

Recreation and Wellness 2014-2015

Annual Assessment Report

PURPOSE, MISSION AND GOALS

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.

KEY PROGRAMS, ACTIVITIES AND SERVICES PROVIDED

- Group Fitness
- Personal Training
- Wellness Programs
- Outdoor Adventure Programs
- Intramurals
- Sport Clubs
- Building Operations

Highlights include:

- The Student Recreation Center had 96,988 patrons enter the facility in 2014.
- We had 19,036 participants attend group exercise classes for Fall and Spring semester and 60 group fitness classes a week each semester.
- Offered 14 sport clubs teams and 20 different Intramural Activities.
- Offered first ever Farmer's Market and will now offer it at least once each semester.
- Health and Wellness Fair has continued to grow with over 750 participants attending.
- Offered new outdoor adventure programs such as overnight camping in North Carolina, weekend skiing trip in West Virginia, Paddleboarding and more. We currently offer 18 different outdoor activities for the academic year.

SPECIFY THE GOAL(S) AND RELATED OUTCOMES ASSESSED THIS YEAR

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.
3. Have all professional staff and graduate assistants complete Safe Space Training and Green Zone Training.

Learning Outcomes:

- Flag Football Officials Training
- Volleyball
- Indoor Soccer
- 3 Pitch Softball
- Basketball
- Sunday Flag Football
- Recreation Assistant Safety Training

Method of Assessment:

- At the end of Flag Football Officials 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).
- At the end of Volleyball Officials Training, officials will be able to correctly answer questions related to local and national Volleyball rules with at least 75% efficiency on a 20 question test (15/20).
- At the end of Soccer Officials Training, staff will be able to correctly answer questions related to local and national rules, procedures, and practices related to Indoor Soccer with at least 73% efficiency on a 15 question test (11/15).
- At the end of Softball Officials Training, staff will be able to correctly answer questions related to local and national rules, procedures, and practices related to 3 Pitch Softball with at least 75% efficiency on a 18 question test (14/18).
- At the end of Basketball Officials Training, staff will be able to correctly answer questions related to local and national rules, procedures, and practices related to Basketball with at least 75% efficiency on a 31 question test (24/31).
- At the end of Sunday Flag Football Officials Training, staff will be able to correctly answer questions related to local and national rules, procedures, and practices related to Flag Football with at least 75% efficiency on a 30 question test (23/30).

- 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 the fall and spring semesters.

SPECIFY THE ASSESSMENT TOOL (S) USED.

- Pre-/post-tests for student staff trainings were used to assess solid knowledge of position duties in the following areas.
- Participation/Usage numbers for programming.

RESULTS OF KEY ASSESSMENTS

Learning Outcomes:

- Flag Football Officials Training: **Results:** The average score on the pre- test was 9.8, with a low of 6 and a high of 13. Following the training period (3 contact hours) including rules and mechanics the students were retested. The average test score improved to 22.9 with a low of 21 and a high of 25. A minimum score of 18 on the rules test was required to become certified to officiate the games. All ten students taking the training were able to officiate Flag Football. Additionally, officials were evaluated throughout the 6 week Flag Football season and given feedback as to their performance during games to provide continuous improvement throughout the season.
- Volleyball: **Results:** The average score on the pre- test was 10.2, with a low of 5 and a high of 14. Following the one-day training period (2 contact hours) the students were retested. The average test score improved to 14.6 with a low of 12 and a high of 18. A minimum score of 11 on the test was required to work as an Intramural Soccer Official. Eight of the students participating in the training passed the test and were able to officiate softball games. The remaining officials were given further instruction and shadow shifts to increase their sport knowledge.
- Indoor Soccer: **Results:** The average score on the pre- test was 8.5, with a low of 3 and a high of 15. Following the one-day training period (3 contact hours) the students were retested. The average test score improved to 13.5 with a low of 11 and a high of 15. A minimum score of 11 on the test was required to work as an Intramural Soccer Official. All thirteen of the students participating in the training passes the test and were able to officiate intramural indoor soccer games.
- 3 Pitch Softball: **Results:** The average score on the pre- test was 10.2, with a low of 5 and a high of 14. Following the one-day training period (2 contact hours) the students were retested. The average test score improved to 14.6 with a low of 12 and a high of 18. A minimum score of 11 on the test was required to work as an Intramural Soccer Official. Eight of the students participating in the training passed the test and were able to officiate softball games. The remaining officials were given further instruction and shadow shifts to increase their sport knowledge.

- Basketball: **Results:** The average score on the pre- test was 20.4, with a low of 8 and a high of 29. Following the two-day training period (5 contact hours) the students were retested. The average test score improved to 25.6 with a low of 11 and a high of 31. A minimum score of 24 on the test was required to work as an Intramural Basketball Official. 20 of the students participating in the training passed the test and were able to officiate basketball games. The remaining officials were given further instruction and shadow shifts to increase their sport knowledge.
- Sunday Flag Football: **Results:** The average score on the test was 26.8, with a low of 20 and a high of 30. All of the students participating in the training passed the test and were able to officiate softball games.
- Recreation Assistant Safety Training: Results: In the fall, 12 people took the emergency management quiz. Each quiz had 25 questions. A total of 300 questions were asked. 293 were answered correctly. 7 were answered incorrectly. In the spring, 17 people took the same 25 question quiz. A total of 425 questions were asked. 406 were correctly answered. 19 were incorrectly answered.
- Provide quality programs and services to our patrons, assessed through program participation: The Student Recreation Center had 96,988 patrons enter the facility in 2014, and 19,036 attended group exercise classes.
- Have all professional staff and graduate assistants complete Safe Space Training and Green Zone Training. 100% completed the Safe Space training.