



Physical Education Requirement

Two activity credits are required. SUNY Adirondack adheres to a no-waiver policy. All students, regardless of their interest, age, gender, ability, or disability can benefit from participation in the Physical Education program. The Physical Education Department promotes this belief through the variety of courses designed to meet the needs of all students.

Students seeking an exemption from the activity requirement, for medical or physical reasons, must register for PED 176, Designs for Living Well. Enrollment is by permission of the instructor.

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