

**From:** Committee on Academic Policy (Prof. Oleg Pavlov, Chair)  
Committee on Academic Operations (Prof. Lyubov Titova, Chair)

**Motion:**

On behalf of the Department of Physical Education and Recreation and Athletics (PERA), the Committee on Academic Policy and the Committee on Academic Operations recommend, and we move that the WPI “Physical Education Graduation Requirement” be renamed the “Wellness and Physical Education Graduation Requirement.”

## Description of Proposed Changes to the WPI Undergraduate Catalog:

Pages 8-9, WPI 2021-2022 Undergraduate Catalog:  
(With added text in red.)

### Academic Policies:

#### *WPI Degree Requirements*

(effective for students matriculating after August 1, 2011)

WPI's academic requirements are specifically designed to develop an overall educational experience which meets the goals of the college.

.....

The degree will be awarded upon completion of the following:

#### DEGREE REQUIREMENTS:

.....

#### 9. **Wellness and** Physical Education

- Qualification in physical education shall be established by completing 1/3 unit of course work (four PE classes) or its equivalent. Such an equivalent, for example, may be participation in club or varsity sports.

## **Rationale:**

The Global Wellness Institute ( <https://globalwellnessinstitute.org/> ) defines **wellness** as “the active pursuit of activities, choices and lifestyles that lead to a state of **holistic health**” with at least **six dimensions: physical, mental, emotional, spiritual, social, and environmental**. This past year at WPI has made clear the need to redesign our physical education requirement to **engage more actively and more broadly in all these areas of individual wellness** in order to help our students grow, develop, and lead healthy and productive lives while at WPI and well after they graduate to follow their professional pursuits.

In maintaining our graduation requirement in the area of physical education, the WPI faculty has always recognized that a WPI education is more than just the acquisition of knowledge. At the same time, as “physical education” has evolved through the decades to embrace more than just sports, so has **WPI’s Physical Education Graduation Requirement evolved to more broadly encompass the area of Wellness**.

### **Rationale (Continued):**

This has included offering the following **two specific courses**:

#### **PE 1006: Wellness** (1/12 Units) Cat. I

Introductory course designed to acquaint students with knowledge and skills necessary to make choices that foster health and well-being.

#### **PE 1070: Leisure Education: Redefining Social Norms** (1/12 Units) Cat. I

Introductory course designed to explore various leisure education alternatives.

Even more generally, the **broader focus on Wellness has been covered in the following general topics PE course**:

#### **PE 1099: Healthy Alternative Physical Education Courses** (1/12 Units) Cat. I

In each term, specific PE courses are offered to provide a variety of wellness, dance and healthy alternatives to traditional PE sport-based classes. The specific courses are subject to change on a yearly basis in order to provide flexibility in the PE offerings based upon the latest trends in wellness and dance. The focus of these classes is more on individual fitness, wellness and education, with instruction provided to all students in the classes.

Beyond those alternatives included in the general course description, PE 1099 has included a variety of exposures to yoga, self defense, and martial arts.

## **Rationale (Continued):**

It is time to generalize the label of our physical education graduation requirement to reflect our broader focus. Most importantly, the broader label of “Wellness and Physical Education” will reflect our goal to be more intentional in expanding within this larger space.

There is the potential to recognize more courses/important activities (ex: Insight Program) in other areas of the university for Wellness and Physical Education credit along with the future development of wellness programming by Academic Advising, the Center for Well-Being and other.

Finally, renaming this graduation requirement will also put front and center the importance placed on wellness by our faculty for our students to help them actively engage in a holistic approach to their well-being now and into the future.

**Implementation:** Implementation date for this action is the 2022-2023 Academic year.

**Resources needed:** No additional funding is needed for this name change.

**Impact on distribution requirements and other courses:** This name change will not affect current distribution requirements.