Summer Camps
The Center for Life Long Education and Recreation offers a variety of summer, day and resident camps, for children and young adults. One of our most popular camps is the Crane Youth Music camp, which is offered over a two-week period beginning in late June. Other camps typically offered each summer are the “Bears” International Summer Basketball residential camp, numerous athletic day camps, and preschool enrichment day camp programs.

Conferences, Events, Meetings and Workshops
A large number of events, meetings, workshops and conferences are both coordinated and offered through this Office. Many of these are regional, national, and international in scope. The College encourages the use of its many fine and varied facilities by outside groups and organizations for these types of activities. A Conference and Events Services brochure is available through the Center for Lifelong Education and Recreation. Please call for additional information and details 315-267-2167 or visit our website at www.potsdam.edu/community/conferences.

ATHLETICS AND PHYSICAL EDUCATION

Contact Person: James Zalacca, Director of Athletics and Phys. Ed. 232 Maxcy, 315-267-2314, zalaccja@potsdam.edu

Each student must complete four activities of appropriately designated physical education courses in addition to the 120 academic credit hours required for the B.A. or the 124 required for the B.M. degree. A course approved for General Education Physical Education/Health and Wellness designation and also for a Mode of Inquiry may simultaneously serve toward the completion of both the academic requirement and one course of the physical education requirement. Transfer students who have not completed this requirement must earn one semester hour of physical education for every 30 credit hours enrolled at SUNY Potsdam, not to exceed a maximum of four credit hours or the equivalent.

Two semesters of participation in varsity sports fulfills the General Education Physical Education/Health and Wellness requirement.

A maximum of one-half of the student’s requirement may be fulfilled by satisfactory completion of the same course twice.

Note: Courses numbered PE 100-299 do not count for academic credit hours and cannot be used to fulfill any requirements except the General Education Physical Education/Health and Wellness requirement. Courses numbered PE 300-499 count for non-liberal arts academic credit hours.

Physical Education Course Descriptions (non-liberal arts credit)

- PE 195, 295, 395, 495 – Special Topics (1-12)
- PE 198, 298, 398, 498 – Tutorial (1-3)
- PE 101-241 – Physical Education Activities (1) Development of skill for appreciation of a variety of activities for fitness and lifetime recreation. Count toward General Education Physical Education/Health and Wellness requirement.

Present course offerings are as follows. Other activities are offered at various times based on student interests and faculty expertise.

- PE 102 – Badminton
- PE 106 – Advanced Conditioning
- PE 108 – Aerobic Kick-Boxing
- PE 114 – Golf
- PE 116 – Hatha Yoga
- PE 118 – Basketball
- PE 119 – Soccer
- PE 120 – Ultimate Frisbee
- PE 121 – Ice Skating
- PE 123 – Jogging and Conditioning
- PE 124* – Physical Education Activities (*See department chair)
- PE 125 – Self Defense
- PE 127 – Racquetball
- PE 128 – Softball
- PE 131 – Swim for Fitness
- PE 133 – Tennis
- PE 135 – Volleyball
- PE 136 – Weight Training

- PE 148 – Cooperative Activities (1) Non-academic credit. Course instructs future teachers how to utilize free time in the classroom by incorporating the entire class in cooperative activities. Develops the knowledge to facilitate games and execute them safely and effectively. Students participate in daily activities and on two occasions teach two activities of their choice.

- PE 155 – Weight Loss (1) Path Weighs Weight Loss Class. This course is intended to help students who are overweight begin to exercise and eat in a manner to safely lose weight. Students must have a Body Mass Index (BMI) of 25 or more to be eligible for this course. Regular visits to Student Health Services and working out a minimum of 1 hour four days a week are required, in addition to lecture attendance.

- PE 300 – @Lifeguarding (2) Provides Lifeguard training and Waterfront certification. Prerequisites: Must be able to swim 500 yards continuous (200 yds. freestyle, 100 yds. breast stroke, 200 yds. combination of freestyle & breaststroke). Gen Ed: fulfills 1 PE activity requirement. Counts for 2 non-liberal arts academic credits.

- PE 305 – @Personal Training Fundamentals (4) The Personal Training Fundamental course provides an overview of the personal training profession and aids students in preparation to sit for the American Council on Exercise (ACE) National Personal Fitness Instructor Certification Exam. Key course topics include: exercise science and theory; health and fitness assessment, administration; program design and implementation; nutrition and lifestyle modification and professional administrative considerations. The course is delivered in both classroom and practical settings. Students will receive American Red Cross CPR and First Aid training. Registration for the ACE exam is optional. Spring.