

**Healthy Carolina Task Force
Physical Activity & Nutrition Sub Committee
Meeting Summary - April 27, 2007**

- **Introductions**
- **Chosen Focus Areas:**
#19 Nutrition & Overweight, #22 Physical Activity & Fitness
- **Chosen Objectives for Focus Area #19 Nutrition & Overweight:**
19-1, 19-5/6, 19-7, 19-9

*Also discussed proposing major changes with dining service including but not limited to: new labeling system for foods (can the students understand the current system), addressing vending machine contents, food preparation, extra meal-plan charges for healthy food
- **Chosen Objectives for Focus Area #22 Physical Activity & Fitness:**
22-1

*This objective is really all-inclusive and the easiest to measure. (May also want to look at back pain correlations and BP changes - hypertension).
- **Other possible objectives / topics for the committee to address:**
 - Believable information (is the information out there believable or how do we make it so?)
 - Peer educators (unifying peer educators on campus, peer educators for nutrition)
- **Briefly reviewed current services at USC as they relate to each focus area.**

Nutrition: registered dietician, nutrition consults (by appointment), programs from Campus Wellness Promotion, handouts/brochures that are distributed, basic nutrition information posted by dining services

Physical Activity: see next page for complete list
- **May break into 2 sub-groups within the committee** (nutrition committee & physical activity committee)

Current Opportunities for Physical Activity at USC (Informal or Formal)

CAMPUS RECREATION (Student Life)

- Facilities:
 - Strom Thurmond Wellness & Fitness Center
 - Solomon Blatt Physical Education Center
- Informal Recreation:
 - indoor/outdoor pools, racquetball/squash courts, table tennis, outdoor tennis, basketball, volleyball, climbing wall, outdoor equipment rentals, fitness (weight room and cardio deck), indoor track, outdoor field space
- Formal Programs:
 - Intramural Sports
 - Club Sports
 - Group Exercise Classes
 - Fitness Orientations
 - Outdoor Adventure Trips
 - Parents Weekend 5K & Other Special Events
 - Employment

FITPLACE (Department of Exercise Science)

- Fitness Assessments
- Offer Exercise Prescription and Goal Setting/Planning
- What is their new name?

ACADEMIC CLASSES/PROGRAMS

- Department of Physical Education: tennis, aerobic dance, basketball, weight training, jogging, soccer, golf, etc.
- Department of Dance: ballet, jazz, modern, special topics
- ROTC
- Other?

FACULTY/STAFF WELLNESS PROMOTION (Health Services)

- Programs: Walking Works, Dyna Desk

USC CAMPUS

- Walking Paths & Trails
- Bicycles/Bike Trails (Bike racks)
- Other?

ATHLETICS

- Student Athletes

COMMUNITY SERVICE

- Habitat for Humanity

OTHER