

*Learn it...Live it!*

Southwest Mississippi Community College

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The Quality Enhancement Plan for Southwest Mississippi Community College pairs traditional classroom instruction with practical experience in order to enhance the mastery by specific students of specific learning outcomes. The students are those enrolled in the Licensed Practical Nursing (LPN) program, and the outcomes concern their understanding of the roles of nutrition and exercise in maintaining good health. This QEP will help the college fulfill its mission of providing “academic, career, and continuing education, meeting the diverse needs of the population.”

The title of Southwest's QEP is *Learn it. . . . Live it!* Students will learn about the benefits of proper nutrition and regular exercise through traditional classroom instruction; they will then “live” what they have learned through their use of a Wellness Center staffed with qualified personnel, including trainers and nutritionists, and furnished with a variety of exercise equipment. To this end, Southwest is committed to providing the resources necessary for the establishment of such a center. The idea is that students' appreciation of the benefits of proper nutrition and regular exercise will be made more profound through the practical application of concepts that would otherwise be purely academic.

The positive relationship of good health to academic achievement is so abundantly documented as to be a truism, and although the scope of Southwest's QEP is quite narrow (specific students, specific learning outcomes), one of its long-term benefits is that the proposed Wellness Center will be available to all students.