

PHYSICAL EDUCATION

Athletics, Physical Education, and Recreation
510.430.2172
athletics@mills.edu

At Mills, we offer a broad spectrum of outstanding opportunities in an inclusive and empowering learning environment that challenges and supports students. You can become a competitive intercollegiate student-athlete or a fitness enthusiast in the Department of Athletics, Physical Education, and Recreation. No matter which programs you choose, our incredible educators will help you develop a passion for putting your body into motion.

Our intercollegiate athletic teams include cross country, rowing, soccer, swimming, tennis, and volleyball. Mills is a member of the National Collegiate Athletic Association (Division III). Our goal is to provide undergraduate students with high quality intercollegiate competition that prioritizes development of the whole person in an inclusive community. We teach life skills that transcend athletics. Go Cyclones!

Although we have no physical education requirement at Mills, our classes are so popular that about half of our students enroll in a PE activity course each semester. We offer about 30 activity courses for academic credit each semester, such as: Personal Wellness, Introduction to Sports Medicine, Massage, Capoeira, Personal Defense, Fencing, Zumba, Hip-Hop Aerobics, Pilates, Yoga, and Strength Training. Our instructors are highly qualified, engaging, and always happy to see both beginning and experienced participants. PE courses like hiking, trail running, and sailing offer students the chance to experience some of the beautiful parks in the Bay Area, as well as an opportunity to get off campus for some sunshine and stress relief.

Our recreation program offers a wide range of activities, including a multitude of campus-wide events, intramurals and off-campus excursions. These getaways give students opportunities to escape to the natural wonders of Northern California or explore exciting San Francisco Bay Area culture. Whether you join us for indoor soccer or dodgeball, outdoor rock climbing, stand-up paddle boarding, or kayaking, you are sure to have a great time. The Cyclone Century Club offers incentives to track your exercise hours online and wellness milestones.

Degree Requirements

There is no physical education requirement at Mills College. Physical education activity courses are offered on a pass/no pass basis. Students who meet the participation requirements of physical education activity courses receive 1–2 credits toward their undergraduate degree if they register for the class on a pass/no pass (P/NP) basis and have not exceeded the PE credit limit of 4 semester course credits. Auditors must meet the same participation requirements as those who are taking the course for credit. See Physical Education Course List (p.) for course descriptions.

For more information about the Athletics, Physical Education, and Recreation Department, please visit our department website (<http://www.millscyclones.com>).

Faculty & Staff

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