

**St. Olaf College OLE Core General Education Curriculum**  
**The Active Body: Moving Toward Health & Well-Being Requirement**

**Description:**

One course of any credit value in which students engage in a body-based movement practice or activity as the primary mode of learning. Courses with the Active Body attribute expand students' experiences in and understanding of the capacity of movement to develop and promote lifelong health and well-being of the whole person.

**Intended Learning Outcomes:**

*Students will:*

1. Learn a movement practice.
2. Analyze the relationship between movement practices and health and well-being.

**Course Guidelines:**

Most courses that meet this requirement should have alternative versions of movement practices to support differently abled students. Faculty are committed to continuing the practice of making accommodations that allow students with physical limitations to participate in courses.

**1. Learn a movement practice.**

The course must promote the idea of learning through physical experience. The course may also include the teaching of biomechanical principles that the movement practice employs. Active Body courses exist on a spectrum, and the wide range of courses offering the Active Body requirement will provide learning experiences for all students.

**2. Analyze the relationship between movement practices and health and well-being.**

The course must encourage the development of both short and long-term physical and mental health and well-being. The course must show that the body is a dynamic and adaptive organism that is interconnected with cognitive and sensory systems and processes.