Athletics

The University of Hartford’s intercollegiate athletics program operates under the umbrella of the National Collegiate Athletic Association (NCAA). Competing at the Division I level, the University offers varsity competition in 18 sports, nine for men (M) and nine for women (W). The 18 sports are baseball (M), basketball (M&W), cross-country (M&W), golf (M&W), lacrosse (M), soccer (M&W), softball (W), tennis (M&W), outdoor track (M&W), indoor track (M&W), and volleyball (W).

The University is a member of America East. The membership includes nine institutions: Hartford, Boston University, the University of Maine, the University of New Hampshire, Binghamton University, University at Albany, Stony Brook University, the University of Vermont, and the University of Maryland–Baltimore County.

America East offers championship competition in 21 sports. The conference enjoys an automatic qualifier status for NCAA postseason play in the sports of men’s basketball, women’s basketball, baseball, softball, men’s soccer, women’s soccer, men’s lacrosse, men’s tennis, women’s tennis, and volleyball.

The University is also a member of the America Sky Men’s Golf Conference.

Recreational Activity

Recreational activity in the Sports Center is geared toward the students’ enjoyment in a free-play setting. It serves as a change of pace from a student’s daily academic routine. All full-time students may use the Sports Center.

The Sports Center features a 3,508-seat main arena; an NCAA competition-size swimming pool; courts for volleyball, badminton, squash, and racquetball; and two fitness and weight rooms (a free-weight room and a 2,800-square-foot area with Eagle Cybex equipment). Six lighted tennis courts and an outdoor swimming pool are located behind the Sports Center, adjacent to the soccer fields. The Sports Center also offers such amenities as a pro shop, meeting rooms, concession areas, locker rooms with saunas, classrooms for sports and leisure classes, athletics staff offices, and the Phoenix Foundation Academic Center, located in the lobby of the Sports Center.

Fitness and Leisure Activity Classes

The fitness and leisure activity classes are one-credit classes that cover a wide range of alternatives.

PE 110-111 Fitness and Leisure

The voluntary Fitness and Leisure program is a medium for self-expression, skill learning, and physical fitness that creates a diversion from the academic life. All classes are coeducational with special emphasis placed on meeting the individual needs of students. Classes are organized by specific activities, which allows choice according to personal preference and interests. The program is open to all students.

Each physical education class is granted 1 credit. A lab fee is charged for each class.

Fitness and Leisure Activity Courses

[1 credit]

Aqua Aerobics
High-/Low-Impact Aerobics
Step Aerobics
Basketball Skills
Golf
Lifeguard Training
Beginning Muscle Training
Racquetball
Scuba Diving
Self-defense

Intramural Sports

The intramural program offers a variety of sports-related activities to students, faculty, and staff, designed to meet the recreational needs of the participants. The intramural objective is to provide a well-rounded program based on participation and enjoyment, rather than athletic skill or achievement. About 2,000 individuals participate annually. The activities offered through the intramural program for men and women, depending on interest level, are touch football, basketball, three-on-three basketball, softball, team handball, indoor soccer, outdoor soccer, volleyball, street hockey, tennis, inner-tube water polo, racquetball, roller hockey, ultimate Frisbee, and wallyball.
Athletics

Squash
Tae-Kwon-Do
Tennis
Water Safety Instruction
Free-Weight Training
Weight Training I
Weight Training II

Physical Education

Academic Classes

The purpose of the academic class program is to provide instruction and training in a number of academic areas in sports-related fields. These enable students to work in the field of education or in sports-related areas.

PE 120 Basics of Human Fitness [1] A study of human fundamental movements and how they can be integrated into the development of a physical fitness or physical education program. The programs are divided into three basic areas: rhythmics, self-testing activities, and low-organization activities. Each area includes lead-up games to higher-skilled sports.

PE 130 Skills of Officiating [1] A practicum course in which officiating techniques and rules for specific team sports, such as basketball, soccer, baseball, and softball, are taught. The course centers on proper officiating techniques, game rules, crowd control, and game management.

PE 234 Organization and Administration of Athletics [3] This course is designed to cover the organizational and administrative problems encountered in coordinating an athletics program on any level, and the different problems that may confront an administrator or supervisor in the operation of a recreational program.

PE 330 Sport, Culture, and Society [3] A history of the development of sports that focuses on the relationship between sports and the sociological, psychological, philosophical, and cultural elements of the times and places in which they exist.

PE 410 Internship—Sports-Related Area [3] This internship is to provide students with an opportunity to augment their studies with a semester of work experience in the fields of education, recreation, sports marketing, or sports-related areas. Students work a minimum of 20 hours per week in a field assignment under the direct supervision of the director of physical education or an official designee. Participation in a seminar is required as part of the field experience. Prerequisites: Permission of the director of physical education and a 2.25 GPA.