Educational Policy Committee (EPC)

February 4, 2009

Present:  Professors C. J. Koepp, Ted Lossowski, Ernie Olson, and Sandy Shilepsky; Student Representative Martina DiMeglio '10; Dean Leslie Miller-Bernal; Associate Dean Cindy Speaker; guest, Jeanne Goddard (and former trustee Gail Kitch via phone)

The meeting began at 10:05 a.m.

1. Approval of minutes.

2. We began with a few announcements concerning various sub-committee—their make up and changes.

a. Scott Heinekamp and Nancy Gil had volunteered for the Foreign Language Sub-committee

b. Candace Collmer resigned from Writing sub-committee since she had already joined the Formal reasoning sub-committee.

c. Formal reasoning sub-committee had met once and set up second meeting.

Jeanne Goddard came to talk with us about the PE requirement.

Jeanne expressed no opinion concerning the swimming requirement

She focused on a few really big issues on campus related to dance/PE

Stress—she noted that exercise is needed to relieve stress

She noted that stress and energy levels are also connected to food and nutrition.

She mentioned the challenge to find healthy and quality food on campus

Jeanne said assessment planning made her think more about new attitudes and concerns in PE program.

Educators have changed thinking over time:

Now there is a new emphasis on well-living and planning for health over the life span.

Building students’ interest on hiking, movement, meditation—not emphasizing sports as exclusively

Jeanne gave us a brief history of Dance. It entered the academy through PE, as a way to provide appropriate exercise for young women, who at that time were forbidden to join in competitive sports. That was the genesis of modern dance.

Jeanne would welcome more communication between Dance and PE; she says that there could be a lot more overlap. These days Dance and dancers have separated themselves off in the Fine Arts, not as connected to PE depts. Could be re-considered to some extent.

Jeanne also gave us a brief review of the Wellness course that has evolved from essentially a High school level health class, to a more substantive offering under Jerry Whiting, to Andrea Smith’s addition of yoga, meditation--and her courses in Women’s health/nutrition.

Jeanne says that Wellness needs a new name or title.

Something like the Well-Being Program: a name that will make it clear that it is a life long task to be well, and that students should be developing those habits and activities now for the long term.

“Mind, Body, Spirit”

For Jeanne, all these things need to be involved to achieve healthy well-being,

She noted that some dance classes satisfy the PC activity requirement

Jeanne talked about several objectives in her “Get Moving Class” –the kind of course that perhaps could be adapted for different/larger audience

1. to help students gain an increased awareness of body and self;
2. to increase their understanding of how things work

c. to gain an awareness of how the body processes what it takes in.

d. to gain a basic understanding of movement

e. to feel comfortable in motion

f. ultimately, to find the channel into one’s own movement, motion, and body—and then pushing it a little more

Jeanne also talked about the creative process—as in a course with no prerequisites where students create choreography

We discussed others kinds of activities: hiking, cycling, where the goal could be life long movement.

We looked in the catalogue for mission statement that could gesture to this goal

“cultivate meaningful lives” came the closest.

Jeanne said that it is time to look beyond separate PE requirements to move toward a more holistic picture. She thought more communication with John Place would be good.

Jeanne also brought up her Improvisation class. It tries to encourage students to feel comfortable with a group in movement. It’s challenging; students sometimes run into each other. Goal to increase awareness of self and other in a group

We discussed group work versus a PE requirement filled by an individual working alone.

Jeanne talked about another exercise of hands-on work with dancers that requires more intimacy. Teaching the caring, quiet touch—being with another person and holding their head in hands. Being mindful of each other in stillness rather than in motion

Jeanne discussed the importance of music and rhythmic awareness.; it inhabits the whole body. She said that dancers sometimes find it hard to connect with musical rhythm. They need to be aware of heart beat, breathing. Sometimes a drum circle or singing can create sense of togetherness.

We talked about competitive sports, wondering if they overpower intramurals and other activities. However, intramurals and such seem to be getting good participation. We discussed the importance of off-campus physical activities--trips to skating rink, skiing, hiking, etc,--as well as non-class tutorials in specific activities.

Jeannne also noted that more communication between dance and sports teams could help the players. They could likely learn about stress reduction and more efficient movement.

We talked about the potential of athletes joining dance classes.

Wells could offer a variety of activities across the board from which students could choose.

We thought knowing what current students are doing in terms of physical activities would be valuable.

Since “Transcending Boundaries” is our current theme, we could devise wellness activities or fitness programs that staff and faculty could also join—to help nudge more of us into better health. We could keep diaries in Fitness center.

We need walking paths and bridges to encourage aesthetic and meditative walking.

We could have more pre-nursing and nutrition courses.

We could involve Christina Wahl, as she has expertise in nutritional matters and has done some co-taught courses before.

Jeanne left just before 11:00am..

We spoke about the new reorganized majors (Philosophy, Political Science, and International Studies) and were asked to look at them further. There was concern that perhaps Political Science could use more courses.

Meeting ended at 11:0 5a.m..

Respectively submitted,

Cynthia J. Koepp