Rec and Wellness Department & Mission

Here at Armstrong, the Mission of the Department of Recreation and Wellness is to enhance students' fitness and wellness, knowledge, personal skills and enjoyment by providing:

- Opportunities for a variety of activities that may contribute to individual physical and mental fitness and wellness.
- Opportunities for cooperative and competitive play activity.
- A medium through which students can learn and practice leadership, management, program planning and intrapersonal skills.
- Access to quality facilities, equipment and programs.

2. KEY PROGRAMS, ACTIVITIES AND SERVICES PROVIDED (Brief description--highlight notable accomplishments this year. No more than one page. Can use short paragraphs, bullets, tables, charts, whatever is appropriate)

- Group Fitness
- Personal Training
- Wellness Programs
- Outdoor Adventure Programs
- Intramurals
- Sport Clubs
- Building Operations
3. SPECIFY THE GOAL(S) AND RELATED OUTCOMES ASSESSED THIS YEAR (In relation to the program’s mission and stated goals and/or an action item from the Strategic Plan)

Goals:

1. Prepare our student staff to effectively provide service to our patrons through solid knowledge of their position duties.
2. Provide quality programs and services to our patrons

Learning Outcomes:

- Flag Football Officials Training
- Score Keepers Training: Fall & Spring
- Volleyball Officials Training
- Basketball Officials Training
- Softball Officials Training
- Soccer Officials Training
- Sport Club Officers Training
- Recreation Assistant Safety Training
4. SPECIFY THE ASSESSMENT TOOL(S) USED. (This is where the data comes from. For example, a national survey, a focus group, a sign-in sheet, observation logs, a locally developed questionnaire, enrollment reports, a student exit interview, receipts, task orders, a competency test, etc.)

**Method of Assessment:**

- At the end of Flag Football Official’s Training, officials will be able to correctly answer questions related to local and national Flag Football rules with at least 72% efficiency on a 25 question test (18/25). Officials will be evaluated during live game situations during the season.
- At the end of Flag Football Official’s Training, veteran officials will be able to correctly answer questions related to local and national Flag Football rules by taking a Level 2 or Level 3 exam. Level 2 exams will require a passing grade of 80% (20/25) and the Level 3 exam will require a passing grade of 92% (23/25). Officials will be evaluated during live game situations during the season.
- At the end of Scorekeeper Training, staff will be able to correctly answer questions related to policies, procedures, and practices related to scorekeeping with at least 75% efficiency on a 25 question test (18/25). Scorekeepers will be evaluated during the season based on the quality of the work displayed.
- At the end of Volleyball Official’s Training, officials will be able to correctly answer questions related to local and national Volleyball rules with at least 75% efficiency on a 25 question test (18/25). Officials will be evaluated during live game situations during the season.
- At the end of Basketball Official’s Training, officials will be able to correctly answer questions related to local and national Basketball rules with at least 75% efficiency on a 25 question test (18/25). Officials will be evaluated during live game situations during the season.
- At the end of Softball Official’s Training, officials will be able to correctly answer questions related to local and national Softball rules with at least 75% efficiency on a 25 question test (18/25). Officials will be evaluated during live game situations during the season.
- At the end of Soccer Official’s Training, officials will be able to correctly answer questions related to local and national Soccer rules with at least 75% efficiency on a 25 question test (18/25). Officials will be evaluated during live game situations during the season.
- At the end of Sport Club Officer Training, officers will be able to correctly answer questions related to Armstrong Sport Club policies and procedure with at least 80% efficiency on a 25 question test (20/25). Officers will be evaluated during the academic year based upon the quality of the forms turned into the department.
At the end of Recreation Assistant Safety Training, staff will be able to correctly answer questions related to Armstrong Recreation & Wellness safety policies and procedure with at least 80% efficiency on a 23 drill question test throughout spring semester.

5. RESULTS OF KEY ASSESSMENTS (What did you find? Provide a summary of the data, your analysis and interpretation to explain the data. No more than 2 pages)

Learning Outcomes:

- Flag Football Officials Training: Assessment Complete 1st test was a 56%, 2nd test was 84%
- Score Keepers Training: Fall & Spring: Assessment Complete 1st test was 80%, 2nd test was 96%
- Volleyball Officials Training: Assessment Complete 1st test was 64%, 2nd test 92%
- Basketball Officials Training: Assessment Complete 1st test was 48%, 2nd test 92%
- Softball Officials Training: Assessment Complete: 1st test was 60%, 2nd test 87%
- Soccer Officials Training: Assessment Complete: 1st test was 65%, 2nd test was 90%
- Sport Club Officers Training: Assessment Complete: The average score on the pre-test was 16, with a low of 9 and a high of 21. Following the two hours training session, the officers were retested. The average test score improved to 23 with a low of 21 and a high of 25.
- Recreation Assistant Safety Training: Assessment Complete: Based on the 23 tests, the average score for all testing was a 97