



Morningside College Intramurals

Where there's something fun for everyone!

Want a good way to get to know other Morningside students outside of the classroom?
Looking to get involved in some fun, recreational activities?
Have a thirst for healthy competition?

Then check out Morningside's Intramurals Program where we have something fun for everyone. From coed volleyball and dodgeball to soccer, basketball, and even pilates, intramurals are a great way to:

- Meet other students on campus
- Relax and have fun
- Develop a new hobby or fitness program
- Get in shape
- Brush up on team-building skills.

Intramural activities are free to all students and are offered during both the fall and spring semesters. You don't have to be an athlete to participate! Take a look at what we have to offer:

Fall Events

Coed volleyball
3-on-3 basketball
Tennis tournaments

Coed softball tournaments
Flag football
Golf outings

Spring Events

5-on-5 basketball
Coed volleyball
Yoga/Pilates
Football
Ultimate Frisbee tournament

Soccer
Pool Olympics
Track meets
Coed dodgeball

Whether you're an enthusiastic participant or just enjoy cheering on your favorite team, most intramural activities are held right on campus, so you won't have far to go to get into the action. With the majority of events organized for late evenings, scheduling activities around your classes won't be a problem.

Fun Fact

- Coed volleyball is the most popular intramural event.
- Student input was responsible for dodgeball being offered as an intramural event.
- More than one-third of the student body participated in at least one intramural event in the past academic year.

Want to be involved but don't care to play?

No problem! Students at Morningside take advantage of work-study positions offered through the Intramurals Program by choosing to officiate, instruct a course, or help organize an event.

Why get involved with intramurals?

Listen to what some of our students have to say about their experiences:

"This is a great way to meet people and a different way to compete in other sports with my teammates."

Trent Miller, Gretna, NE
Undecided Major,
Men's Basketball player

"Intramurals are a fun way to get involved, meet new people, and gain bragging rights for the entire year."

Brandi Burke, Valley, NE & **Alison Pick**, Ankeny, IA
Nursing & Business majors

"Intramurals are a great way to make friends and compete in sports you don't already participate in."

Chuck Szitas, Meadville, PA
Business & Religion double major

Contact Us

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Morningside College
1501 Morningside Avenue
Sioux City, Iowa 51106-1751
www.morningside.edu

The Morningside College experience cultivates a passion for life-long learning and a dedication to ethical leadership and civic responsibility.

Majors

- Advertising
 - Art
 - Studio
 - Graphic Design
 - Photography
 - Biology
 - Business Administration
 - Accounting
 - Economics
 - Finance
 - Human Resource Management
 - International Business Management
 - Marketing
 - Chemistry
 - Computer Science
 - Computer Science
 - Applied Computer Science
 - Education
 - Elementary
 - Secondary
 - Special Education
 - English
 - History
 - History
 - American History
 - Interdisciplinary (Student-Designed)
 - International Affairs
 - Management Information Systems
 - Mass Communication
 - Corporate Communication
 - Media Management
 - New Media Production
 - Mathematics
 - Music
 - Music
 - Music Education
 - Music Performance
 - Nursing
 - Philosophy
 - Physics
 - Physics
 - Engineering Physics
 - Engineering Science
 - Political Science
 - Psychology
 - Biopsychology
 - Counseling
 - General
 - Industrial/Organizational
 - Religious Studies
 - Spanish
 - Theatre
- Pre-professional
- Chiropractic
 - Dentistry
 - Engineering
 - Law
 - Medical Technology
 - Medicine
 - Ministry
 - Optometry
 - Pharmacy
 - Physical Therapy
 - Physician Assistant
 - Veterinary Medicine

Quick Notes

- Founded in 1894
- Private, coeducational
- Affiliated with the United Methodist Church
- Located in Sioux City, IA (Greater Siouxland population 143,000)
- 1,906 total students from 20 states and 4 foreign countries
- 99% of faculty members hold advanced degrees.

Academic Programs

- More than 30 majors in 15 academic departments
- Degrees awarded: Bachelor of Arts, Bachelor of Science, Bachelor of Science in Nursing, Bachelor of Music, Bachelor of Music Education, Master of Arts in Teaching
- Fall and spring semesters, May term and optional summer term
- Interdepartmental honors program
- Internship programs
- Undergraduate research programs
- Study abroad options.

Campus Life

- 68-acre campus listed on the National Register of Historic Places and located in the safe, residential neighborhood of Morningside
- 50+ student-led organizations, including student government, honor societies, service groups, religious organizations, musical ensembles, student publications, and three national fraternities and sororities
- Five residence halls, including group and simple apartment-style halls
- 21 NAIA varsity sports, member of Great Plains Athletic Conference
- Intramural sports
- Fully-equipped Hindman-Hobbs Recreation Center

Admission and Financial Assistance

- 99% of new full-time students receive financial aid based on merit as well as need
- Talent grants awarded in art, athletics, cheerleading, computer technology, creative writing, dance, mass communications, music, mock trial, and theatre
- Celebration of Excellence scholarships for top scholars and achievers in co-curricular activities such as: Art, Music, Creative Writing, Dance, Theatre, Debate/Forensics, Religious Activities, Scouting/4-H/FFA, Science/Math, Leadership/Student Government, Communications (TV, newspaper, radio), Volunteer/Community Service and more.

Accreditation

Higher Learning Commission of the North Central Association of Colleges and Secondary Schools, National Council for Accreditation of Teacher Education, Iowa Department of Education, Iowa Board of Nursing, National League for Nursing Accrediting Commission, National Association of Schools of Music, University Senate of the United Methodist Church.



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