

LIVING IN BALANCE

PHYSICAL ACTIVITY

**Quality Enhancement Plan
Undergraduate Council
October 29, 2012**

QEP – Opportunity Given

- Requirement for reaffirmation of accreditation
- Improve student cardiorespiratory fitness and well-being, now and through life
 - **26.7% pre and 37.2% post PEAC 225 scoring in level 3 (average) or higher for CR fitness ('07-'11)**
 - **16% meeting physical activity guidelines (19% college norm) ('07-'11)**

QEP – Opportunity Given

- Focus on a less common aspect of the Adventist Health Message
 - **And those who would be workers together with God must strive for perfection of every organ of the body and quality of the mind. True education is the preparation of the physical, mental, and moral powers for the performance of every duty; it is the training of body, mind, and soul for divine service. This is the education that will endure unto eternal life....** (*Christ's Object Lessons*, p. 330)

QEP – Opportunity Given

- Strengthen Southern's Mission
 - **Southern Adventist University as a learning community nurtures Christ-likeness and encourages the pursuit of truth, wholeness, and a life of service.**

QEP – Opportunity Given

- Contribute to Southern’s Strategic Plan, Vision 20/20
 - Use nursing/health and wellness curricular and physical assets to bring health and wellness to the campus and the community and build a national wellness reputation. *(Theme 2: Goal 2)*

Activity hours for a BA/BS required at other institutions:

Andrews	4	Union	4	Bryan	4
Southwestern	3	Covenant	3	Southern	2
Washington Ad	1	Lee	1	TN Temple	1



Power for Mind & Soul

This is a unique QEP with fascinating research opportunities!

Student Learning Outcomes

- Defined by SACS as “changes in knowledge, skills, behaviors, or values.”
 - **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.**

Cardiorespiratory Fitness

- Average CR Fitness requires consistent engagement at a moderate intensity
- 60% of US adults do not engage in the recommended amount of activity, with 25% being completely inactive (CDC, 2011)
- American College of Sports Medicine, American Heart Association, CDC, and others recommend a minimum of 150 minutes of moderate CR activity over 5 or more days per week.

Research Shows...

- Students transitioning from high school to college become less physically active (Bray, 2004)
- Colleges and universities require fewer physical education activity courses than in past decades (Hardin, 2009)
- Inactivity leads to greater health risks and higher healthcare costs
- An active life has positive effects on
 - Rates of cancer
 - Feelings of fatigue
 - Ability to concentrate
 - Coping with stress
 - Alleviating depression
 - Many more!

Options Considered

- Voluntary
- Embedded in courses across campus
- Co-curricular
- Hybrid
- Remedial
- General Education

Table 7. Changes to General Education Physical Development Requirements

CURRENT REQUIREMENTS	NEW REQUIREMENTS
<p>Physical Development, 4-5 hours</p> <p>P-1 Physical Activity, 2 hours</p> <ul style="list-style-type: none"> a. PEAC 225–Fitness for Life, 1 hour b. Choose one of the following: <ul style="list-style-type: none"> PEAC, ADAC, OLAC (all are 1 hour or more) 	<p>Physical Development, 6-7 hours</p> <p>P-1 Physical Activity, 4 hours</p> <ul style="list-style-type: none"> a. PEAC 125–Fitness for Collegiate Life, 1 hour (required for first year) b. Select two PEAC, ADAC, OLAC courses—one in the second year and one in the third year. Baccalaureate nursing majors select one and take NRNT 125. c. PEAC 425–Fit for Hire, 1 hour (required for final year)
<p>P-2 Health Science, 2-3 hours</p> <ul style="list-style-type: none"> • HLED 173–Health for Life, 2 hours • HLNT 135–Nutrition for Life, 3 hours • NRNT 125–Nutrition, 3 hours (required for nursing and allied health majors) 	<p>P-2 Health Science, 2-3 hours</p> <ul style="list-style-type: none"> • HLED 173–Health for Life, 2 hours • HLNT 130–Nutrition for Life, 2 hours • HLNT 135–Nutrition for Life Enhanced, 3 hours (required for PEHW majors) • NRNT 125–Nutrition, 3 hours (required for baccalaureate nursing majors)

Table 6. Four-Year Physical Activity Course Sequence

FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH YEAR
<p>PEAC 125–Fitness for Collegiate Life</p> <ul style="list-style-type: none"> • Complete Rockport One-Mile Walking Test at the beginning of the semester to establish a baseline • Complete Rockport One-Mile Walking Test during mid-semester campus-wide fitness assessment week. (SLO 1) (See Appendix A) • Complete International Physical Activity Questionnaire (SLO 2) (See Appendix B) 	<p>Complete one activity course (or NRNT 125, which is required for nursing majors)</p> <ul style="list-style-type: none"> • Complete the Rockport One-Mile Walking Test during mid-semester campus-wide fitness assessment week. (SLO 1) • Complete International Physical Activity Questionnaire (SLO 2) (See Appendix B) 	<p>Complete one activity course (or NRNT 125, which is required for nursing majors)</p> <ul style="list-style-type: none"> • Complete the Rockport One-Mile Walking Test during mid-semester campus-wide fitness assessment week. (SLO 1) • Complete International Physical Activity Questionnaire (SLO 2) (See Appendix B) 	<p>PEAC 425–Fit for Hire</p> <ul style="list-style-type: none"> • Complete Rockport One-Mile Walking Test during mid-semester campus-wide fitness assessment week. (SLO 1) (See Appendix A) • Complete International Physical Activity Questionnaire (SLO 2) (See Appendix B)
<p>Cohort: Baccalaureate-degree students</p>			

Required Courses – 4 physical activity hours in a 4 year sequence

- Year 1: PEAC 125 – Fitness for Collegiate Life
 - Redesigned from Fitness for Life, this course will set a foundation by concentrating specifically on physical activity and fitness training. Instruction will focus on fitness assessment, physical activity training principles, and writing a personal fitness plan that incorporates physical activity based on individual fitness assessment results and personal fitness goals.

Required Courses – 4 physical activity hours in a 4 year sequence

- Year 2 & 3: Any 2 (one per year) activity courses – PEAC, OLAC, ADAC
- Year 4: PEAC 425 – Fit for Hire
 - A new, senior capstone course, Fit for Hire will encourage students to reflect on and evaluate their university physical fitness and activity experience, write a personal fitness plan based on their individual fitness assessment results and personal fitness goals for the semester, and create a plan that includes lifetime fitness and activity goals for continued physical activity beyond graduation.

Assessment

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

Table 11. Assessment Plan

OUTCOME	MEASURE	INSTRUMENT	SCHEDULE	TYPE	TARGETS
1. Students will achieve and maintain a level-3 cardiorespiratory fitness rank.	Number completing the Rockport walk	Physical activity website	Mid-semester (fall and winter)	Indirect Summative	75% of students will complete the Rockport walk annually.
	Level-3 cardiorespiratory fitness	Rockport One-Mile Walking Test	Mid-semester (fall and winter)	Direct Summative	50% of the cohort completing the Rockport One-Mile Walking Test will achieve a level-3 or higher cardiorespiratory fitness rank annually (Baseline 26.7% in 2007-2011).
	VO ₂ max score	Rockport One-Mile Walking Test	Mid-semester (fall and winter)	Direct Summative	Of the cohort completing the Rockport One-Mile Walking Test annually, 30% will increase their VO ₂ max score from year one to year two, 20% will increase their VO ₂ max score from year two to year three, and 10% will increase their VO ₂ max score from year three to year four.
2. Students will achieve and maintain the American College of Sports Medicine recommendations for cardiorespiratory activity.	ACSM cardiorespiratory fitness recommendations	International Physical Activity Questionnaire	Mid-semester (fall and winter)	Direct Summative	50% of the cohort completing the International Physical Activity Questionnaire will achieve the American College of Sports Medicine recommendations for cardiorespiratory activity annually (Baseline 16% in 2007-2011).

Concerns

- Transfer Students
- Students Abroad
- Students off the four-year sequence
- Capacity of PEHW for more students
 - Space (facility and course enrollment availability)
 - Personnel

*Note: Over 2 years (2009-2010), 22% of graduates took 3 activity courses and 15.5% took 4 or more.

Concerns

- Load on Students

- 112 Bachelor's Degrees offered

- 17 degrees are over 128 hours for completion
 - QEP pushed 3 of these over 128 hours, others were already well over
 - 7 degrees pushed to 128 hour limit by the QEP
 - 88 degrees at 126 hours

Where are we now?

- Selection of topic in April, 2010
- 2.5 years (~60 meetings) of the working committee
 - Many drafts and options considered
 - On site visit, April 2012
 - Recommendations/Modifications
 - Final submission to SACS, August 2012
- General Education Committee approval
- Undergraduate Council Vote
- Full implementation in Fall 2013