Re-Approval Form for a FIT or ACT Liberal Arts Perspective Course

(For current course)

**Date**:

**Instructor’s Name**:

Department and Course Number:

Course Title:

Catalog course description:

The criteria for HIPHI courses are listed in Appendix A of the Faculty Handbook. These criteria are as follows:

**Lifelong Fitness (FIT and ACT)**

Courses in Lifelong Fitness provide opportunities to explore movement and discover lifetime activities that promote health and wellbeing. By engaging in a variety of fitness activities, and through acquisition of knowledge and skills, students are better able to appreciate the importance of disease prevention and health promotion. To fulfill the Life Long Fitness and Activity requirement, students complete both the Personal Fitness (FIT) requirement (.5 course) and the Lifetime Activity (ACT) requirement (.5 course equivalent). No more than one FIT course and a maximum of .5 ACT courses may be counted toward completion of the requirement.

Personal Fitness (FIT ) (.5 course)

The Personal Fitness requirement (FIT) encourages exploration of cardiorespiratory fitness and its importance. Students learn how to set appropriate goals to improve fitness, engage in regular aerobic exercise, and acquire knowledge regarding health promotion, disease prevention, wellbeing, and relaxation.

Courses in this area will:

1. explore multiple dimensions of personal wellbeing, with emphasis on the physical dimension;
2. encourage the development of physical skills necessary for participation in moderate-to-vigorous physical activities;
3. promote health enhancement through participation in moderate-to-vigorous physical activity;
4. encourage healthy exercise patterns, safety, and goal-setting within an exercise program;
5. foster an appreciation for the importance of a physically active lifestyle.

Student Learning Outcomes:

1. Students will analyze elements of their personal wellbeing and learn to set appropriate and achievable health goals.
2. Students will learn and apply fitness-related principles, set fitness goals, and monitor individual progress by designing an individual fitness plan.
3. Students will demonstrate an appreciation for lifelong fitness by fully participating in prescribed moderate-to-vigorous physical activity.

Lifetime Activity (ACT) (.125-.25 course)

The Lifetime Activity requirement (ACT) encourages students to select courses across a range of activity areas based on personal interest to develop an appreciation for lifetime physical activity and skills associated with such activities.

Courses in this area will:

1. allow students to explore a variety of lifetime activities based on personal needs, interests, and abilities;
2. encourage students to use physical activity as an avenue for self-expression.
3. engage students through physical activity designed to promote elements of fitness such as muscular strength, muscular endurance, flexibility, and healthy body composition
4. explore the connection between mind and body;
5. help students appreciate lifetime activity, and its potential impact on health promotion and reduction of risk behavior.

Student Learning Outcomes

1. Students will have opportunities to demonstrate improvement in elements of fitness such as muscular strength and endurance, flexibility, and body composition.
2. Students will improve knowledge of rules, strategies, skills, and safety associated with the lifetime activity courses they choose to complete;
3. Students will develop skills that promote personal health, reduce risk behaviors, and explore the body-mind connection.
4. **Describe in detail how the course fulfills the specific criteria mentioned above:**

1. **How will information about course criteria and student learning outcomes be communicated to the students taking the course? (Examples include: stated on syllabus, verbally communicated in class, placed on Moodle site, etc.)**

1. **Please provide examples of assignments in the course that address the student learning outcomes mentioned in the criteria above. Please identify in parentheses the SLO met by the assignments you describe. (Descriptions are satisfactory, there is no need to provide the actual assignment)**

1. **How will you/your department communicate the expectations that this course meet the criteria, and that the student learning outcomes be assessed, to faculty teaching the course?**

**Submit this form to the Provost’s Office at the following email address:** [**courseproposal@gustavus.edu**](mailto:courseproposal@gustavus.edu)