

LIVING IN BALANCE

PHYSICAL ACTIVITY

**Quality Enhancement Plan
University Assembly Update
October 22, 2012**

Since March

- On-site visit (April 2012)
- Recommendations
- Response / QEP Modifications (Summer 2012)
 - **Students will achieve and maintain a level-3 cardiorespiratory fitness rank while at Southern Adventist University**
 - **Students will achieve and maintain the American College of Sports Medicine recommendations for cardiorespiratory physical activity.**

Since March, cont.

- Development of Website/Computer program ongoing
- Piloting PEAC 125 – Fitness for Collegiate Life
- New activity courses added for F13
 - Indoor Group Cycling
 - Fit X
 - Aerobics
 - Triathlon

Since March, cont.

- Gen Ed approval received
- Duck Walk
- Undergraduate Council next week

For more specific information on the Living in Balance: Physical Activity QEP, see:

<https://www.southern.edu/qep>

See the QEP PDF document and FAQ in the left column

Thanks to
those that
participated!



- Monday - 720 participants
- Tuesday - 571 participants
- 42% of students (aiming for 75% over the year)
- 66 Employees (14%)
 - 6 won GC to PF Changs
- 5 Other

Duck Walk – Fall 2012

- Lessons learned = a successful pilot!
- Next Duck Walk in Spring 2012
- Please share your recommendations for next time!
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- Questions?