

Title: Living in Balance: Physical Activity  
Institution: Southern Adventist University  
Contact: QEP Director Leslie Evenson, MPH [levenson@southern.edu](mailto:levenson@southern.edu);  
QEP Associate Director Judy Sloan, PhD [jsloan@southern.edu](mailto:jsloan@southern.edu)

Southern Adventist University's mission includes nurturing Christ-likeness and encouraging the pursuit of truth, wholeness, and a life of service. To strengthen the pursuit of wholeness, the theme of physical activity was chosen for the QEP.

The focus of the plan is to enhance student learning in cardiorespiratory fitness with a goal of increasing cardiorespiratory fitness over time. Two student learning objectives are identified for improving student behavior in cardiorespiratory fitness with observable measure:

1. Students will achieve and maintain a level-3 cardiorespiratory fitness rank while at Southern Adventist University.
2. Students will achieve and maintain the American College of Sports Medicine recommendations for cardiorespiratory physical activity.

These outcomes will be achieved through substantial changes in courses and general education requirements and through co-curricular opportunities that promote cardiorespiratory fitness. Additionally, strategies are being implemented for assessment, evaluation, and improvement of cardiorespiratory fitness, with sufficient funding being allocated to support implementation.

Changes in the curriculum include: (1) increasing the two required 1-hour general education physical activity courses to four such courses; (2) requiring activity courses to be spread out over four years, and (3) incorporating two specific assessments into all physical activity courses. New co-curricular opportunities include: (1) an organized and promoted mid-semester campus-wide cardiorespiratory fitness assessment week, and (2) a physical activity website.

The assessment strategy employs two standardized instruments: the Rockport One-Mile Walking Test for assessing cardiorespiratory fitness, and the International Physical Activity Questionnaire (IPAQ) for assessing cardiorespiratory activity.

Funding is allocated for the cost of equipment, supplies, and human resources, including a part-time QEP director to guide implementation and evaluation of the plan and an additional full-time faculty member to teach courses related to the new requirements.