

# Student Learning Outcomes 2010-11

## Department of Recreation and Wellness

### Intramural Sports Officials Training

#### Flag Football: Fall 10

**Outcome:** 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 75% efficiency.

**Method:** Students were invited to apply to be trained as Intramural Flag Football Officials. No previous experience was required to be a part of this program. Thirteen students enrolled and were given a knowledge based pre-test to determine their level of understanding of the rules of Flag Football. Following completion of training, they were retested with the same test. The test was composed of 25 True or False questions.

**Results:** The average score on the pre- test was a 13.2, with a low of 9 and a high of 18. Following the three-day training period (9 contact hours) including rules, mechanics and officiating practice games the students were retested. The average score improved to 17.6 with a low of 14 and a high of 22. A minimum score of 18 was required to become certified to officiate the games, but due to the high demand for games, all 13 students were hired and some were put through additional training and given minor duties at the beginning of the season. Additionally, officials were observed throughout the 6 week Flag Football season and given feedback as to their performance during games to provide continuous improvement throughout the season.

**Changes as a result of assessment:** Due to the number of new officials each year who need to learn the basics of officiating we will split training into rookie and veteran next year. This will allow us to cover more advanced material with returning officials and improve the experience for them and the players. It will also allow us to focus more time for the rookies on covering the specific areas of weakness as identified in the Pre-test.

## User Satisfaction Surveys

### Customer Service Survey

A **Customer Service Survey** was administered during the last week of April 2011. To encourage an appropriate number of respondents, anyone who entered was given the opportunity to place their name in a drawing to win an iPod Shuffle. The survey asked for information related to the Student Recreation Center facilities, programs and staff as well as inquiring about future programs students would like to see offered.

**Results:** 202 surveys were returned. Respondents scored the following questions on a 1-5 scale:

- Facility & equip is always clean & in working order: **4.51**
- Hours are accommodating to schedule: **4.43**
- Staff is helpful & knowledgeable: **4.52**
- Facility meets overall expectations: **4.57**
- Programs offered are good variety: **4.66**
- SRC is promoting healthy lifestyle to AASU: **4.57**
- Personal health & lifestyle choices have improved since the SRC: **4.51**
- I encourage others to become active with SRC: **4.66**

All responses continue to indicate overall satisfaction with the Student Recreation Center facilities and programs. Our student staff works hard to maintain the equipment and make sure the workout areas are clean and safe. In all other areas, the scores varied one tenth – one quarter of a percentage point from last year trending slightly lower with double the number of surveys returned. The greatest decrease and major area to be addresses are the facility hours on the weekends. We will seek to increase the hours to accommodate more students remaining on campus over the weekends. Respondents continue to indicate their overall health has improved since they start the SRC and readily encourage others to be active with the SRC.

#### **Requested Programs and facilities:**

While most respondents were happy with the SRC facility and program offerings, they did have the option of making suggestions for facility spaces and/or programs they would like to see offered. Suggestions ran the gamut from Rock Climbing to Boxing to a Sauna and a Jacuzzi. Many different styles of Group Exercise classes were requested including some Popular Video classes which by law we cannot offer. A few people requested a new Pool and more Pool programs and better cleaning in the Locker Rooms.

**Changes as a result of Assessment:** We are planning to increase weekend facility hours to be open late on Sunday evenings since most students –even those who have gone home for the weekend are back on campus and looking for something to do on Sunday nights. We will also investigate increasing opportunities in the swimming pool with additional programs. The pool programming is currently is under the supervision of Intercollegiate Athletics and that may be an area we could assist with.

#### **Fitness and Wellness Surveys:**

##### **Biggest Loser Program**

During the Spring Semester 2011, we had a total of 95 participants in our Biggest Loser Program – a 4 week team weight loss competition. Of the 95, 66 participants completed surveys. 58 participants said they were very satisfied with the overall Biggest Loser Program which was a 20% increase over the previous year, while 8 were satisfied. 50 of the participants said they would participate in the program next year while 1 said maybe,

and 9 said no because they were graduating. All 68 participants were very satisfied with the overall facility and equipment in the Student Recreation center. Requests for the program in the future included: have the program last longer, more emphasis on Nutritional information, more time slots (including weekend slots), better marketing, measure % weight loss, more places to work out with getting in the way of other, maybe a motivational rally. The overall Personal Trainer rating was 4.97 out of 5. Nutrition Seminars: 34 participants attended the optional seminars. 32 were very satisfied or satisfied and 2 were dissatisfied.

**Changes as a result of Assessment:**

The biggest problem is space in the SRC especially in the evenings. We will investigate using the ARC gym for the program during the evening hours. For the Nutrition Seminars, we will limit the size of the groups to answer more specific questions of the participants and provide additional print and online resources to help each person tailor their own eating plan.

### **Group Exercise Class Survey**

During the Spring Semester 2010 group exercise program we conducted a survey of participants in the group exercise classes and 197 surveys were returned. 98% of respondents either strongly agreed or agreed that the Instructors were: enthusiastic, organized and prepared for class, provided a safe and effective workout and were motivational in teaching the class. 98% of respondents either strongly agreed or agreed that the instructor could be heard throughout the room while 2% said the instructor needed to be louder and make better use of the sound system and microphone. 98% believed the instructors used effective cueing techniques and 2% thought they needed to improve in this area. 78 participants heard about our group exercise program through our fliers, 74 heard through word of mouth, 44 through the website and 22 through email. Improvements for the instructors were to check alignment, use microphone, provide better variations of exercises. New Classes that participants want to see on the schedule include the following: martial arts, swimming, cycle, more Zumba, and weekend classes.

**Changes as a result of Assessment:**

We will address teaching improvements with all of the instructors at the next in-service workshop. We have added 2 martial arts classes of Tai Chi and added more Zumba and now offer 4 Water Aerobics classes. We will investigate adding a Saturday class.