**Appropriate Practices in Instructional Physical Activity in Higher Education Task Force**

**Rationale:**

The ultimate purpose of any physical activity instructional program in higher education is to help students gain the skills and knowledge to be physically active throughout their lives, and a physical activity program is a significant part of the college-university educational mission. This document provides specific guidelines for instructional practices that are in the best interest of college/university students (i.e. appropriate) and those that are counterproductive or even harmful (i.e. inappropriate) to their development.

The Appropriate Practices in Instructional Physical Activity in Higher Education document was last updated in 2009, therefore significant information is out-of-date, and internet searches show that this document is no longer in circulation.

**Purpose:**

Update the Appropriate Practices in Instructional Physical Activity in Higher Education document to reflect current standards and recommendations.

**Product Description:**

The purpose of the Appropriate Practices in Instructional Physical Activity in Higher Education document is to educate professionals about effective programming and teaching within a higher education curriculum. It represents expert consensus about appropriate and inappropriate practices observed in college/university instructional physical activity programs across the United States. The document provides specific guidelines for instructional practices that are in the best interest of college/university students (i.e. appropriate) and those that are counterproductive or even harmful (i.e. inappropriate) to their development.

**Task Force Process:**

The task force would primarily work from the existing document to update and add relevant information. The task force will also identify avenues for dissemination of the document. The project will start in March and last approximately six to eight months.