March 30, 2020

Dear Reed students,

We have received questions regarding Reed’s PE requirement. We write to share information about PE classes and a new remote PE option.

The college has canceled all regularly scheduled PE classes this semester, and students have been automatically dropped from PE. Juniors and seniors who need to earn PE credit this quarter in order to graduate on time have been registered for a remote PE class.

If you were enrolled in a PE class this semester but do not need to earn PE credit this quarter in order to graduate on time, you have been automatically dropped from PE. You can re-enroll in PE next semester when registration opens for 2020–21.

Below are more details regarding the remote PE option.

- The remote PE option is only available to juniors or seniors who need to earn PE credits this quarter in order to graduate on time.
- The remote PE option is a self-directed PE course that will allow eligible students to receive one PE credit.
- The minimum requirement of the remote PE option is two 45-minute workout sessions per week. This is a six-week session, so 12 workouts must be completed by May 3. Students can retroactively log workouts completed after March 16 (the start of the fourth PE quarter). Students can miss a total of two workouts in this six-week session and still receive PE credit.
- Students completing the remote PE option must log workouts in this fitness log. All workouts must be logged by May 3, 2020. Staff in Athletics, Fitness, and Outdoor Programs will track data weekly.
- Students can complete any type or format of physical workout. The goal is to be active for 45 minutes per day at least twice a week. Many online workouts can be completed with no equipment.

If you have questions about how PE is being handled this spring, please reach out.

Wishing you health and wellness,

Michael Lombardo
Director of Athletics, Fitness, and Outdoor Programs
Sports Center
503-777-7542
lombardm@reed.edu

Will Symms
Assistant Director of Athletics, Fitness, and Outdoor Programs
Sports Center