

LIVING IN BALANCE

PHYSICAL ACTIVITY

**Quality Enhancement Plan
Undergraduate Council
January 7, 2013**

Student Learning Outcomes (Baseline)

- Students will achieve and maintain a level-3 cardiorespiratory fitness rank while at Southern Adventist University (**26.7% pre and 37.2% post PEAC 225 in '07-'11**)
- Students will achieve and maintain the American College of Sports Medicine recommendations for cardiorespiratory physical activity (**16% in '07-'11**)

UG Council identified areas to address (10/29)

- Rigid four-year sequence structure
- Senior Transfer Student Policy
- Online Course Offerings

UG Council identified areas to address (10/29)

- Rigid four-year sequence structure – **More flexible, 4 required (PEAC 125, 2 activity, PEAC 425) with 125 as a prerequisite for all other activity courses**
- Senior Transfer Student Policy – **Senior transfer students will be required to take PEAC 125**
- Online Course Offerings – **One online activity course will be offered by PEHW each Fall and Winter semester**

Assessment

- Cohort is those students that have completed the 4 activity course sequence
- Instruments: Administered/required for every activity course (PEAC, ADAC, OLAC)
 - **Rockport One-Mile Walking Test (Duck Walk)**
 - **International Physical Activity Questionnaire**

Analysis

- Descriptive Statistics and Repeated Measures ANOVA