



St. Olaf College General Education Curriculum Studies in Physical Movement (SPM) Requirement

Description:

Two courses, of any credit value, each focused on a different activity or mode of movement, that expand students' experiences in and understanding of movement and promote lifelong health and wellness of the whole person.

Administrative guidelines:

1. Participants in intercollegiate sports may receive credit for one of the two required courses by enrolling in one of ESAC 170-194: Intercollegiate Athletics.
2. The catalog course description for each course that meets the SPM requirement will specify which, if any, other courses may not be taken in conjunction with that course to fulfill the SPM requirement.

Intended learning outcomes:

Students will demonstrate:

1. the ability to successfully perform a range of skills connected to a given physical technique.
2. knowledge of the body's structure, function, and expression specifically in the performance of a given physical technique and broadly in creating long-term well-being.
3. awareness of their own feelings, values, and attitudes regarding movement and long-term well-being.
4. awareness of the historical and cultural background of a given physical technique.

Course guidelines with Curriculum Committee comments:

1. Courses must introduce and develop a physical technique by engaging students in physical movement.

Comment: Attention must be given to the proper interpretation of physical and tactile sensations experienced during the activity, with the goal of educating students about the wealth of information that flows to and from the body during any physical activity and about healthy responses to that information.

2. Courses must include a cognitive component where students learn about moving.

Comment: Courses must include information about properly preparing for safe participation in the activity: stretching, conditioning, nutritional issues, etc.

3. Courses must provide information about lifelong health and wellness of the whole person.

Comment: Courses must include a combination of physical activity and allied information about such things as sensation, intuition, imagination, and expression. Such instruction has the potential to contribute to the lifelong physical, social, or artistic well-being of students.

4. Courses must provide historical and cultural background relevant to the activity, illustrating the wide range of roles of physical activity in human development.

Information for instructors proposing SPM credit for a specific course:

The St. Olaf Curriculum Committee is responsible for reviewing and approving proposals to designate individual courses as meeting the Studies in Physical Movement requirement. Instructors may seek SPM credit as part of a proposal for a new course, or may seek to add SPM credit to an existing course. SPM credit is attached to the *course*, not to the instructor or to the specific term in which the course is offered. A proposal for SPM credit must show how the course meets each of the SPM course guidelines; the comments following a guideline provide additional information about how the Curriculum Committee interprets and applies that guideline in reviewing proposals. Instructors are encouraged to consider the comments as well as the guidelines in preparing proposals. Forms and additional instructions for submitting proposals electronically are available on the website of the [Office of the Registrar](#).

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