

Quest 2: Exercise as Medicine

APK 2322 | 3 Credits | Fall 2025

Course Info

INSTRUCTOR

Anna Gardner, PhD

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OFFICE HOURS

MW 9:45 - 11:15 am or by appointment

*PLEASE NOTE: Office hours will be held in person unless otherwise indicated by the instructor.

MEETING TIME/LOCATION

Class number 27429

MWF Period 5 11:45 am - 12:35 pm AH 213

COURSE DESCRIPTION

Hippocrates once stated “eating alone will not keep a man well; rather he must also take exercise to produce health”. This mindset traversed centuries and continents, and in the 1970s, Westernized medicine initiated a strong focus on the role exercise played in prevention and treatment of chronic disease. To date, a plethora of research has demonstrated countless physiological, psychological, and emotional health benefits provided by an active lifestyle. Yet given this knowledge, our country continues to face the negative health repercussions given a relatively inactive, sedentary society. This Quest 2 course utilizes the disciplines of applied physiology, health education, medicine, healthcare economics, and government/public policy to explore the challenges associated with exercise as an everyday lifestyle among Americans. In this class, we will identify and investigate the role various entities (i.e. government, healthcare providers, insurance agencies, pharmaceutical companies) play in fostering exercise behavior. Learning techniques will include a mixture of philosophical discussion, literature review, self-reflection, interview, and qualitative thematic analysis. Class periods will utilize a high level of faculty-student engagement through qualitative research skill-building, faculty-led discussions, and lectures incorporating student-led literature reviews.

Quest 2 pressing questions:

- *If exercise is medicine, why is our society plagued by inactivity and its associated negative health consequences?*
- *What entities do or should play a role in promoting an active lifestyle among Americans? What should this role be?*

Quest and General Education Credit

- Quest 2
- Social & Behavioral Sciences
Social and behavioral science courses provide instruction in the history, key themes, principles, terminology, and underlying theory or methodologies used in the social and behavioral sciences. Students will learn to identify, describe and explain social institutions, structures or processes. These courses emphasize the effective application of accepted problem-solving techniques. Students will apply formal and informal qualitative or quantitative analysis to examine the processes and means by which individuals make personal and group decisions, as well as the evaluation of opinions, outcomes or human behavior. Students are expected to assess and analyze ethical perspectives in individual and societal decisions.

This course accomplishes the [Quest](#) and [General Education](#) objectives of the subject areas listed above. A minimum grade of C is required for Quest and General Education credit. Courses intended to satisfy Quest and General Education requirements cannot be taken S-U.

REQUIRED AND RECOMMENDED MATERIALS

All of the media for the course, including videos, readings, and audio recordings are available through Canvas. **Please note:** Students will be advised when to complete assigned readings and/or watch assigned videos **BEFORE** coming to class. Much of our class time will center around discussion and it is imperative that students be prepared in order to facilitate worthwhile and meaningful conversation.

Instructional materials for this course consist of only those materials specifically reviewed, selected, and assigned by the instructor(s). The instructor(s) is only responsible for these instructional materials.

University Policies

University policies are summarized [here](#). This link will direct students to a separate webpage that will provide all required academic policies, such as attendance, grading, personal conduct, DRC and evaluation verbiage, as well as campus academic, health, and wellness resources.

Course Policies

ATTENDANCE POLICY

Attendance is not required **EXCEPT for days designated for working in your presentation groups**. Dates for mandatory attendance include **Monday 10/21 through Monday 11/1 (6 total class periods)**. Any changes to these dates will be announced by the instructor. Requirements for attendance and excused absences on these days are consistent with [university policies](#). Students will be responsible for all material presented in class in addition to any material posted on the class website. **Failure to attend class will almost certainly result in a significantly lowered grade.**

ACADEMIC DISHONESTY

Cheating (including plagiarism) in any way will not be tolerated. **Any student caught cheating will receive a zero for that exam/assignment. There will be no exceptions. Additionally, the instructor may assign a failing grade for the course.** In all cases, students will be subject to the regulations and consequences, which can include probation or expulsion from the University, outlined in the Student Handbook.

USE OF AI TECHNOLOGY

The use of any materials or resources prepared by another person or Entity (inclusive of generative AI tools) without the other person or Entity's express consent or without proper attribution to the other person or Entity is considered *cheating*. Additionally, the use of any materials or resources, through any medium, which the Faculty / Instructor has not given express permission to use and that may confer an academic benefit to a student, constitutes *cheating*.

In addition:

1. Phones must be turned to silent or off during all lectures.
2. Students will be expected to show respect to the instructors and all students in the class. Students behaving disrespectfully (talking during lectures, making inappropriate or threatening statements to instructor or students, using phones in class, etc.) will be dismissed from the lecture or exam at hand. All university regulations governing student behavior will be enforced.
3. Lectures will begin at the scheduled times. Students will be expected to arrive on-time, and in the event of tardiness, to enter the room with as little disruption as possible.
4. Lecture notes posted on the class website are the property of the instructor. They are posted solely for students in this course and solely to facilitate note-taking and studying. No part of the materials may be re-distributed, reproduced, or used for any purpose other than note-taking and studying.

MAKE-UP POLICY

Students who are ill or have an emergency that prevents them from completing assignments on time are responsible for contacting the instructor as soon as possible. **Extensions or make-ups are at the discretion of the instructor given that there is a medical, family, or other emergency that deems the need for a make-up.** Technological difficulties such as access to Wi-Fi, problems saving or submitting a document, etc are not grounds for a make-up. Requirements for make-up exams, assignments, and other work are consistent with [university policies](#).

COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online. Students can complete evaluations in three ways: (1) The email they receive from GatorEvals, (2) Their Canvas course menu under GatorEvals, or (3) The central portal located [here](#). Guidance on how to provide constructive feedback is available at [the gator evals site](#). Students will be notified when the evaluation period opens. Summaries of course evaluation results are also available at [the gator evals site](#).

Grading

Description of Graded Work

Evaluation Components (number of each)	Total Points	Approximate % of Total Grade
Reflection Papers (5)	200 pts	200/430 = 46.5%

Quiz (1)	20 pts	20/430 = 4.6%
ACSM Video Assignment	10 pts	10/430 = 2.3%
Physician Interview (1)	80 pts	80/430 = 18.6%
Group Presentation (1)	120 pts	120/430 = 28%
Extra Credit (1)	5 pts	optional

Reflection papers: There will be a total of five reflections completed during the semester. The accompanying point values are noted below next to the description of each paper. Points will be awarded based on communication (25%: A clear, compelling, respectful, and effective communication of the questions you are asked to address in the reflection), connection (25%: A thoughtful, profound, and insightful connection of the course learning experiences to previous learning), content (25%: A detailed and thorough response to each of the questions you are asked to address, as well as meeting the 1-page minimum), critical thinking (25%: An insightful and perceptive analysis of the learning experience and its value to the student's personal and professional growth). Each reflection paper must be submitted on Canvas as a Word document. Your paper should be at least one page in length (12 point, single-spaced, Times New Roman, 1" margins all around) and address each of the items listed. Late submissions will receive the following penalty: 20% deduction if submitted within 24 hours after deadline, 40% deduction if submitted 24-48 hours after deadline. Any submissions over 48 hours past the deadline will not be accepted and will receive a 0 on the assignment.

1) Reflection on Exercise as Medicine (due 9/5). 30 points total.

Address the following questions:

- Feel free to share a little bit about yourself 😊 Major, career plans, hometown, interests, etc.
- What is your personal experience with physical activity/exercise? Have you ever participated in a regular exercise routine? Sports participation?
- Prior to this course, what knowledge (if any) did you have of Exercise as Medicine?
- What are your own beliefs, perceptions, and ideas of Exercise as Medicine?
- What do you look forward to learning in this course about Exercise as Medicine?

2) Reflection on Qualitative Analysis (due 9/19). 50 points total.

Address the following questions:

- Provide specific detail on the methodology used to analyze the qualitative data
- Provide a summary of findings from the overall analysis
- What do you think about the overall findings? Did anything surprise you? Why or why not?
- What were some limitations to how the data was collected and analyzed?
- If you were to conduct analysis of a similar topic in the future, what would you change about your overall data collection and analysis design?

3) Reflection on Physician Interview (due 10/27). 40 points total.

Address the following questions:

- During the interview, what went well? What could have gone better?
- What questions elicited particularly interesting or useful data? What questions did not?

- What are your overall takeaways from the interview- Relevant to the process? Relevant to the findings?
- Considering what you learned and what was discussed during Week 7:
 - Do the interview responses of the physician surprise you? Why?
 - What about these responses do you think contributes to the physician's role in Exercise as Medicine?

4) Reflection on Group Presentation (due 11/14). 50 points total.

Address the following questions:

- How do you think you did working with this group compared with groups you've worked with in the past? What was the hardest thing for you personally about working in this group? What was the greatest challenge you had as a group?
- How balanced do you feel the efforts of the group members were? Did you divide the responsibilities within the group fairly? Was there one person who added more than his/her share to the group?
- If you had done this yourself, would the outcome have been better or worse? In what ways was the group more effective than an individual working alone would have been? What is one skill you have that you feel really benefitted the group?
- What changes would you recommend to make it easier for future groups to work effectively? Were you given adequate time to get to know each other and come together as a team? What took the most time deciding as a group? Why do you think it was a challenging decision?
- Considering what you learned and what was discussed during Week 7:
 - Do the overall themes surprise you as they relate to the role of physicians in Exercise as Medicine? Why?
 - What do these themes tell us in regards to the importance of medical education and physician training in enhancing Exercise as Medicine among physicians?

5) End of semester reflection (due 12/5). 30 points total.

Address the following points/questions:

- Describe your personal and professional growth throughout the semester, particularly in relation to Exercise as Medicine.
- Looking back at your responses to Reflection Paper 1, have your views on Exercise as Medicine changed since the beginning of the class? How so?
- Expand on your course experience, including how your knowledge of Exercise as Medicine will impact your future actions.

Quiz (20 points): There will be one quiz during the semester. The quiz will serve to assess your general understanding of *Exercise as Medicine*. The quiz will be given in class and may consist of multiple choice, fill in the blank, true/false, and short answer questions.

ACSM Video Assignment (10 points): For this assignment, you will answer questions based on the video "Connecting Fitness with Healthcare" (<https://www.youtube.com/watch?v=5kTFmAbbsD0>) which we will watch in class. This assignment is due Monday, December 8.

Physician Interview (80 points): This experiential learning assignment is designed to give students exposure to the interview process. Students will be responsible for identifying and scheduling a one-on-one interview with a

physician (M.D. or D.O.), followed by completion of a recorded, face-to-face or virtual interview. Students and instructor will work together to develop the interview guide to ensure consistency in interview questions across the class. The interview must be completed with a recording and a typed transcript submitted on Canvas by Tuesday 10/21. This assignment will tie into the Reflection on Physician Interview as well as the group presentation.

Physician Interview Grading Rubric	Point value
Identifying physician and scheduling interview	10
Proof of interview including video or audio file of recording	10
Interview includes all questions developed as part of the interview guide	20
Demonstrates careful listening by effectively eliciting elaboration of answers and incorporating effective follow-up questions	30
Detailed transcript of the interview with clear indication of questions asked and answers received	10

Group Presentation: Qualitative Analysis of Interview with Physician (120 points): Students will put their qualitative skills to the test and create a 20-minute PowerPoint presentation containing methodology, analysis, and interpretation of their physician interviews. Each group will consist of 5 students (depending on class size) who will be responsible for completing a thematic analysis of their cumulative interview data. This assignment will require out-of-class effort, but students will also be given time in class to formulate, edit, and finalize presentations. Finalized presentations must be submitted in PowerPoint or Google Slides format to Canvas by the date your group presents. See information at the end of the syllabus for helpful tips on working as a group and formulating your presentation.

Group Presentation Grading Rubric	Point value
Brief description of overall methodology (i.e. interview process, data collection, transcription)	10
Approach to analyzing the qualitative data (Who analyzed? How did you analyze and why?)	20
Physician demographics (Who did you interview?)	10
Overall findings (What were the overarching themes?)	25
Interpretation of findings (Do the findings seem accurate? Reasonable? Any surprises? Any interesting outliers?)	25
Considering your findings, what are your suggestions for physicians/medical education moving forward?	10
Overall presentation (i.e. preparedness, clarity of slides, delivery of content, appropriate length, group member evaluation)*	14*
Attendance during group work days	6*

*Note: This portion of the rubric is graded on an individual basis. The other components of the rubric are graded on a group basis (i.e. all groups members receive the same points).

Group Member Evaluation: *Feedback Fruits* is an online tool that allows students to share experiences and provide feedback for each member of the group. Evaluations should be completed shortly after your group has given your presentation in class. To access *Feedback Fruits*, please click on the Assignments tab in Canvas. Select the Assignment titled “Group Member Evaluation (Feedback Fruits)”. Then click the link “Load Group Member Evaluation (Feedback Fruits) in a new window”. This will take you to the evaluation link. Follow the prompts to complete feedback for yourself and for each of your group members. **Everything is anonymous** so your name will not be included with your feedback. Remember, this is a chance to provide constructive feedback, meaning you highlight both the strengths and weaknesses of each individual group member. **A portion of your individual presentation grade (see above rubric) will be based on feedback from your group members. Therefore, all group members must submit evaluations in order to receive your presentation grade.**

Extra Credit: There is one extra credit opportunity for this course. The extra credit is optional and you have until Friday, December 5 to complete it. The assignment involves activities with the InMotion Center at Rec Sports. The InMotion Center offers three different appointments: an equipment orientation, fitness assessment, and personal training session. You can choose to complete any or all of these appointments. You will receive 1 point extra credit for the equipment orientation, 2 points extra credit for the fitness assessment, and 2 points extra credit for the personal training session. This equates to a total of 5 extra credit points if you complete all three appointments. See instructions below for how to sign up and schedule these. Once an appointment is completed, you will receive an email from RecSports confirming you attended the session. Please take a screenshot of this email and submit it to the correct assignment in Canvas. The instructor will validate this confirmation with RecSports personnel and you will receive the appropriate number of extra credit points.

- Welcome to the [InMotion Center](#)

- Find out where your fitness journey starts with one of our certified personal trainers! At the InMotion Center, we offer a variety of free services, including fitness assessments, equipment orientations, and personal training consultations. Our trainers will provide individual recommendations to help you towards your goals.
- To schedule an appointment:
 - Register for a specific day on [RSConnect](#)
 - Complete the short intake survey through the link provided in the email receipt
 - You will be redirected to Bookings to select a time and appointment type.
 - If you have any questions, please feel free to reach out to the InMotion Center via email.

Final Grades: Your final course grade will consist of the evaluations listed above, as well as the extra credit opportunity should you choose to complete it. No additional extra-credit assignments will be offered in this course. Final grades will not be rounded. There will be no exceptions. **Students should not email the instructor requesting consideration for a higher grade or extra-credit. Any such requests will be respectfully ignored.**

GRADING SCALE

Any discrepancies with points displayed in the Canvas gradebook should be pointed out to the instructor *before* exam week. **There is no curve for this course.** More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>. *Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.*

Grading Scale:

Letter Grade	Percentage of Total Points	GPA Impact
A	93.0-100	4.0
A-	90.0-92.99	3.67
B+	87.0-89.99	3.33
B	83.0-86.99	3.0
B-	80.0-82.99	2.67
C+	77.0-79.99	2.33
C	73.0-76.99	2.0
C-	70.0-72.99	1.67
D+	67.0-69.99	1.33
D	63.0-66.99	1.0
D-	60.0-62.99	.67
E	Below 60	0.0

Annotated Weekly Schedule

Date	Topics	Materials & Assignments
F 8/22	Intro to Course & Pressing Questions	● Supplemental Materials: No readings this week. ● Assignment: No assignments due this week.
M 8/25	History of Exercise as Medicine	● Supplemental Materials: - o Exercise is Medicine: A historical perspective; pp. 195-201 (https://pubmed.ncbi.nlm.nih.gov/20622536/) - o Exercise is Medicine on Campus Action Guide, pp. 1-6 (https://www.exerciseismedicine.org/wp-content/uploads/2021/02/EIM-on-Campus-action-guide.pdf) - o Exercise is Medicine: Analytic Review; pp 511-523 (https://journals.sagepub.com/doi/pdf/10.1177/1559827620912192) Successful qualitative research: A practical guide for beginners; pp. 2-23 (manuscript file can be accessed via Canvas) ● Assignment: No assignments due this week.
W 8/27	Benefits of Exercise	
F 8/29	Meet at Rec Center for class!	
M 9/1	No Class - Labor Day	● Supplemental Materials: - o Data preparation and transcription; pp. 63-81 (https://journals.sagepub.com/doi/pdf/10.1177/1525822x02239573) ● Assignment: Reflection #1 on Exercise as Medicine due Friday 9/5.
W 9/3	Quiz	
F 9/5	Intro to Qualitative Research & Data Analysis	
M 9/8	Intro to Thematic Analysis	● Supplemental Materials: - o Theme development in qualitative analysis; pp. 100-108 (https://nordopen.nord.no/nord-xmlui/bitstream/handle/11250/2386408/Vaismoradi.pdf?sequence=3) - o Doing a thematic analysis: Practical, step-by-step guide for learning and teaching scholars; pp. 1-13 (manuscript file can be accessed via Canvas) - o Thematic coding example – Piazza-Gardner & Barry article; pp. 174-181 (https://www.tandfonline.com/doi/pdf/10.1080/19325037.2014.901112?needAccess=true) ● Assignment: No assignments due this week.
W 9/10	Thematic Analysis of Reflection Papers	
F 9/12	Thematic Analysis of Reflection Papers (cont'd)	
M 9/15	Ecological Perspective	● Supplemental Materials: - o An ecological approach to exploring physical activity interventions; pp. 2795-2817

Date	Topics	Materials & Assignments
W 9/17	Intra- & Interpersonal Roles; Article Discussion: "Barriers to Exercise Among College Students"	https://www.scrip.org/journal/paperinformation.aspx?paperid=89218 Increasing physical activity using an ecological model; pp. 29-31 https://scholarworks.moreheadstate.edu/cgi/viewcontent.cgi?article=1917&context=msu_faculty_research
F 9/19	Barriers to Exercise Toolkit	- Intro to ecological perspective; pp. 1-2 https://extension.purdue.edu/extmedia/hhs/hhs-792-w.pdf - Barriers to exercise among college students; pp. 1-11 https://www.asep.org/asep/asep/EbbenJEPonlineOctober2008.pdf - Social support and physical activity; pp. 514-518 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3402714/pdf/ckr091.pdf Assignment: Reflection #2 on Qualitative Analysis due Friday 9/19.
M 9/22	Institutional: Med schools and Physician Education	Supplemental Materials: - EIM Healthcare Providers' Action Guide; pp. 1-10 https://www.exerciseismedicine.org/wp-content/uploads/2021/02/EIM-Health-Care-Providers-Action-Guide-clickable-links.pdf - Physical Activity Toolkit; pp. 4-5, 21-51 https://www.exerciseismedicine.org/wp-content/uploads/2021/08/ExerciseIsMedicine_v8.pdf Assignment: No assignments due this week.
W 9/24	Interviewing Skills	
F 9/26	Interview Guide	
M 9/29	Interview Practice	Supplemental Materials: - Qualitative research method interviewing; pp. 87-88 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4194943/pdf/JBCP-5-87.pdf - Interview Strategies; pp. 2-4 https://sociology.fas.harvard.edu/files/sociology/files/interview_strategies.pdf - Probing Questions in Interviews; p. 1 https://fyi.extension.wisc.edu/programdevelopment/files/2016/04/Tipsheet34.pdf Assignment: No assignments due this week.
W 10/1	Interview Practice	
F 10/3	Interview Practice	
M 10/6	Institutional: Healthcare Economics	Supplemental Materials (we will watch in class):
W 10/8	Institutional: Healthcare Economics (cont'd)	

Date	Topics	Materials & Assignments
F 10/10	Institutional: Healthcare Economics	○ Video: Connecting Fitness with Healthcare, <i>starting at 3:13 through the end (55:34)</i> (https://www.youtube.com/watch?v=5kTFmAbbsD0) ● Assignment: No assignments due this week.
M 10/13 W 10/15 F 10/17	No Class - Complete interview this week	● Supplemental Materials: No readings this week. ● Assignment: No assignments due this week.
M 10/20	Mandatory Attendance: Group Presentation Preparation	● Supplemental Materials: No readings this week. ● Assignment: Physician interview recording and transcript due Tuesday 10/21.
W 10/22	Mandatory Attendance: Group Presentation Preparation	
F 10/24	Mandatory Attendance: Group Presentation Preparation	
M 10/27	Mandatory Attendance: Group Presentation Preparation	● Supplemental Materials: No readings this week. ● Assignment: Reflection #3 on Physician Interview due Monday 10/27.
W 10/29	Mandatory Attendance: Group Presentation Preparation	
F 10/31	Mandatory Attendance: Group Presentation Preparation	
M 11/3	Group Presentations	● Supplemental Materials: No readings this week. ● Assignment: No assignments due this week (aside from group presentation).
W 11/5	Group Presentations	
F 11/7	Group Presentations	
M 11/10	Community & Public Policy	● Supplemental Materials: ○ Active living communities; pp. 297-318 (https://www.annualreviews.org/doi/pdf/10.1146/annurev.publhealth.27.021405.102100) ○ Effective policies for promoting physical activity; pp. 1-12 (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7182760/pdf/main.pdf)
W 11/12	What do we do now? Course Wrap Up	
F 11/14	No Class	

Date	Topics	Materials & Assignments
		- o Promoting physical activity and exercise; pp. 1622-1635 (https://reader.elsevier.com/reader/sd/pii/S0735109718381695?token=75D9AF0AC030EFE5D0F1D3A0C9B3014CA2EE799BA1FCFE3263BA8821F1D445C98F8093430499CE94EE7446D9497B351A&originRegion=us-east-1&originCreation=20220128170257) ● Assignment: Reflection #4 on Group Presentation due Friday 11/14.
M 11/17	No Class	● Supplemental Materials: No readings this week. ● Assignment: No assignments due this week.
W 11/19		
F 11/21		
M 11/24	No Class - Thanksgiving Break	● Supplemental Materials: No readings this week. ● Assignment: No assignments due this week.
W 11/26		
F 11/28		
M 12/1	No Class	● Assignment: End of semester reflection paper #5 due Friday 12/5. Extra credit (optional) must be completed by Friday 12/5.
W 12/3		
F 12/5		
M 12/8	No Class - Finals Week (There is no final exam in this class).	● Assignment: ACSM video assignment due Monday 12/8.
W 12/10		
F 12/12		

Note: Links to articles are listed below, if available. A "Library" of PDF files is available in Canvas for easy access to the assigned readings.

Suggestions for Group Work Success

- Communication is key! Exchange contact info right away and do your best to respond promptly to texts, emails, etc.
- Attend class... This goes without saying. It's much easier to work as a group during the time you are given in class. You also need to attend class to learn the concepts that will be involved in the physician interview, analysis of your data, and formatting of your group presentation.
- Try your best to be available outside of class. While you will have time to work as a group during regular class hours, it is unlikely you will get everything done during this time. Therefore, you need to do your best to meet with your group outside of class. Even if this means 15-20 minutes here and there at nights or on weekends.
- Get to know one another! This not only makes the group work more fun, it also makes it easier to share ideas and collaborate on the project.

Suggestions for Group Presentation Success

- Practice your final presentation as often as necessary for each member of your group to feel comfortable and confident
- It is assumed that each person in the group will have relatively the same amount of slides/information to present.
- Do not make your slides too "wordy", rather use the slides as a guide for what you need to say
- Incorporate 1-2 influential quotes or phrases from your transcripts to support your themes

Student Learning Outcomes (SLOs)

At the end of this course, students will be expected to have achieved the Quest and General Education learning outcomes as follows:

Content: *Identify, describe, and explain key themes, principles, and terminology; the history, theory and/or methodologies used; and social institutions, structures and processes.*

- Identify and describe the physiological role exercise plays in prevention and treatment of chronic disease (Quest 2, B). Assessment: Reflection
- Describe the basic premise of the ecological perspective as well as how the five primary levels of health behavior influence relate to Exercise as Medicine (Quest 2, S). Assessment: Reflection
- Explain the process behind qualitative investigation and its usefulness (Quest 2, S). Assessment: Reflection, Interview, Group Presentation

Critical Thinking: *Apply formal and informal qualitative or quantitative analysis effectively to examine the processes and means by which individuals make personal and group decisions. Assess and analyze ethical perspectives in individual and societal decisions.*

- Critically analyze your own beliefs and perceptions related to exercise and its impact on health (Quest 2, S). Assignment: Reflection
- Conduct analysis and form logical thematic conclusions of qualitative data (Quest 2, S). Assignment: Reflection, Group Presentation
- Propose potential feasible solutions for fostering exercise behavior in our society (Quest 2, S). Assignment: Reflection

Communication: *Communicate knowledge, thoughts and reasoning clearly and effectively.*

- Create and orally present clear and effective qualitative research including design, analysis, and interpretation of findings (Quest 2, S). Assignments: Reflection, Group Presentation
- Communicate ideas of how you will use Exercise as Medicine rationale to impact the lives of those around you (Quest 2, S). Assignment: Reflection

Connection: *Students connect course content with meaningful critical reflection on their intellectual, personal, and professional development at UF and beyond.*

- Reflect on how you can utilize Exercise as Medicine now and in the future, both personally and professionally. (Quest 2, S). Assignment: Reflection

1. Details of Experiential Learning Component

This course integrates a one-on-one interview with a local physician to serve as an experiential learning assignment. Following this interview, students will have time to reflect and incorporate their experience into a collaborative group project. The goal of this experiential learning assignment is to give students hands-on exposure to the concepts being discussed in the course and to foster a deeper understanding of how qualitative inquiry can be used to investigate and form conclusions in real-world settings.

2. Details of Self-Reflection Component

Students are required to complete four self-reflections as a mechanism of identifying their own beliefs and perceptions, as well as if and how these things change following acquisition of knowledge and experiences from the course.

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