

# LIFETIME PHYSICAL ACTIVITY PROGRAM

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## STUDENT AFFAIRS

### **DIRECTOR**

Dr. Daniel N. McMasters

### **INSTRUCTORS**

Mauro Hamza

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The mission of the Lifetime Physical Activity Program (LPAP) is to provide a multifaceted learning experience via a program of physical activity to foster physical, social, and emotional wellness. The ultimate goal of the LPAP is to provide each student with:

- Knowledge of health-related concepts of physical activity
- Cognitive and behavioral skills
- An understanding of physical activity as a mode of improved quality of life throughout the life-span
- A sense of emotional well-being
- Satisfying social interaction
- Knowledge of rules and strategies
- An opportunity to learn an activity which is not necessarily mainstream in U.S. culture
- Professional instruction specific to the course material
- An introduction to intramural sports, sport clubs, dance theatre, and recreational programs
- Improved quality of life at Rice University

Lifetime physical activity classes are strongly recommended for all first-year students, including transfers who have not had an equivalent course elsewhere. To satisfy the LPAP requirement, students must complete 2 courses in the Lifetime Physical Activity Program that do not carry degree credit and do not count toward the total semester hours at graduation. Students with disabilities may make special arrangements to satisfy this requirement. Students may not repeat LPAP courses and students can only take four hours of LPAP courses for credit that count toward the total semester hours at graduation.

The LPAP offers approximately 40 courses each semester. Within scheduling constraints, a student may select a course which offers activities that satisfy his/her interests. The LPAP offers a variety of activities. Some of the current activities offered include racquet sports (tennis, racquetball, badminton), fitness activities (aerobics, personal fitness, weight training, cycling), aquatics, dance (Latin ballroom, ballroom, modern, ballet, country western, Middle Eastern, classical Indian), martial arts, team sports (flag football, basketball, volleyball, soccer, softball), and other activities such as fencing, self defense for women, golf, disc golf, yoga, and nutrition.

**See LPAP in the Courses of Instruction section.**