

WELLNESS CENTER

Confidential medical care is provided to Hofstra students at the Hofstra University Wellness Center and is not part of a student's Hofstra academic record.

HEALTH SERVICES

All students are required to provide a physician's medical history and physical examination which includes the New York State required proof of immunization against measles (two injections), mumps and German measles. Physicians and nurse practitioners are available on a daily basis and hours are posted. Women's health as well as other services are available throughout the week. Nurses are available for emergencies and a physician is on call at all times. If hospital care is necessary, transportation to a local hospital is provided by public safety.

The Wellness Center is open Monday through Friday 9 a.m. to 8 p.m. and on Saturday from 10 a.m. to 4 p.m. During the summer months, the Wellness Center is open Monday through Thursday from 9 a.m. to 5 p.m.; Friday 9 a.m. to 4 p.m. Located on the North Campus, first floor of Republic Hall: (516) 463-6745.

RECREATION AND LEISURE

THE HOFSTRA RECREATION CENTER

The Hofstra Recreation Center (Center) includes a multipurpose gymnasium, an indoor running track, a complete Universal and free-weight exercise room, an aerobics room, fully-equipped locker rooms, and a lounge area with billiards and ping-pong tables. Daily activities include aerobics, karate, personal training and cardio-step classes. Programs and special events, ranging from volleyball to Frisbee, are designed for all members of the Hofstra community.

RECREATION AND INTRAMURAL PROGRAMS

These Programs provide students, staff and faculty with opportunities to develop leisure interests through a wide variety of activities designed to complement academic pursuits. Instruction is available in a number of organized activities. These programs organize competition in individual and team sports, which are open to all persons in the Hofstra community. A valid I.D. card is necessary in order to participate in the programs and to use the facilities. A monthly calendar of events is available. The Recreation Center (Rec Center) is located on the North Campus, east of Colonial Square.

INTERCOLLEGIATE ATHLETICS

All programs, except football, compete in the 10-university Colonial Athletic Association (CAA), with league members from North Carolina to New York.

Hofstra sponsors 18 intercollegiate athletic programs evenly divided with nine men's sports and nine women's sports. Men's sports, include baseball, basketball, cross-country, football, golf, lacrosse, soccer, tennis and wrestling. Women's sports include basketball, cross-country, field hockey, golf, lacrosse, soccer, softball, tennis and volleyball. All of Hofstra's intercollegiate athletic teams compete on the NCAA Division I level and face opponents from around the country.

Eight Hofstra teams, including six conference champions, competed in NCAA Championship Tournaments last year. Pride teams in men's basketball, men's tennis, wrestling, women's lacrosse, softball and men's lacrosse received at-large bids and advanced to NCAA Championship quarterfinals.

Hofstra athletic teams play and practice in state-of-the-art facilities. The four-year old 93,000 square foot, 5,200-seat Hofstra Arena serves as home to the Pride men's and women's basketball programs and the wrestling program. The 15,000-seat James M. Shuart Stadium and the Margiotta Hall training facility are home to the Pride football, men's and women's lacrosse, and women's field hockey programs. The recently renovated 1,200-seat Physical Fitness Center is home to the Hofstra women's volleyball program. The four-year old Hofstra Softball Stadium is one of the best collegiate softball facilities in the northeast. The Hofstra University Soccer Stadium, constructed in 2003, features a FieldTurf surface, stadium lighting and bleacher seating for 1,600 spectators. University Field (baseball) has also been renovated with Competition Turf on the infield and new sunken dugouts. The nine-court Hofstra Outdoor Tennis Center serves as the home to the Pride men's and women's tennis teams.

STUDENT ACTIVITIES

The Office of Student Activities has been designed to enhance the cocurricular life of the Hofstra community and help students become more involved. We encourage students to participate in the many clubs, organizations and campus events that Hofstra has to offer. It is our job to see that each and every student gets the most out of their college experience. We feel very strongly that the best way to become a well-rounded student is to get involved. Since Student Activities is based on this belief, we have done our best to make sure that there is something for everyone. There are hundreds of conferences, lectures, workshops, cultural programs, seminars, concerts, dance parties and socials that take place at Hofstra each semester. In addition, there are more than one hundred clubs and organizations on campus. Anyone interested in participating in the activity clubs contact the Dean of Students Office located at 242 Student Center, (516) 463-6914.

SWIM CENTER

The indoor Olympic-sized pool includes locker rooms, showers, bleachers and offices. The pool also includes an underwater observation window, the most technologically advanced electronic timing system and accessibility for individuals with disabilities. A complete range of recreational, instructional and competitive aquatic activities are available.

CLINICS

MARRIAGE AND FAMILY THERAPY CLINIC (MFT)

The Marriage and Family Therapy Clinic offers therapy services to children, adolescents, adults, couples, and families experiencing wide varieties of issues relating to individual, couple, and family harmony. Groups and workshops are also available. Please call (516) 463-5234 for a listing of times available. The focus is on empowerment and exploration—one that encourages persons to develop effective ways of accomplishing satisfying relationships.

The MFT Clinic is staffed by experienced supervising psychologists, marriage and family therapists, and senior graduate students in the Marriage and Family Therapy Graduate Programs who are also available as speakers.

Low cost fees enable the Clinic to provide important marriage and family therapy services to the surrounding community. Scholarships may be available for clients who normally would be unable to afford these services.

The Marriage and Family Therapy Clinic is located in the Joan and Arnold Saltzman Community Services Center on the South campus. Created in 1990, the Marriage and Family Therapy Clinic is an integral part of the Department of Health Professions and Family Studies in the School of Education and Allied Human Services.

The Clinic is open Monday through Friday from 8:30 a.m. to 9 p.m.; Saturday from 8:30 a.m. to 4 p.m.

PSYCHOLOGICAL EVALUATION, RESEARCH, AND COUNSELING CLINIC (PERC)

PERC offers diagnostic, counseling and therapy services to children, adolescents, adults and families exhibiting a wide variety of problems related to learning, job performance, personal adjustment, stress and family harmony. The Clinic is staffed by supervising psychologists and graduate students in the clinical and school psychology and school/community psychology doctoral programs.

Low cost fees enable the Clinic to provide important psychological services to the Long Island community. The Lynn Ann Motta Scholarship Fund has been established to provide psychological evaluations and psychotherapy services for patients who normally would be unable to afford these services. The clinic is also engaged in state of the art research in psychological assessment and psychotherapeutic intervention.

The Clinic is open Monday through Friday from 8:30 a.m. to 9 p.m.; Saturday from 8:30 a.m. to 4 p.m. and is located in the Saltzman Community Services Center.