mail Code: 94305-6150
Phone: (650) 723-7686
Web Site: <http://cardinalrec.stanford.edu/pe-classes> (<http://cardinalrec.stanford.edu/pe-classes>)
Email: tlillie@stanford.edu

Courses offered by Physical Education are listed under the subject code PE (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=PE&filter-departmentcode=PE&filter-coursestatus=Active=on>) on the Stanford Bulletin's ExploreCourses (<https://explorecourses.stanford.edu/browse>) web site.

Physical Education

Being active, relieving stress, creating socially interactive environments and having fun are a few of the objectives we have for our Physical Education program.

Physical Education Mission

The goal of the program is to provide undergraduates and graduate students with opportunities to learn new skills and concepts through a variety of non-competitive lifelong physical activity courses such as: fitness, weight training, aquatics, racquet sports, dance, golf, sailing, horsemanship, indoor rock climbing, etc. These courses are tailored to help students learn and develop their physical fitness and motor skills, as well as create a positive attitude toward well-being and physical activity which enable students to live a healthy, active lifestyle.

Learning Outcomes

Physical Education offers courses applicable to a variety of environments and experiences across campus and in life and pair well with academic and group work. Learning outcomes include:

- Understanding of appropriate warm-up and cool-down routines
- Identify health related components of fitness (cardiovascular endurance, muscular strength and endurance, and flexibility)
- Understanding of basic anatomical terminology and proper stretching technique
- Make intelligent choices that contribute to a healthy, active lifestyle

Directors

Associate Director of Health and Human Performance: Chris Pelchat, Ph.D.

Assistant Director of Physical Education: Tia Lillie, Ph.D.

Teaching Specialists (Activity Class Instructors)

Tia Lillie (Fitness/Swim), Stacie Lonaker (Swimming), Phil Marrone (Golf), Ying Mitchell (Yoga/Pilates), Olivia Palmer (Lifeguarding), Tamar Petrosian (Fitness), Tom Sarsfield (Tennis/Table Tennis), Bernardo Tapia (Fitness), Matt Thornton (Tennis/Golf)

Contacts

Office: Arrillaga Outdoor Education & Recreation Center
Mail Code: 94305-6151
Phone: (650) 498-0766
Web Site: <http://hhp.stanford.edu/oe>
Email: outdoored@stanford.edu

Courses offered by Outdoor Education are listed under the subject codes OUTDOOR (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=OUTDOOR&filter-departmentcode=OUTDOOR=on&filter-coursestatus=Active=on>) and SURG (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&q=SURG&filter-departmentcode=SURG=on&filter-coursestatus=Active=on&filter-term-Autumn=on&filter-term-Winter=on&filter-term-Spring=on&filter-term-Summer=on&page=0>) on the Stanford Bulletin's ExploreCourses (<https://explorecourses.stanford.edu/browse>) web site.

Outdoor Education Mission

Outdoor Education's purpose is to develop visionary outdoor educational leaders who are prepared to be agents of change in the world, whether in a wilderness context or a context where these transferable skills are implemented. Courses completed in OUTDOOR and SURG could lead to a national certificate in Outdoor Education.

Facilities

Courses and experiential education take place in the Arrillaga Outdoor Education and Recreation Center, the Outdoor House community space, and the outdoors. The Outdoor Center (AOERC) hosts access to equipment, class and lecture area, a resource library, climbing center and indoor climbing facility, meeting and trip-planning space. Field experiences facilitate a variety of outdoor and adventure disciplines, and vary in locale both near and far from campus.

Learning Outcomes

Outdoor Education offers co-curricular courses applicable to a variety of environments and experiences across campus and in life. Outdoor Education expects student exposure to the following learning outcomes:

- Introduction to the environment through outdoor recreation activities
- Empowerment to move beyond self-imposed limitations
- Development of effective team building and leadership skills
- Education about the environment and sustainability
- Training for critical thinking, and the ability to identify risks and make sound decisions

- Exploration and attainment of new skills which merge outside of the classroom

Directors

Associate Director of Health and Human Performance: Chris Pelchat

Coordinator of Outdoor Education: Antja Thompson

Teaching Specialists

Teaching Specialists: Peter Wright, Phil Sandlin, Chris Pelchat, Kelsey McCabe, Kevin Hopper, Antja Thompson, Andrew De Torres, Patrick Noble, Joel Reid

Contacts

Office: Arrillaga Center for Sports and Recreation

Mail Code: 94305-6150

Phone: (650) 723-7686

Web Site: <http://cardinalrec.stanford.edu/pe-classes> (<http://cardinalrec.stanford.edu/pe-classes>)

Email: tlillie@stanford.edu

Courses offered by Wellness Education are listed under the subject code WELLNESS (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=WELLNESS&filter-departmentcode=WELLNESS=on&filter-coursestatus-Active=on>) on the Stanford Bulletin's ExploreCourses (<https://explorecourses.stanford.edu/browse>) web site.

Wellness Education Mission

Stanford WellnessEd is the student wellness education program at Stanford. The WellnessEd curriculum is designed to inspire students to be the healthiest versions of themselves possible in the cognitive, emotional, social, and physical realms of wellness. The hallmark of the WellnessEd methodology for individual and community change is embodied in its motto: "Learn, Apply, Transform." Program instructors teach students the latest research-based wellness ideas and strategies. Resourced with this learning, students are supported in applying these practical wellness strategies to their own lives, thereby transforming their quality of living and impacting their social spheres in positive ways. In short, WellnessEd trains wellness change agents who change themselves in order to impact the world around them in meaningful ways.

Learning Outcomes

WellnessEd offers a range of research-based theory and practice classes in the areas of wellness and flourishing. These courses teach ideas and skills that enhance cognitive, emotional, and social wellness across the full variety of environments that students experience. Though we do not offer a degree program, for students who want to deepen their wellness education, we also offer a Wellness Certificate with a 5 course curriculum.

- Understand the core components of an integrated emotional-social-physical perspective of human wellness.
- Investigate and apply research based strategies for enhancing flourishing and resilience.
- Conceptualize optimal performance as a balance between achievement and wellness.
- Learn the latest findings in the mind-brain-body system and its impact of human achievement and health.

Directors

Associate Director for Health and Human Performance: Chris Pelchat

Coordinator of Wellness Education: TBA

Teaching Specialists

Aneel Chima, Marlene Bjornsrud, Monica Hanson, Carley Hauck, Fred Luskin, Carole Pertofsky, Shani Robins, Rev. Joanne Sanders, Sonya Soohoo, Clyde Wilson

Directors

Athletic Director: Bernard Muir

Senior Associate Athletic Director /Senior Woman Administrator: Beth Goode

Senior Associate Athletic Director, External Relations: Kevin Blue

Senior Associate Athletic Director, Intercollegiate Sports: Earl Koberlein

Senior Associate Athletic Director, Physical Education, Recreation, and Wellness: Eric Stein

Senior Associate Athletic Director, CFO: Brian Talbott