

**The Department of Movement Studies & Wellness Education
Physical Activity Element**

**General Education Program
Pacific Lutheran University**

Framing Language and Program Goals

Promoting Healthy Living and Activity for All Students

In addition to the professional degree programs, the Department of Movement Studies & Wellness Education provides a diverse array of physical activity instruction for students as part of the General University Requirements (GUR) of the university. All students are encouraged to try new activities and to begin or continue a lifetime commitment to active living. Activity instruction is provided in over 25 different activities spanning from traditional fitness activities such as aerobics, weight training, and yoga to an array of sports such as basketball, tennis, bowling and badminton, to a variety of activities uniquely suited to the Pacific Northwest such as mountaineering, sailing and scuba diving as well as a variety of dance courses. *The goals of these classes are to 1) develop in each student a fundamental respect for the role of physical activity in living, including the assessment of physical condition and the development of personally designed, safe, effective and functional fitness programs with attention to lifetime activities and 2) to expose students to a diversity of physical activities and experiences in a manner which enhances understanding of their educational, social, spiritual, ethical and moral relevance. The program provides opportunities for all participants to develop and apply a knowledge base regarding physical activity and psychomotor and behavioral skills, which encourages the development of lifelong health and wellness.*

General Education Element Description

Engaging Arts and Performance

The study and experience of art, music, theater, communication, and movement engage self-discovery and creativity while cultivating an appreciation for shared traditions of human expression.

Physical Activity Physical activity provides the opportunity to explore, understand, cultivate, and appreciate the values, skills and abilities that support a commitment to being physically active throughout the lifespan. Participation in these courses encourages the integration of the whole person in body, mind and spirit.

General Education Physical Activity Program Learning Outcomes

The student will:

1. learn the basic knowledge and skills necessary for successful participation in the activity, improve or demonstrate basic competencies of the activity, and enjoy participation in the activity; and,
2. increase the awareness, knowledge and behavioral skills necessary to support a lifelong commitment to movement and physical activity.

PHED 100 Student Learning Outcomes

PHED 100 has separate outcomes since it is the one required course within the program. The following outcomes appear on all PHED 100 syllabi (beginning Fall 09). Achievement of these objectives is determined via two common classroom based assessments: a multiple choice exam and the development of a personalized exercise program. Other assessments are at the discretion of each instructor. Program assessment also includes a survey questionnaire (data is available).

Upon completion of PHED 100 the student will:

- know and appreciate the benefits of physical activity and active living;

- understand the basic principles supporting effective and safe activity programming for optimal health and fitness;
- understand the relationship between lifestyle patterns and disease;
- understand the health-related fitness components of physical fitness, their relationships to each-other and the contributions each makes toward optimal health and well-being;
- use a number of assessment tools to measure the health-related components of physical fitness and effectively interpret the results;
- develop a personal exercise program based on sound goal setting and personal fitness evaluations;
- value the role of physical activity in achieving and maintaining optimal quality of life throughout the lifespan;
- identify personal activity preferences and gain an appreciation for active living; and,
- understand the relationships between nutrition, stress management and physical activity on overall health and well-being.

Alignment to the ILOs

Valuing

- Develop a habit of caring for oneself, for others, and for the environment.

Expression

- Develop and promote effective strategies and interpersonal relationships for implementing cooperative actions.