

PHYSICAL EDUCATION REQUIREMENT

The physical education requirement does not carry academic credit, but all students at Haverford are required to fulfill it during their first two years of College in partial fulfillment of their degree.

For physical education purposes, the academic year is divided into four quarters. Students must complete six quarters of physical education, one of which is the "Intro to Fitness" class, prior to the start of junior year. Intro to Fitness is designed to provide students with the knowledge needed to incorporate fitness and proper nutrition into their lives at Haverford and beyond.

Varsity athletes who complete their in-season fitness workouts under the supervision of the Head Coach and Fitness Center Director will satisfy the "Intro to Fitness" requirement. Alternative methods to satisfy the physical education requirement are available for students with medical conditions preventing exercise.