The purpose of this lesson is to engage students in developing an exercise routine/program for students attending classes at the medical campus utilizing the built environment of the medical campus. As a result of this activity, students will not only learn how to use their built environment to incorporate physical activity into their own daily routines, but the students will also learn how to assess their patients’ daily physical activity routines and provide education and suggestions for developing healthier lifestyles in their patients’ built environments.

The lesson addresses the following MDC Learning Outcomes:

# 3. Solve problems using critical and creative thinking and scientific reasoning.
# 4. Formulate strategies to locate, evaluate, and apply information.
# 6. Create strategies that can be used to fulfill personal, civic, and social responsibilities.

Activity:
In preparation for class, students will review:

3. The Walking Site http://www.thewalkingsite.com/10000steps.html

Instructions for Activity:

1. The students will work in groups of 4 to 5.
2. Each group will be given an aerial map of the campus and a pedometer.
3. Each group will develop a 20 to 30 minute physical activity routine using the medical campus built environment. Students may use the immediate campus and the three parking lots. Physical activity should include:
   a. Walking,
   b. Promote the use of stairs or steps
   c. Any form of strength training (push-ups using tables, lunges, etc.)
4. Rainy day options should be taken into consideration, along with options for very warm days.
5. Students will present their physical activity routine plan to the class.
6. Students will write up their plans and post in the Discussion Forum for NUR4636.

Homework Assignment after this activity:

1. Interview one patient from your community health practicum to assess their daily physical activity routine.
2. Identify areas for that patient to increase their physical activity to the recommended guidelines of 150 minutes of moderate physical activity per week, and incorporate strength training.
3. Write up your findings and the education provided to that patient and submit to the NUR4636 Discussion Forum.