

ATHLETICS AND RECREATION

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Intercollegiate Athletics

Illinois Institute of Technology is currently transitioning to NCAA Division III status and is entering the third year of the provisional process. The university offers the following intercollegiate sports: men's and women's soccer, men's and women's cross country, men's and women's basketball, men's and women's volleyball, men's and women's swimming and diving, men's and women's indoor track and field, men's and women's outdoor track and field, women's lacrosse and baseball. Men's and women's tennis will be installed as varsity programs in the 2017-2018 academic year.

As the athletic department switches to NCAA Division III competition, Scarlet Hawk student-athletes will have the opportunity to face strong competition from other DIII Midwest members.

The university also holds full membership in the United State Collegiate Athletic Association (USCAA). The USCAA focuses specifically on smaller institutions of higher learning and provides Scarlet Hawk student-athletes with opportunities for post-season play as well as individual accolades. The university sponsors eight USCAA championship sports: men's and women's soccer, men's and women's cross country, men's and women's basketball, baseball and women's volleyball.

The Illinois Institute of Technology's women's lacrosse team is a member of the Midwest Women's Lacrosse Conference. Men's and women's swimming and diving programs compete in the Liberal Arts Conference.

Recreational Sports and Fitness

The department is committed to the well-being of the campus community through fitness activities and healthy competition. Programs are designed to make a positive contribution impacting personal, physical, ethical, and social development of the general student population.

Healthy and active lifestyles are also promoted through a varied menu of fitness classes, which are suggested by students. These range from high intensity interval training and hip hop dance classes to other popular activities. New classes are introduced each semester in order to provide maximum choice and variety for the student body.

Informal recreation and fitness activities on campus are also encouraged. Open swimming, the fitness center, and open gym in Keating provide students with drop-in options for activity. Illinois Institute of Technology has the only disc golf course in the city of Chicago, making the campus a popular destination for local disc golf enthusiasts.