

**GENERAL INFORMATION**  
**PHYSICAL ACTIVITY AND YOUR HEALTH (P)**  
**Updated October 15, 2009**

**University Studies Program 2003 (USP 2003)**

At the University of Wyoming, your education will prepare you to choose a career from a wide range of choices, to lead a successful personal life, and to make a positive contribution as a citizen in a complex multicultural society. To help you achieve these goals, the University provides an exceptional opportunity for learning through the University Studies Program. This program establishes a set of common general education requirements for all students. As a new University of Wyoming student, you'll be a partner in this exciting program and will benefit from its far-reaching goals.

**Physical Activity and Health (P)**

One of the areas in the University Studies Program is Physical Activity and Health (P). Students can enroll in PEAC 1001, Physical Activity and Your Health, to meet the P requirement. This one-credit hour course will provide a balance of physical activity and an introduction to wellness concepts. You'll gain an understanding of the impact physical activity and physical inactivity has on your health, and you'll gain the knowledge and experience that will enable you to make informed decisions about your health as it relates to quality of life and longevity.

**PEAC 1001, Physical Activity and Your Health**

***OUTCOMES OF PEAC 1001: Students will . . .***

1. Demonstrate the ability to differentiate physical activity from exercise;
2. demonstrate knowledge of the components of health-related fitness;
3. demonstrate competency in developing a personal health-related fitness program;
4. demonstrate knowledge of nutrition, cardiovascular health, diseases related to physical activity, stress management, substance use and abuse, and sexually transmitted diseases;
5. demonstrate knowledge of the health-related benefits of physical activity and of the risks associated with physical inactivity;
6. demonstrate knowledge of the principles specific to attaining and maintaining good health and fitness throughout life; and
7. participate in physical activities that are self-paced at target heart rates of moderate to vigorous intensity.

***REQUIRED TEXTBOOK IN PEAC 1001***

Corbin, C.B., Welk, G.J., Corbin, W.R., & Welk, K.A. (2009). Concepts of fitness and wellness: A comprehensive lifestyle approach (8<sup>th</sup> ed.). Boston: McGraw Hill.

## ***ENROLLING IN PEAC 1001***

### On-Campus Sections

The on-campus sections of PEAC 1001 include a lecture component and a physical activity component. When enrolling in an on-campus section of PEAC 1001, students must enroll in a lecture section AND a physical activity section (e.g., PEAC 1001-01, Mondays 2:10-3:00 PM, and PEAC 1001-16, Mondays 1:10-2:00 PM).

### Outreach School Sections

Students who select to enroll in an Outreach School section of PEAC 1001 simply enroll in the one chosen section. The Outreach School section numbers are listed 80-89.

## ***PLACE-OUT EXAM IN PEAC 1001***

A PLACEOUT Exam is offered to students who enroll in PEAC 1001. The PLACEOUT Exam is a 50-point multiple choice test. For sections delivered on-campus, the PLACEOUT Exam is administered during the second scheduled lecture class. For sections delivered via the Outreach School, the PLACEOUT Exam is administered during the second week of the semester. Students may choose to write or not write the exam. Only students who are listed on a PEAC 1001 class roster will be permitted to write the PLACEOUT Exam (i.e., must be enrolled). Instructors will cross-check students' UW photo ID with class rosters before permitting students to take the PLACEOUT Exam.

## ***PASSING THE PLACEOUT EXAM IN PEAC 1001***

### On-Campus Sections

Students who score 70 percent or higher on the PLACEOUT Exam may choose to substitute their test score for the lecture component of PEAC 1001. Students who choose to substitute their PLACEOUT Exam score for the lecture component of PEAC 1001 need not attend lecture for the remainder of the semester. Students will, however, be required to continue to attend the physical activity section of PEAC 1001 in which they are enrolled for the remainder of the semester. Students who score 90 percent or higher on the PLACEOUT exam will receive a grade of A for the lecture component of PEAC 1001. Those scoring between 80 and 89 percent will receive a grade of B, and those scoring between 70 and 79 a grade of C. Students who score less than 70 percent on the PLACE-OUT exam must continue to attend the lecture section of PEAC 1001 and complete all course requirements to determine their lecture grade. A student's final grade in PEAC 1001 is based on two scores, one score for the lecture component of the course (equivalent to two-thirds of the final grade) and one score for the physical activity component of the course (equivalent to one-third of the final grade).

### Outreach School Sections

Students who score 70 percent or higher on the PLACEOUT Exam may choose to substitute their test score for Lab Assignments 1A through 22B. Students will still be required to complete Lab Assignment 24C, *Planning Your Personal Physical Activity Program*. Students who score 90 percent or higher on the PLACEOUT exam will receive a grade of A for Lab Assignments 1A through 22B. Those scoring between 80 and 89 percent will receive a grade of B, and those scoring between 70 and 79 a grade of C. Students who score less than 70 percent on the PLACE-OUT exam must complete all of the Lab Assignments.

### ***SUBSTITUTIONS FOR THE PHYSICAL ACTIVITY COMPONENT OF PEAC 1001***

Students who have completed one (or more) of the following physical activity experiences may substitute that experience for the physical activity component of PEAC 1001:

1. Transferred physical activity course (only accepted when reflected on your UW transcript);
2. Concurrently enrolled in one of the following courses: MUSC 1370, Marching Band (only offered fall semester); PEAC 1272, Cardiovascular Conditioning – ROTC; THEA 3410, Ballet III/I; THEA 3430, Modern III/I; THEA 3480, Jazz III/I; THEA 3720, Stage Movement I; THEA 4010, Advanced Ballet; THEA 4030, Advanced Modern; and THEA 4730, Stage Movement II;
3. Current member of a UW Varsity Athletic Team; and/or
4. Current member of a UW Club Sport Team.

If this applies to you, please contact the Division's Office Associate for Academics ([jmartin@uwyo.edu](mailto:jmartin@uwyo.edu); 766-5449; Corbett Building Office 119C) before enrolling in PEAC 1001 so that she can verify the course/experience substitution. Once verified, the Office Associate will provide the student the required information for enrolling in the appropriate PEAC 1001 section(s).

#### **Enrolling in a Physical Activity Class After Completing**

After completing PEAC 1001 you can still enroll in additional physical activities during your undergraduate career. For example, you may choose to enroll in the Climbing Wall physical activity because you want to learn how to rock climb, or you might want to enroll in the Step/Dance Aerobics physical activity because you want to maintain your fitness routine. If this applies to you, DO NOT enroll in a PEAC 1001 physical activity section yourself. Rather, contact the Division's Office Associate for Academics ([jmartin@uwyo.edu](mailto:jmartin@uwyo.edu); 766-5449; Corbett Building Office 119C) to determine what you need to do.

#### **Additional Questions**

Call our Office Associate for Academics at 766-5449.