

# Carleton

Physical Education, Athletic and Recreation Program (PEAR)

507-222-4052

Welcome Future Carl,

Congratulations on being accepted to Carleton! We look forward to meeting you through one of the many Physical Education, Athletic and Recreation programs and activities.

PEAR serves as a center point for student engagement around their health and wellbeing. Within our three areas of programming, we provide a variety of opportunities which are appropriate to a wide range of student interests and abilities.

We are the only department on campus that sees 100% of the student population due to the required four terms of PE classes. In addition, 74% of the student body participates in intramurals, sport clubs or varsity athletics.

The [physical education](#) program includes a variety of activity courses from which students may select. Emphasis is on an "activities for all" approach in hopes that each person will discover that physical activity can contribute to their well-being now and in the future. Our class offerings are indoor and outdoor year-round, and many are offered at the beginning, intermediate, and advanced levels.

[Campus Recreation](#) continues to promote and encourage students to maintain a balanced and healthy lifestyle. The mission of Campus Recreation at Carleton is to provide recreation, fitness, special events and wellness opportunities for everyone. Key areas for campus recreation are: to enhance programming by reaching those in search of social and holistic approaches to wellness and offer activities and spaces that are welcoming, adaptive, creative, comfortable, and that support all dimensions of wellness and mindfulness.

Athletic programs are another opportunity for the educational enrichment of individuals seeking a more competitive and challenging physical environment. A broad-based program of [varsity](#), [club](#) and [intramural](#) activities is intended to meet a range of individual commitment, interest and ability.

Varsity athletics shares the same goals as physical education and recreation. Additionally, varsity athletics provides the student-athlete with greater opportunity for self-testing, skill development and the pursuit of excellence. Varsity athletics are for highly committed student-athletes with exceptional drive and physical capabilities. Student-athletes seek out the direction of professional coaches for opportunities beyond the scope of the physical education curriculum and the recreational programs.

Please reach out to us if you have any questions about any of our programs.



Gerald Young  
Chair of PEAR, Athletic Director

