



Annual Assessment Report

FY 2015-2016

Recreation and Wellness Department

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Division of Student Affairs

# Annual Assessment Report

## 1. PURPOSE, MISSION & 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.

## 2. KEY PROGRAMS, ACTIVITIES AND SERVICES PROVIDED

- Group Fitness
  - Personal Training
  - Wellness Programs
  - Outdoor Adventure
  - Intramurals
  - Sport Clubs
  - Building Operations
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- The Student Recreation Center had 86,016 patrons enter the facility in 2015. We had 17,906 participants attend group exercise classes for Fall and Spring semester and 60 group fitness classes a week each semester.
  - We currently have 8 active sport club teams with 2 new additional clubs in 2015. The Rec Center had 330 Intramural team opportunities with 2,494 participants for 2015. In addition, Intramurals offered 23 different sports and 678 games for students to participate in.
  - Our annual Health and Wellness Fair has continued to grow with over 510 participants attending and 52 outside vendors. Our annual Farmer's Market brought in 25 local vendors and over 1,000 participants showcasing live music, healthy recipes, and animals from Oatland Island. Stress Free Day brought in 400 students the week before finals to help them destress. In addition, free massages, manicures, yoga, and therapy dogs were offered to better the event.

- We offered new outdoor adventure programs such as a weekend skiing trip in West Virginia, a day trip to Charleston to tour the Emanuel Church, Universal Orlando Trip, Skydiving, Caving, Paddle boarding and more. We offered 11 different outdoor activities for the academic year for students to participate in.

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

#### Goals:

1. Conduct research for a building expansion project and implement a survey to campus for a student fee increase for the Recreation and Wellness Department. The survey was conducted from February 14<sup>th</sup> through March 5<sup>th</sup>, 2016 with 1,297 students completing the survey with 1,090 (84% of those surveyed) students voting that the Rec Center needs more space. 860 students agreed that the Student Rec Center fee needs to be raised between \$75-\$150.
2. The Director is a part of the sexual violence task force to enhance the safety of our students and to provide programming. Recreation and Wellness offered 1 program each semester to engage and educate students.
3. Recreation and Wellness was involved with Black History Committee, HOLA Hispanic Outreach Committee and Women's Empowerment Committee to provide diverse programs to the university and division.
4. Prepare our student staff to effectively provide service to our patrons through solid knowledge of their position duties.
5. Assessed all Student Rec Center employees for risk management training for the facility and programming. The Rec Center conducted a mandatory in-service meeting for all student employees to attend each semester. 80 students attended and the programming went over CPR, First Aid, AED, emergency procedures, customer service and handling conflict. Facility building supervisors met twice a month, fitness staff met once a month, and Intramurals met once a week.
6. Have all professional staff and graduate assistants complete Safe Space Training and Green Zone Training.
7. Assist with overnight Navigate Programs with recreational activities. We offered 3 Overnight Activities for Navigate.
8. Offer one community outreach activity for the professional staff and graduate assistants to participate in each semester.
9. Mandate all Student Rec Center employees go through Safety Training. We assessed by pre/post-test of emergency procedures. All 89 students passed both the pre and post-test. This helps ensure the safety of our facility and our patrons.

## Learning Outcomes:

- Flag Football
- Volleyball
- Indoor Soccer
- 3 Pitch Softball
- Basketball
- Handball

## 4. SPECIFY THE ASSESSMENT TOOL (S) USED.

### 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 73% efficiency on a 15 question test (11/15).
- 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 20 question test (15/20).
- At the end of Soccer Official's 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 75% efficiency on a 16 question test (12/16).
- At the end of Softball Official's 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 76% efficiency on a 17 question test (13/17).
- At the end of the Handball Training, staff will be able to correctly answer questions related to local and national rules, procedures, and practices related to Handball with at least 73% efficiency on a 15 question test (11/15).
- At the end of Basketball Official's 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).

## 5. RESULTS OF KEY ASSESSMENTS

### Learning Outcomes:

- Flag Football Officials Training: **Results:** The average score on the pre- test was 7.1, with a low of 2 and a high of 13. Following the three-day training period (6 contact hours) including rules and mechanics the students were retested. The average test score improved to 12.8 with a low of 10 and a high of 15. A minimum score of 10 on the rules test was required to become certified to officiate the games. All eleven 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 13.8, with a low of 9 and a high of 20. Following the one-day training period (2 contact hours) the students were retested. The average test score improved to 18.7 with a low of 16 and a high of 20. A minimum score of 14 on

the test was required to work as an Intramural Soccer Official. All ten 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 8.2, with a low of 4 and a high of 12. Following the one-day training period (3 contact hours) the students were retested. The average test score improved to 14.6 with a low of 12 and a high of 16. A minimum score of 11 on the test was required to work as an Intramural Soccer Official. All nine 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 7.9, with a low of 6 and a high of 11. Following the one-day training period (3 contact hours) the students were retested. The average test score improved to 11.9 with a low of 6 and a high of 15. A minimum score of 12 on the test was required to work as an Intramural Soccer Official. Six 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.
- **Handball Officials Training: Results:** The average score on the pre- test was 9.5, with a low of 6 and a high of 14. Following the training period (3 contact hours) including rules and mechanics the students were retested. The average test score improved to 13.8 with a low of 12 and a high of 15. A minimum score of 11 on the rules test was required to become certified to officiate the games. All thirteen students taking the training were able to officiate Handball.
- **Basketball: Results:** The average score on the pre- test was 20.5, with a low of 11 and a high of 28. Following the three-day training period (6 contact hours) the students were retested. The average test score improved to 27.2 with a low of 24 and a high of 31. A minimum score of 24 on the test was required to work as an Intramural Basketball Official. All sixteen of the students participating in the training passed the test and were able to officiate basketball games.

## 6. NEW DEVELOPMENTS THAT MAY AFFECT THE PROGRAM

- Leigh Fouts was hired on as the full time Fitness Coordinator June 2016.
- Sean Willett was hired on as the full time Assistant Director for Intramuals and Sport Clubs

## 7. CHANGES IN PROGRAM /SERVICE DELIVERY AND THE ASSESSMENT PLAN FOR NEXT YEAR, BASED ON ALL OF THE ABOVE FINDINGS

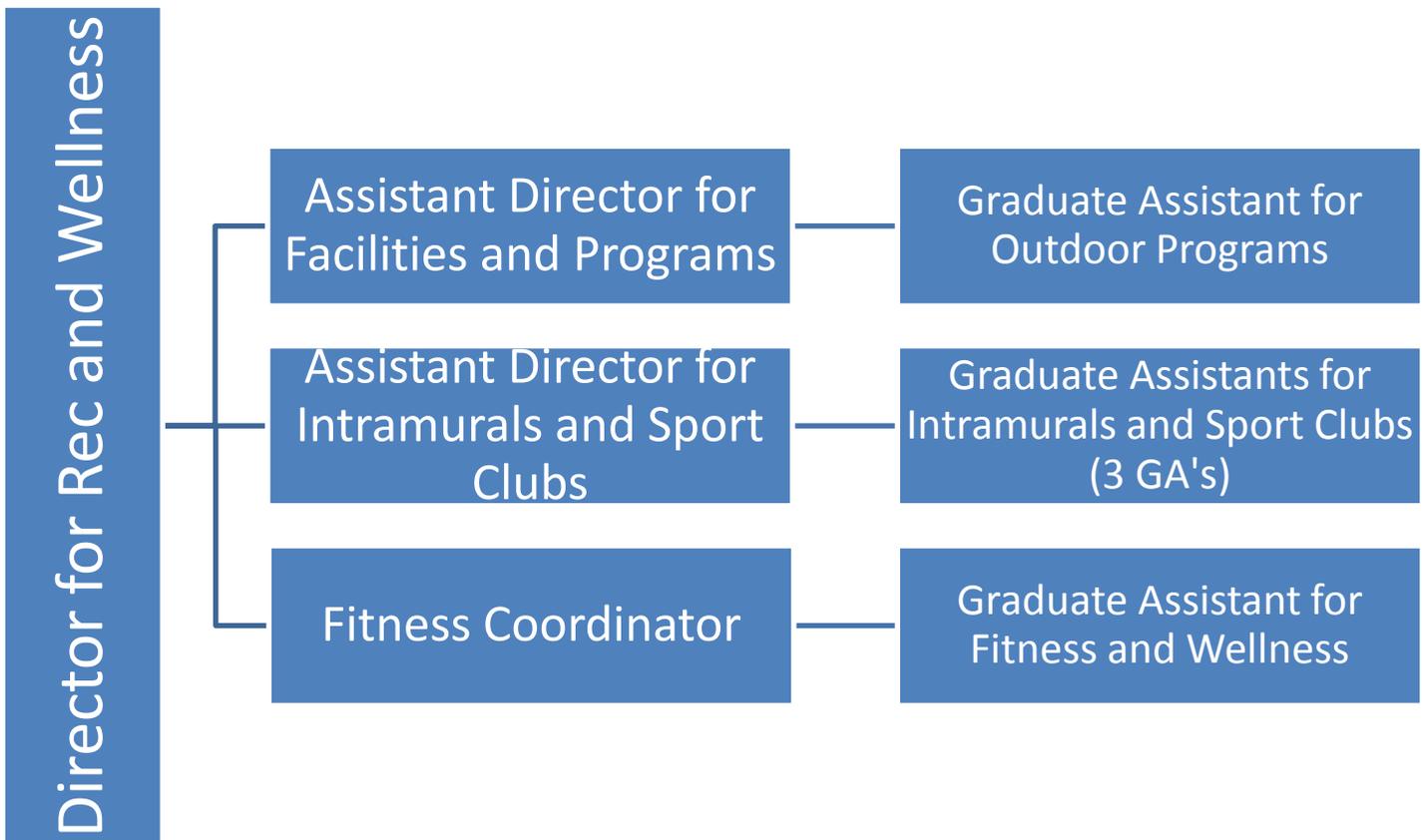
We will continue to assess our official trainings and safety training as assessment. We will add the assessment of our outdoor adventures programs. We will conduct a pre/posttests.

## 8. UNIT SUPPORT FOR CURRENT YEAR

We have 4 professional staff members: Director, Assistant Director of Facilities and Programs, Assistant Director for Intramurals and Sport Clubs and a Fitness Coordinator.

We have 5 graduate assistants: 2 for Intramurals, 1 for Fitness, 1 for Outdoor, 1 for Sport Clubs

We have over 100 student workers at the Student Recreation Center.



(B) Total budget allocations and expenditures for the AY or FY as appropriate. Include the sub-total for personnel costs and the sub- total for non-personnel costs.

SEE NEXT PAGE FOR THE BUDGET

**Fiscal Year 2015-2016 SRC Budget**

**Department 1031050** \$303,544: includes payroll for group exercise instructors, IM officials, **except** Personal Trainers and building staff. This also includes professional staff salaries and GA' stipends. **\$25,000 additional money to pay for office supplies, building repairs, maintenance for equipment, staples, Walmart and \$8,000 to spend on PROFESSIONAL STAFF TRAVEL/CONFERENCES.**

**Department 1227010** Personal Training Account and CPR revenue (Packages and payment of Personal Trainers)

**Department 1311010 Rec Center Programs** (\$10,000 for travel for students and GA's ONLY) \$10,000 for Sport Clubs and \$23,000 for student rec program purchases such as basketballs, whistles, van rentals for outdoor trip, food for programs, t-shirts, etc).

**Department 1321090 Building Account:** (\$68,716 for building student staff payroll ONLY) (\$184,102 for lights, janitorial staff, copy machine, phones, electricity, etc. (\$325,000 for the bond for the building) **NO LONGER WE WILL USE THIS BUDGET TO PAY FOR OFFICE SUPPLIES, BUILDING EQUIPMENT, ETC.**

Group Exercise and Intramurals has \$64,000 to spend on student payroll

Building Staff has \$68,716 to spend on student payroll

As a department we have \$48,000 to spend on program needs such as basketball, renting a stage, renting vans from Enterprise, office supplies, etc. TOTAL FROM 1031050 and 1311010 BUDGET COMBINED

As a department we have \$10,000 to spend on travel for students and GA's, IM Tournaments

As a department we have \$10,000 to spend on Sport Clubs

As a department we have \$8,000 to spend of Professional Staff Development, Travel, Conferences

