

# Quality Enhancement Plan (QEP)

Southwestern Adventist University's Quality Enhancement Plan, "Whole-Person Wellness," is designed to strengthen student commitment to a healthy lifestyle by impacting knowledge, attitude and practice, which are transformative steps of change.

## QEP Outcomes

1. Students will be able to demonstrate an understanding of whole-person wellness principles as exemplified in the CREATION Health model.
2. Students will be able to apply the principles of whole-person wellness to their daily lives.

## QEP Curriculum Four-Year Matrix

### Freshman

- UNIV 111 Wellness for Life (2 credits)

### Sophomore

- One KINA activity course (1 credit, General Education)

### Junior/Senior

- One KINA activity course (1 credit, General Education)

## Assessment

Students will complete both quantitative and qualitative assessments throughout the QEP curriculum