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.

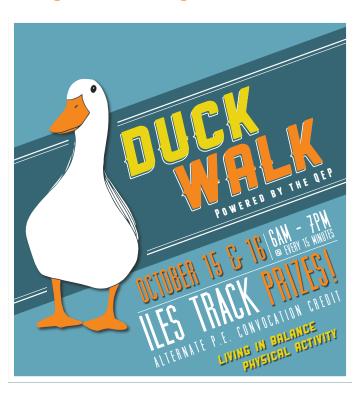
- Gen Ed approval received
- Duck Walk
- Undergraduate Council next week

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

https://www.southern.edu/qep



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



Power for Mind & Soul

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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