

# Living in Balance: Physical Activity

Quality Enhancement Plan  
University Assembly Update  
March 28, 2011



Power for Mind & Soul



## Mission

*Living in Balance: Physical Activity* encourages and facilitates an active lifestyle at Southern Adventist University by teaching, promoting, and evaluating physical activity.



## Student Learning Outcomes

1. Students will be able to describe the ACSM (American College of Sports Medicine) parameters of physical activity.
2. Students will have the skill to assess current physical fitness level and write a plan to improve or maintain a physically active lifestyle.



## Student Learning Outcomes

3. Students will participate in moderate-intensity aerobic physical activity for 30 minutes five days per week.

4. Students will value Biblical principles and the Seventh-day Adventist health message in regard to physical activity.

# Research

| Health Assessment                               | Research | SAU |
|---|----------|-----|
| Incidence of obesity <sup>1,4</sup>             | 16.2%    | 8%  |
| Rates of depression <sup>2,4</sup>              | 46.1%    | 3%  |
| Stress levels <sup>3,4</sup>                    | 41.1%    | 19% |
| Insufficient rest <sup>3,4</sup>                | 24.0%    | 39% |
| Exercise Frequency 5+ times/week <sup>3,4</sup> | 19.2%    | 16% |

<sup>1</sup> Sacheck, J. M., et.al. (2010). Physical Fitness, Adiposity, and Metabolic Risk Factors in Young College Students. *Med & Science in Sport & Exercise*, Vol. 42, No. 6, p. 1039-1044.

<sup>2</sup> Taliaferro, L. A., et.al. (2009). Associations between Physical Activity and Reduced Rates of Hopelessness, Depression, and Suicidal Behavior among College Students. *J Am Coll Health*, Vol. 54, No. 4, p. 427-435.

<sup>3</sup> American College Health Association. National College Health Assessment. Spring 2010 Reference Group Executive Summary. p. 16

<sup>4</sup> BSDI – Fitness Analyst results from 4211 Southern Adventist University students over 8 years.

# Research

Results from Southern Adventist University students when asked what programs they would like to see based on their personal health goals:

| Health Program        | SAU |
|-----------------------|-----|
| Exercise More         | 85% |
| Improve Eating Habits | 79% |
| Reduce Stress         | 51% |
| Lose Weight           | 32% |

BSDI – Fitness Analyst results from 4211 Southern Adventist University students over 8 years.



# Ways to Implement Change

1. One-by-one
2. Environment
3. Policy



## Implementation Options

- Fit for Hire program with annual assessment
- Increase / realign general education activity course requirements
- New equipment
  - FitLinxx
  - Website & App
- Research Funding





## **Impact** (1/4)

- **Fit for Hire**

- Increase student opportunity for physical activity
- Inform students of their fitness level from annual assessment
- Opportunity for different majors (wellness, health science, physical education, nursing) to get practical health assessment experience
- Participants receive Fit for Hire certificate
- 1-2 new student on-campus jobs



## **Impact** (2/4)

- General education activity course requirement
  - Increase all undergraduate students physical activity
  - Increase variety of activity courses available
  - Clearly demonstrate a curricular change to SACS



## **Impact** (3/4)

- New equipment

- Increase student knowledge base – self assessment and action plan/goal development
- Increase options for student involvement in physical activities
- Use of computerized activity monitors to provide student activity levels more accurately than from self-reported systems



# The ActiPed+

## Accurate, objective activity data

- Accurately tracks steps, calories burned, activity time and distance traveled
  - ⦿ Steps, calories, activity time >97% accuracy
  - ⦿ Distance >80% accuracy out of box
  - ⦿ Optional calibration delivers 98% accuracy
- Affordable – designed for mass deployment
- Upgradeable over the network

## The User Experience

- Simplicity – Easy to use and deploy
  - ⦿ Just clip it on & go - no buttons to push
  - ⦿ Automatically uploads data (wireless)
  - ⦿ For all age groups and activity levels
- Blends into daily lifestyle
  - ⦿ Small and unobtrusive
  - ⦿ Attaches to most footwear
- Use it anywhere, anytime – every step counts
  - ⦿ Captures running, walking and moving data 24/7
  - ⦿ Works in a variety of use cases, locations & environments
  - ⦿ Variety of solutions for efficient data uploads at home, on the road or at worksites



an **actiHEALTH** community

[widgets](#) | [devices](#) | [account](#) | [support](#) | [log out](#)



**Hi, Todd!**

last offload: **11:40a on 03/24/11** [view devices](#)  
[refresh page](#)

**home** | [communit...](#) | [Challenges](#) | [add tab](#)

**activeStats** refresh list close

◀ 03/18/11 ▶ or day

|  |                           |                           |                |
|--|---------------------------|---------------------------|----------------|
|  | <b>11,212</b><br>steps    | <b>goal reached!</b><br>  | 6,000<br>steps |
|  | <b>462</b><br>calories    | <b>138 cals to go</b><br> | 600<br>cals    |
|  | <b>142</b><br>active mins | <b>goal reached!</b><br>  | 120<br>min     |
|  | <b>4.54</b><br>miles      | <b>goal reached!</b><br>  | 2.00<br>mi     |

**activeOdometer** refresh list close

[trip odometer](#) | [lifetime odometer](#)

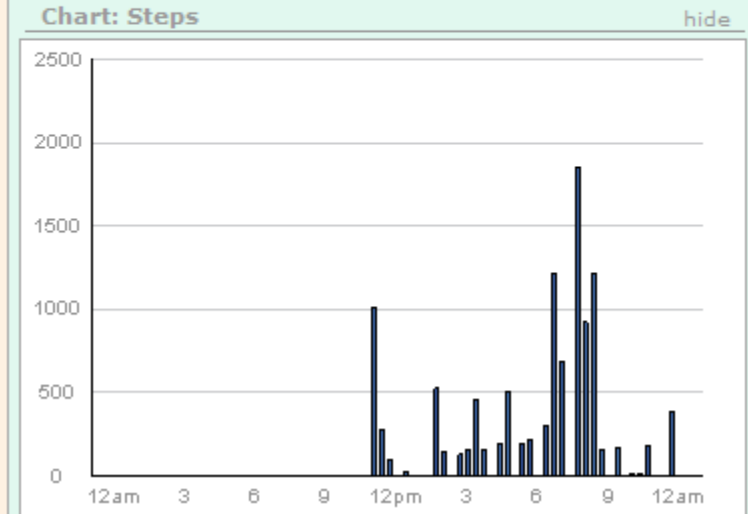
trip odometer began: 01/01/2011 [Reset](#)

**steps**

**0,488,060**

calories: **022,588** | distance: **0,209.04** mi.

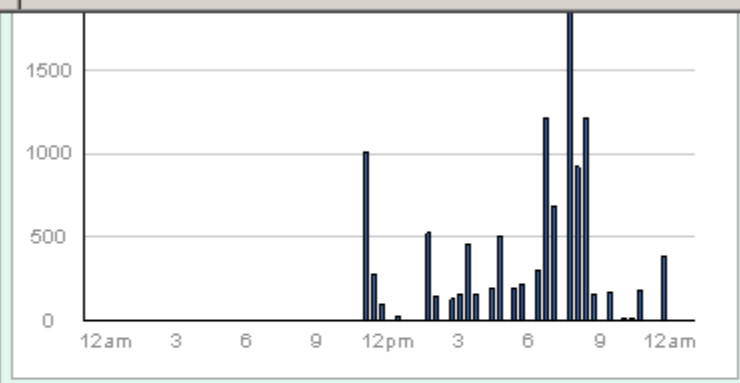
time: **0,108** hours **39** minutes



**activeBests** refresh list close

|  |  |
|--|--|
| <b>Best Daily Steps</b><br><b>22,786</b> steps<br>on 03/10/10      | <b>Best Daily Calories</b><br><b>1,268</b> calories<br>on 03/10/10 |
| <b>Best Daily Time</b><br><b>4 hours 35 minutes</b><br>on 03/10/10 | <b>Best Daily Distance</b><br><b>11.34</b> miles<br>on 03/10/10    |

012011 Steps close



|   |  |
|---|--|
| <b>22,786</b> steps<br>on 03/10/10                          | <b>1,268</b> calories<br>on 03/10/10                     |
| <b>Best Daily Time</b><br>4 hours 35 minutes<br>on 03/10/10 | <b>Best Daily Distance</b><br>11.34 miles<br>on 03/10/10 |

Q12011 Steps X

Q12011 Time X

leader chal. X chat members

01/01/11 - 03/25/11 or beginning

Challenge Details... show

**14** rank **6,519** total mins **7 days** Days Remaining

Full Member Rank... show

Q12011 Distance X

leader chal. X chat members

01/01/11 - 03/25/11 or beginning

Challenge Details... show

**14** rank **209.04** total mi. **7 days** Days Remaining

Full Member Rank... show

Q12011 Calories X

leader chal. X chat members

01/01/11 - 03/25/11 or beginning

Challenge Details... show

**15** rank **22,588** total cals **7 days** Days Remaining

Full Member Rank... show



## **Impact** (4/4)

- **Research Funding**

- Provide faculty and students research opportunities in the area of physical activity
- Evaluation and improvement of our QEP implementation



# Assessment

- Student Learning Outcomes
  - Measures
  - Instruments
- QEP Implementation
  - Measures
  - Instruments



# Estimated Cost

| Implementation Option                       | Estimated Cost per Year |
|---|-------------------------|
| Fit for Hire program with annual assessment | \$45,100*               |
| General education                           | \$**                    |
| New equipment                               | \$12,700                |
| Research                                    | \$5,000                 |
| <b>TOTAL</b>                                | <b>\$62,800</b>         |

\* Not including Fit for Hire director half time position

\*\* Cost dependent on enrollment figures and allocation of hours

NOTE: Cost per student = \$24.60 (62,800/2553)

## QEP Timeline

- **June 30, 2011** – QEP Draft Report due
- **August 1, 2011** – Review of QEP Draft Report by SACS Working Committee
- **October 1, 2011** – Editing of QEP Report by QEP Working Committee and SACS Steering Committee
- **January 1, 2012** – Final Review of QEP Report
- **January 31, 2012** – Submitted to SACS



# QEP Working Committee Team

- Patti Anderson
- Michael Dant
- Leslie Evenson
- Tyson Hall
- Hollis James
- Harold Mayer
- Marge Seifert
- Judy Sloan