

UWG QEP Topic Submission

QEP topics should be submitted using this form and address each question below:

1) What QEP topic are you submitting? (5-10 words)
Personal Wellness and Lifetime Activities Engagement
2) What is UWG currently doing in this area relative to student learning?
<p>The Personal Wellness and Lifetime Activities (PWLA) Program currently services approximately 1,200 students from UWG each semester. PWLA courses include 20-30 different 1 hour options per semester, ranging from Pilates to Body Boot Camp.</p> <p>Research has shown the large decrease in the frequency and intensity of physical activity for young adults following high school (Baronwoski, Cullen, & Basen-Engquist, 1997). Further, many college students do not engage in moderate to vigorous exercise at least three days a week (Haberman & Luffey, 1998; Huang, et. al., 2003). This is unfortunate considering the recent findings of physical activity and its positive relationship to academic achievement (Welk, et. al., 2010). Largely, postsecondary adults continue to remain inactive, a lifestyle continued during the college years.</p> <p>To this end, the College of Education and the Richards College of Business have required students to participate in PWLA courses. Perhaps all colleges at UWG should adopt the approach taken by these colleges. That is to encourage students to achieve a healthy lifestyle through personal wellness and lifetime activities.</p>
3) How does this topic relate to the UWG strategic plan and/or assessment data?
<p>Considering the UWG strategic plan, requiring each student to participate in at least one PWLA class would assist in balancing each student's liberal arts program (Guiding Principle 1). Further, UWG envisions a campus that is engaging and exciting (Guiding Principle 2). Knowing that for the first time in history children may not outlive their parents due to the "obesity epidemic", how can one believe a campus to be engaging and exciting without physical activity?</p> <p>Perhaps UWG should consider creating a supportive environment (Goal 2) that is infused with a variety of recreational and leisure (Goal 5) activities for all students. In doing so, UWG will better meet the needs of each individual by enhancing the quality of campus life (Goal 5) through physical activity. A physical activity component for each program will equip each student with vital information that may lead to a longer, healthier, and more productive life after graduation.</p>

Topic submissions will be posted to www.westga.edu/qep

Please submit all topic ideas (no later than Oct 1, 2010), to qep@westga.edu