# Physical Education and Recreation

**R. Kevin Marbury, Director**
541-346-4113
21G Student Recreation Center

The Department of Physical Education and Recreation educates and inspires the campus community to live active, balanced lives. The department—one of eight units that make up the Division of Student Life—comprises four areas: physical education, recreational programs, business services, and facilities operations.

## Recreational Programs

**Brent Harrison, Associate Director**
21D Student Recreation Center

### Intramural Sports

The intramural sports program provides opportunities for members of the university community to participate in a variety of sports and recreational activities. Superior skills or sports experience is not a prerequisite for participation; there is a place for everyone, from the novice to the advanced competitor. Some of the most popular activities are flag football, basketball, soccer, volleyball, softball, and ultimate Frisbee. For more information, call 541-346-4113.

### Rec Fitness

The Rec Fitness Program provides high-quality, inexpensive opportunities to exercise without the academic structure associated with physical education course offerings. Rec Fitness offers "Group X" training (cycling, body sculpting, Zumba, boot camp, hatha yoga, and kick boxing), personal training, and small group training.

Group X training utilizes motivational music and participatory coaching techniques to provide students of all fitness levels with challenging cardiovascular, strength, and flexibility workouts.

Nationally certified personal trainers perform fitness assessments and create individualized training programs for students. Each session includes a risk assessment and goal-setting consultation, personalized workout program, and training session to refine the participant's technique and form.

Small group training offers workout sessions that focus on a specialized format, individual progression, and skill development. Groups range from four to 12 people and are based on various fitness goals. Participants may maximize their workout in a short time frame with the help of a personal trainer.

For more information, call 541-346-4113.

### Open Recreation

The Student Recreation Center is available for open recreation in specific spaces when no classes or programs are scheduled. Faculty and staff members, alumni, and community members may purchase a facility user pass, valid for a single term or a full year. Passes are sold at the service desk in the Student Recreation Center. For more information, call 541-346-4183. For information on family recreation, call 541-346-1057.

## Recreational Facilities

**Bryan Haunert, Associate Director**
6B Student Recreation Center

This component of the department is responsible for operating and maintaining all physical-activity facilities, the majority of which are located on 42 acres at the southeast corner of the campus.

The newly expanded and renovated Student Recreation Center has a climbing wall, bouldering wall, a suspended running track, a 12-lane lap pool, warm water leisure pool, hot tub, eight basketball and volleyball courts, fitness and weight rooms, locker rooms, six racquetball courts, a squash court, multipurpose rooms, and mat rooms.

Equipment and towels are available with presentation of the user's UO identification card. Gerlinger Hall contains two multipurpose rooms. Gerlinger Annex has two gymnasiums primarily used for physical education and intramural sports. The Student Tennis Center is located behind McArthur Court and features six courts. In addition, six outdoor courts are located near the corner of East 18th Avenue and Onyx Street. Four lighted artificial turf fields are located east and south of the Student Recreation Center. For more information about facilities and court reservations, call 541-346-4183.

## Business Services

**Tiffany Lundy, Associate Director**
103D Esslinger Hall

**Employment**. Students who are interested in physical activity and sports may be candidates for the many part-time jobs generated by the variety of programs and services offered. Students may apply for any of the more than 400 positions in facilities, operations, and programs. Lifeguards must have current certification; training is provided for other positions. Most positions require certification in first aid and cardiopulmonary resuscitation (CPR).