The Department of Fitness and Recreation advocates for a healthier community through FIT classes, educational outreach, environmental awareness, and recreational engagement. Through activities such as Intramural Sports, Fitness and Recreation promotes health and wellness for students, faculty, and staff. These efforts uphold the department’s mission statement which is guided by three goals:

- Provide opportunity and support to promote a healthy university.
- Benefit the university community through health and education, and
- Develop university relations through health and wellness activities.

This annual report highlights current programs to demonstrate Fitness and Recreation’s impact on the university and local community. We are committed to improving campus diversity, inclusion, and promoting student success through quality fitness programs that encourage lifelong wellness.

In Health,
Amy M. Davenport, Ph.D
Director of Fitness and Recreation

Mission: Fitness and Recreation provides diverse programs, services, and educational opportunities to enhance the lifelong health and wellness of the university community.
2017

OU Fit+Rec launched Instagram, a social media platform to better engage with students, faculty, and staff.

OU Fit+Rec participated in the Cleats 4 Kids third annual drive. The program collects sports equipment for children.

OU Fit+Rec helped facilitate the OU Wellness 2017 Fun Run. The 5K and 1 Mile Fun Run was open to students, faculty, and staff.

OU Fit+Rec hosted three events at Sarkeys Fitness Center and three events at the Murray Case Sells Swim Complex for 2017 Camp Crimson. Camp Crimson is OU’s official orientation camp.

2018

OU Fit+Rec prepared for F45. The program is a class of 45 minutes of functional exercise. It is a fast growing company that is moving onto college campuses across the U.S.

OU Fit+Rec participated in the FIT Academy with 21 participants. The aim of FIT Academy is to serve as an OU Fit+Rec teaching program for future fitness professionals.

OU Fit+Rec hosted the OU Wellness 2017 Fun Run. The 5K and 1 Mile Fun Run was open to students, faculty, and staff.

OU Fit+Rec hosted the Spring Climbing Competition, an indoor rock climbing competition open to all skill levels.

OU Fit+Rec prepared for F45. The program is a class of 45 minutes of functional exercise. It is a fast growing company that is moving onto college campuses across the U.S.

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Gardeners prepare for Spring and Summer crops at the OU Wellness Garden.
SARKEYS FITNESS CENTER

FACILITIES AND OU FIT+REC STAFF

8 COURTS
10 IM FIELDS
10 TENNIS COURTS
18 INDOOR/OUTDOOR POOL LANES
25 PLAYABLE FIELDS
150+ CARDIO EQUIPMENT

SARKEYS FITNESS CENTER
MURRAY CASE SELLS SWIM COMPLEX
RECREATION FIELDS
NIEMANN FIELD
RECREATION TENNIS COURTS

SARKEYS FITNESS CENTER
23 STUDENT EMPLOYEES PASSED MERIT EXAMS DEMONSTRATING EMPLOYMENT COMPETENCIES WITH AN 80% OR BETTER SCORE.

75% OF PARTICIPANTS WILL AGREE THAT CUSTOMER SERVICE FROM INTRAMURAL SPORTS SUPERVISORS MET OR EXCEEDED THEIR EXPECTATIONS.

81% OF INTRAMURAL OFFICIALS CHOSE TO OFFICIATE MORE THAN ONE TEAM SPORT.

75% OF PARTICIPANTS AGREED THAT CUSTOMER SERVICE FROM INTRAMURAL SPORTS SUPERVISORS MET OR EXCEEDED THEIR EXPECTATIONS.

23 STUDENT EMPLOYEES PASSED MERIT EXAMS DEMONSTRATING EMPLOYMENT COMPETENCIES WITH AN 80% OR BETTER SCORE.

81% OF INTRAMURAL OFFICIALS CHOSE TO OFFICIATE MORE THAN ONE TEAM SPORT.

150,000 SQUARE FEET

OU FITNESS AND RECREATION FACILITY

SUMMER CAMP HOURS

850

98% OF STAFF STATED AT LEAST ONE SKILL THEY HAVE DEVELOPED AT FIT+REC WHICH WILL BENEFIT THEM IN THEIR FUTURE CAREERS.

98% OF STAFF STATED AT LEAST ONE SKILL THEY HAVE DEVELOPED AT FIT+REC WHICH WILL BENEFIT THEM IN THEIR FUTURE CAREERS.

734 MEMBERSHIPS

SARKEYS FITNESS CENTER
Summer Lifeguard Orientation

Spring Saturday Group Lessons

Summer Swim Group Lessons

CLASS               PARTICIPANTS
WATER SAFETY          8
LIFEGUARD           109
LIFEGUARD INSTRUCTOR 13
SWIM LESSONS (INCLUDES JUNE IN-SEASON) 870
AMERICAN HEART ASSOCIATION 313

The University of Oklahoma
Learn to SWIM
American Red Cross

Online Early Enrollment for OU Community Begins
MAY 10

Online Open Enrollment Begins
MAY 15

In Person Enrollment Begins
MAY 17

$65 + tax
per person*

Murray Case/Sells Swim Complex
7974 Lap Ave
Norman, OK 73079-7200
(405) 325-4857

*$65 price is for those enrolling May 10 in person.
Online registration system will open May 10 at 8am. No phone orders. No refunds. The University of Oklahoma is an equal opportunity educator and employer.
The survey measured the extent students believed they gained the skills identified as desirable by employers for new college graduates. Students indicated they believed they gained these skills from involvement in co-curricular activities, from the classroom, and/or from employment off campus. The Project CEO survey defined co-curricular activities as involvement in student organizations, campus publications, student government, Greek life, intercollegiate or intramural sports, or academic groups. At the University of Oklahoma, Student Affairs houses most of these areas.

The Job Outlook 2018 survey administered by the National Association of Colleges and Employers (NACE) identifies the top attributes employers seek in new college graduates.
Alex Gonzalez (2020), History major and Military Science minor, has worked as a maintenance employee for two and half years. He's responsible for maintenance and repairs of gym equipment and general housekeeping of the facility. He has followed the path of his two older brothers who previously worked in the maintenance department. He states, “Initially accepting my brother as my superior was tough. However, that learning experience improved my workplace professionalism and communication skills.” He enjoys the physical labor required in his department such as, “repairing cracked water pipes, using power tools, guiding aerial lift equipment, and industrial sweepers.” Thanks for your dedication to Sarkeys Fitness Center, Alex!

Hope Dierker (2018), a Sociology major, has worked as a facility supervisor for nearly two and half years. She ensures that Sarkeys maintains a safe environment for members and staff. She inspects equipment for defects (and potential misuse) as well as records and reports injuries. She reflected, “I’ve enhanced my communication skills among the staff and supervisors. For example, I’ve delegated staff to assigned areas during emergencies and managed staff shortages.” Working at Sarkeys has also influenced how she prioritizes personal health. She states, “My responsibilities at the fitness center have motivated me to pursue a Health and Exercise Science minor. I also feel confident to prepare for my certified personal training license affiliated through the National Academy of Sports Medicine (NASM) as I conclude my coursework at OU.” Congratulations on your exciting opportunities, Hope!

Justin Alexander (2018), Biology major, has worked as a student staff assistant for four years. He manages records for new and current gym members, assists with equipment check-out, and answers inquiries about the fitness center. He states, “Due to undertaking various administrative tasks, I’ve learned how to balance my time for upcoming project deadlines and enhanced my leadership skills.” Additionally, he states, “Training new assistants, such as cashiers, sets an example of professionalism that I can apply to future job opportunities.” When he’s not assisting at the front desk, he takes advantages of the gym’s free weights to increase his overall level of fitness.

Leyna Churchill (2018), Criminology Pre-Law major, has worked as a cashier at the Murray Case Sells Aquatic Center for nearly a year. She provides customer service and regularly updates swim lesson schedules and family emergency contacts. She credits Fit and Rec for increasing her confidence with public speaking. She states, “During our summer swim sign-ups, I often speak to large crowds of families. These interactions keep me problem-solving on my feet as we navigate parents and their children through registration.” She relies on her FIT Pass to maintain her personal health goals as she exclaims, “I frequently attend yoga and AquaZumba!” After graduation, she will attend law school to obtain her Juris Doctorate in order to work as a public defender in the juvenile system. Congratulations on your upcoming move to begin your graduate studies!
**Intramural Sports**

- 1,541 first-year student participants
- 5,800 participants during 2017-2018

92% made at least one new connection while participating in intramural sports.

83% agreed that playing intramural sports increased their level of fitness.

85% of participants agreed that playing intramural sports increased their sense of community or belonging on campus.

80% of participants agreed that intramural sports are an important part of their college experience.

**Full Plate Living**

80% of participants agreed to have increased their knowledge of how to replace high calorie foods with high fiber, lower calorie foods.

**Strides**

- 80% participants agreed their instructors were motivating and encouraging.

**Sarkeys Fitness Challenge**

91% participants reported physical improvements from their experience.
FITNESS AND RECREATION ALONG WITH OTHER OU WELLNESS STAKEHOLDERS ORGANIZED THE ANNUAL OU WELLNESS FUN RUN. THE 5K RUN AND 1 MILE RUN/WALK HAD OVER 2,000 MEMBERS OF THE OU COMMUNITY REGISTER. STUDENTS, FACULTY, STAFF, AND FAMILIES ALL CAME TOGETHER TO PROMOTE HEALTH AND BUILD A STRONGER OU COMMUNITY.
The University of Oklahoma is rich in tradition, from academics to athletics and everything in between. While much of the University’s history is well known, some stories are just waiting to be told. Enter the “OU NBA” – a group of OU faculty and staff that play pick-up basketball at the Sarkeys Fitness Center.

The concept of the OU NBA began with a group of OU faculty and staff meeting at the McCasland Fieldhouse in the 1970’s. Their goal was to be involved in something that would provide focus as an outlet, as well as physical activity. One of its pioneers, Dr. Jerry C. Bread, Sr. (also known as “the Commissioner of the OU NBA”), was a graduate student when it all began and provided much of the history of this group and how it has evolved over the years. He recalled how the play was very competitive and popular at the time, attracting a variety of individuals, including faculty, staff, coaches, and administrators from all over campus. He described how one could meet a person on the basketball court as a player to later find out that she/he was a Dean, Associate Dean, chair of a department or other area, etc., which showed the extent of diversity. Years ago, the location changed to what is now the Sarkeys Fitness Center, and they have managed to keep the pick-up games going.

Along with tradition, diversity is also entwined into the University’s culture. The OU NBA is a reflection of that diversity and inclusion. Dr. Bread and a few others have been involved with the OU NBA for many years. Of the individuals interviewed for this piece, their ages range from 35 to 71. Their affiliations with OU include a mix of current faculty/staff, a past-doctoral research associate, and retirees. Some have played basketball at various levels prior to joining pick-up basketball, including neighborhood basketball as a kid, competitive basketball in middle and/or high school, college intramurals, church leagues, etc. Despite the varying backgrounds of experience in basketball and in life, they have formed a strong sense of comradery while maintaining a healthy level of competitiveness.

Observing this group of gentlemen play ball, their comradery was very apparent. They were competitive and played hard, demonstrating that basketball is not just a young person’s game. They set up screens, blocked shots, passed behind the back, dove for the loose passes, and moved quickly up and down a full court. They regulated the game just fine without referees by making fair calls on their own fouls, travels, stepping out of bounds, etc. Although they engaged in friendly and humorous banter; they were quick to congratulate one another and gave praise on good shots and other plays on the ball. They also demonstrated exceptional shooting skills, as they performed lay-ups, long shots, and sky hooks. They respected the game and one another. Their style of play was reminiscent of a NBA All-Star game – different levels and styles of play coming together for a competitive, yet entertaining game. In other words, they got game!

Andy Feldt is 65 and a recent retiree from the Department of Physics and Astronomy. He came to OU in 1974 as a graduate student, stayed for a post-doctoral degree, and took a position on campus. He enjoys pick-up basketball with this group because it keeps him fit, feeds his competitive spirit, and he enjoys the comradery. He thinks it’s great to have other players his age and older to help him see that he can continue to be active in this manner. According to Dr. Bread, Mr. Feldt and another member serve as “Assistant Commissioners” of the OU NBA and take an active role in keeping him (Dr. Bread) from getting too bossy with other members!

Nick Maddock, 37, works at the Research Campus at Weathernews and has been on campus since 2006. As a kid growing up in Indiana, he had dreams of playing college basketball for Coach Bobby Knight at Indiana University. Although he played throughout middle school and high school, he never made it to play for Coach Knight. But he did make it to the OU NBA 7 or 8 years ago! He enjoys being able to play with familiar people, which allows them to learn each other’s weaknesses and strengths on the floor just like a team. Unlike a regular pick-up game where you don’t know who you are playing. He says it’s nice to be able to play in a friendly atmosphere while keeping a level of competitiveness. He is also involved with Faculty/Staff Intramural Basketball from time to time and plans to participate this year.

At 35, Humberto Vergara Arrieta is one of the youngest and newest members of the current group. He came to OU in 2008 as a graduate student and earned his Master of Science and PhD. He joined the OU NBA within the last year. Humberto played basketball competitively throughout high school and college in Columbia and is happy to be able to continue playing a game he enjoys. He says it’s nice to be able to play in a friendly atmosphere while keeping a level of competitiveness.

These gentlemen are somewhat hidden, yet integral piece of the fabric of tradition and diversity at the University of Oklahoma. They have found a way to keep a tradition in tact despite the changes in location, growing older, and the nomadic nature of a college town. They are just a few members of a group that call themselves the OU NBA. They come together on Mondays, Tuesdays, and Thursdays, 11:30 a.m. – 1 p.m. at the Sarkeys Fitness Center. These pick-up basketball games are open to any and all OU faculty, staff, and students who want to stay active, connect with others, and engage in friendly competition. All ages, skill levels, and genders are welcome.

They got game. Do you?
ON APRIL 16, 2018, UNIVERSITY OF OKLAHOMA VOLUNTEERS WORKED WITH OU FIT+REC TO HELP CREATE PATHWAYS AND RAISED BEDS FOR THE OU WELLNESS GARDEN FOR THE 2018 BIG EVENT.