

# LIFETIME PHYSICAL ACTIVITY PROGRAM

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## UNDERGRADUATE EDUCATION

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Historically, Rice University has recognized that becoming physically educated is integral to one's overall education. Since the founding of the university in 1912, the Lifetime Physical Activity Program has worked to create a multifaceted learning experience that promotes the physical, social, and emotional benefits of physical activity. It is the mission of the Lifetime Physical Activity Program to teach both theoretical and practical components of a variety of exercise/performance activities such that they will bring enjoyment and demonstrate the importance of maintaining health and wellness throughout the course of a lifetime.

Specifically, the goals of the Lifetime Physical Activity Program are:

- To encourage a lifetime of fitness through the teaching of mechanical, physiological, and nutritional principles.
- To teach other pertinent knowledge, such as historical and cultural foundations, rules, and strategy.
- To create an environment that fosters a sense of emotional satisfaction, physical accomplishment, and social interaction for its participants.
- To provide students with high-quality instruction specific to the course material so that they may learn skills that will improve the length and quality of their lives.
- To expose students to activities that are not necessarily mainstream in United States culture.

To satisfy the LPAP requirement, students must satisfactorily complete 2 different noncredit LPAP classes. Students with disabilities may make special arrangements to satisfy this requirement. While LPAP courses may not be repeated to meet the graduation requirement, students can repeat a course for credit. However, students will not receive more than 4 hours of credit from the successful completion of LPAP classes.

Lifetime physical activity classes are strongly recommended for all 1st-year students, including transfers who have not taken equivalent courses elsewhere.

The Lifetime Physical Activity Program offers a variety of sport/exercise/performance activities. In the 40-plus sections that are offered each semester, many have a dual sport focus (i.e., volleyball/basketball), allowing a student to experience 3 or 4 activities during 1 year. A student may select an LPAP section that meets his/her scheduling needs and that offers activities that satisfy his/her interests. Some of the current activities offered include racquet sports (tennis, racquetball, badminton), fitness activities (aerobics, personal fitness, weight training), aquatic activities, dance (Latin, ballroom, modern, ballet, country western, Middle Eastern, classical Indian), martial arts, and team sports (flag football, basketball, volleyball, soccer, softball) and other activities such as fencing, self-defense for women, golf, yoga, and nutrition.

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