Physical Education and Recreation

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21G Student Recreation Center
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The Department of Physical Education and Recreation—one of eight units in the Division of Student Life—educates and inspires the campus community to live active, balanced lives.

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 or visit the website.

Recreational 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 or visit the website.

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 or visit the website.

Recreational Facilities

The Student Recreation Center provides state-of-the-art equipment and spaces for all sport and fitness needs of the UO campus community.

The recreation complex is located primarily 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.