



Ducks in Motion

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Ducks in Motion

GET **QUACKIN'** WITH PE CLASSES



Why Take PE?

Exercise...



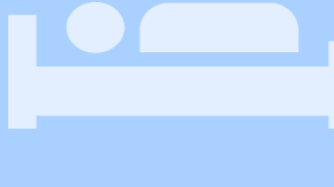
Decreases stress hormones



Promotes confidence



Increases information retention and memory



Positively impacts sleep quality

Students who take PE are

7%



more likely to graduate

Adults with the most social ties have a **2 times lower death rate** than those with the least social ties



Students who take PE are **more likely to use the rec center**



PE class can help new students become familiar with all the rec has to offer

PE Class...



Teaches **life long healthy behavior**

Creates a **sense of belonging and social connection**



Offers a **structured environment** to develop exercise skills



Exercise...



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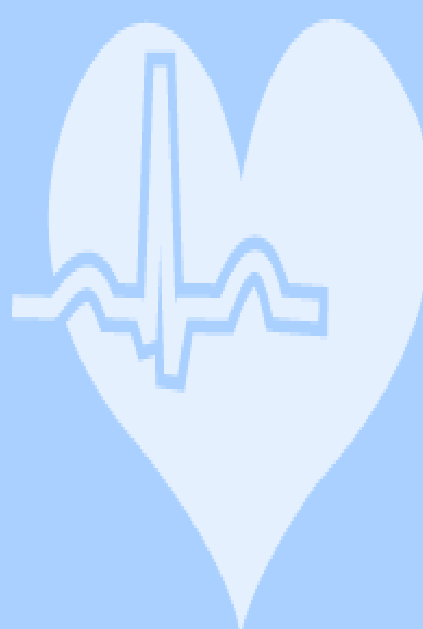
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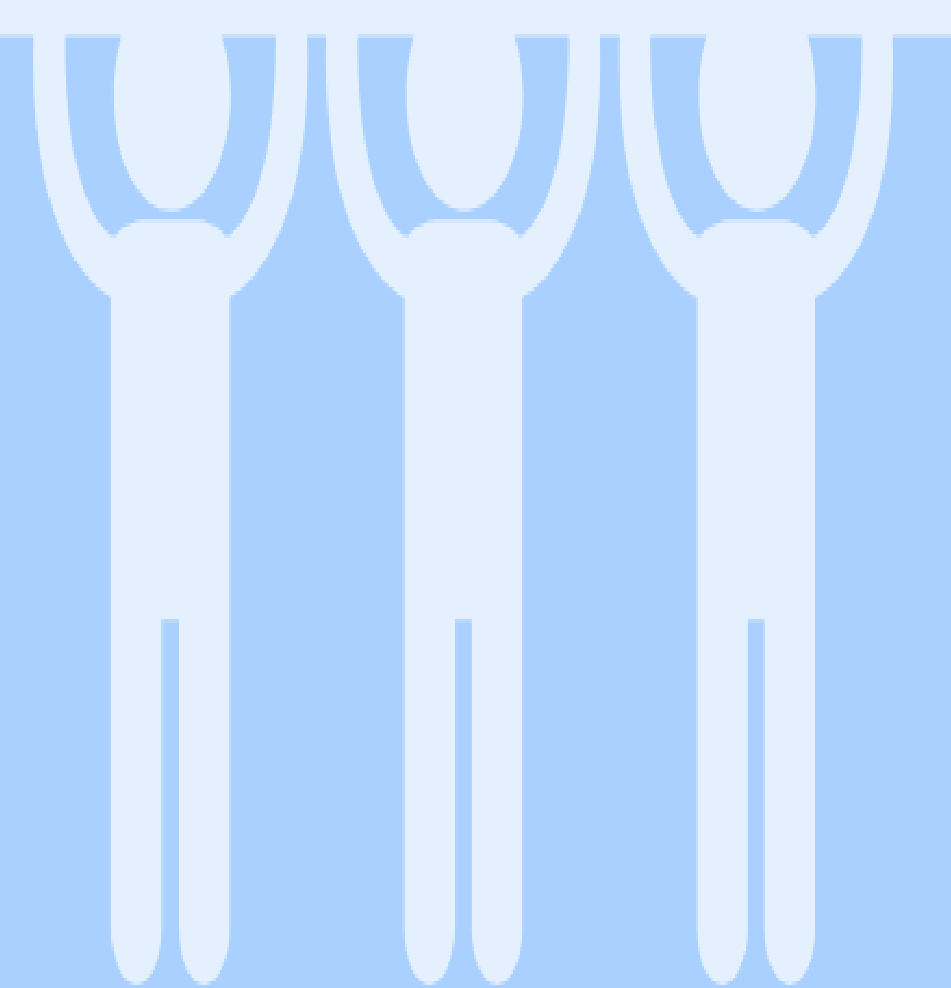
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How to Get Involved

Many Options for PE Classes at UO

rec.uoregon.edu/classes for more

PE Fitness

Intro to Cross Fit

Zumba

Group Cycling

PE Aquatics

Swimming

Paddle board Yoga

Scuba



PE Outdoor Pursuits

Rock Climbing

Bouldering

Wilderness Survival

PE Mind-Body

Sport Yoga

Meditation

Tai-Chi

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Sources

Exploring the Relationship between College Students' Barriers to Exercise and Motivation
Conceptual Physical Education Course and College Freshmen's Physical Activity Patterns
How Physical Exercise Benefits Mental Health
Why PE Should Be Required From PE to College
Benefits of Taking Physical Education in College
Social Relationships and Health: A Flashpoint for Health Policy

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