

FIT + REC

BE A KID AGAIN.



FITNESS & RECREATION
ANNUAL REPORT 2011-2012



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LETTER FROM **THE DIRECTOR**

The mission of Fitness and Recreation is to provide diverse programs, services, and education opportunities to enhance the lifelong health of the university community.

This mission is guided by three goals: Providing opportunities and support to promote a healthy, university community; Benefit the university community through health education, and Develop university relations through health and wellness activities.

Through the following highlighted activities, Fitness and Recreation achieved its mission.

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

STUDENT VOLUNTEERS TAKING ON WATERING DUTIES FOR THE HEALTHY SOONERS COMMUNITY GARDEN PROGRAM.



SPECIAL/UNIQUE EVENTS

SPRING FLING

HALLOWEEN AT THE HUFF

HEALTHY SOONERS FUN RUN 5K

SPRING SUMMIT



PARTICIPANTS AT THE 2ND ANNUAL HEALTHY SOONERS FUN RUN 5K.



SPRINGFLING Graduate Student Family Night was an event aimed toward graduate students with families.

The Huston Huffman Fitness Center was a place they came with their families for safe and fun games, dancing, activities and healthy treats.

The Fitness and Recreation Graduate Assistants hosted this event to provide entertainment and activities to graduate students as well as bring awareness to the department.

Summer swim lessons at the Murray Case Sells Swim Complex were advertised to families attending the event.

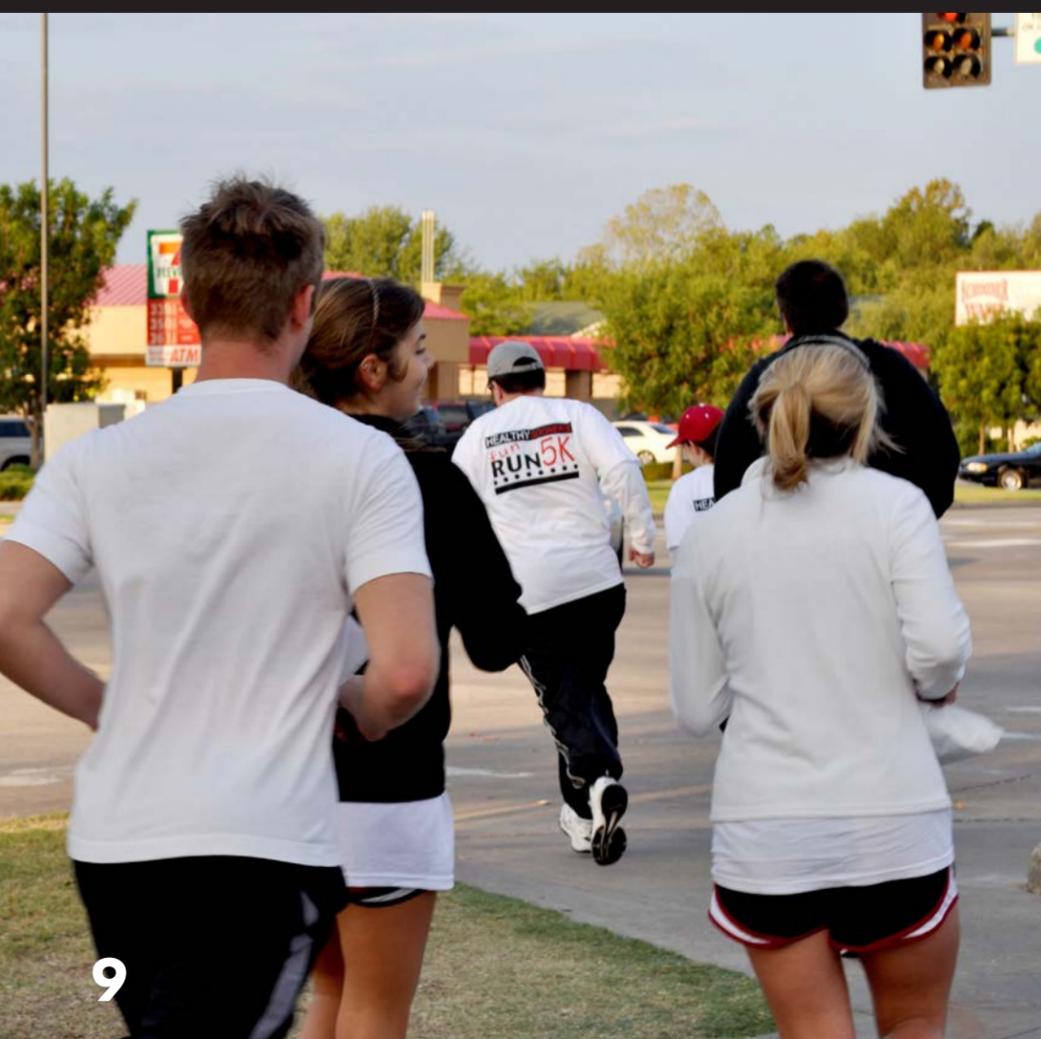


FAMILIES ENJOYED ACTIVITIES INCLUDING LIMBO, HOPSCOTCH, DANCING, AND BOWLING.



Halloween at the Huff was also an event aimed toward graduate students with families. It was an event they could come with their families for safe and fun Halloween games, activities, and treats. The Fit + Rec GAs hosted this event to provide entertainment and activities to graduate students as well as bring awareness to the department. As a result of participating, students and their families got to play games, enjoy Halloween activities and treats, and socialize with other graduate students. Approximately 60 members of the OU community participated in this activity.





Healthy Sooners Fun Run 5K

This event was the 2nd Annual FREE Healthy Sooners Fun Run 5K. It was the first year for Fitness and Recreation involvement.

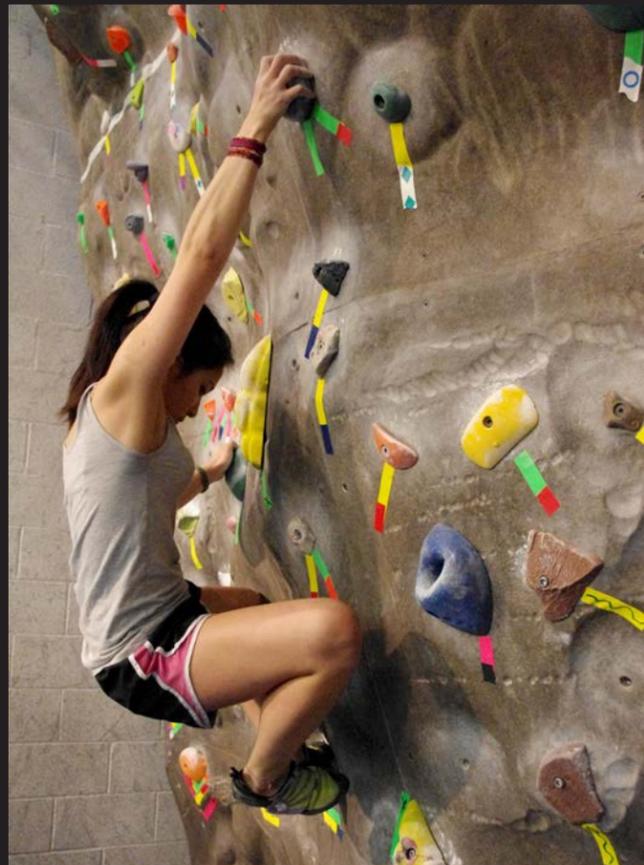
The purpose of this event was to promote health and wellness on campus and bring awareness to Healthy Sooners. Fitness and Recreation provided space, equipment, and staff for the event.

There were 400-500 runners/walkers that participated in this event. Student organization participation was logged for Intramural points.

TWO RUNNERS TEST THEIR METTLE ON IMHOFF ROAD.

Spring Summit

The *Spring Summit* was held to encourage members to try climbing and also to provide an outlet for competition within the climbing community. Pre-registration was strongly encouraged and two separate sessions were held. Approximately 25 individuals participated in the event. The event lasted approximately 3.5 hours.



SPRING SUMMIT

FIT + REC

Wednesday, April 4
Session I - 7:00 p.m.
Session II - 8:30 p.m.

Climbing competition is FREE to OU students and HHFC members.

Pre-registration is strongly encouraged. Space is limited!

Both sessions are open to ALL levels of experience.

Register today at the HHFC Front Desk!

The University of Oklahoma is an equal opportunity institution. For more information, or for accommodations on the basis of disability, contact Larissa Mainers at (405) 325-3053 or larissa@ou.edu.

OUTDOOR PURSUITS HIGHLIGHTS

On November 19-20, 2011, nine students participated in a hiking/camping trip to the Wichita Mountains Wildlife Refuge in southwest Oklahoma. The trip included hiking for two days and an overnight stay in a campground. The trip was led by two full-time staff members.

The trip was designed as an experiential learning opportunity for students. There was a wide variety of experience represented in the group, but only one had participated in any similar activities in the state of Oklahoma. Basic camping skills such as setting up a tent, using a camp stove, building a fire and personal safety were taught and utilized throughout the week. More complex concepts such as Leave No Trace principles, interpersonal skills and teamwork were also discussed and modeled.

In addition, seven international students participated in this trip, and many long discussions about cultural differences were facilitated.



85%

of responding participants were able to identify at least one new skill or concept learned.

78%

of responding participants agreed that their knowledge of another culture increased.

100%

of responding participants agreed that teamwork played a role in the success of the trip.



FITNESS AND WELLNESS

HIGHLIGHTS

GET FIT CHALLENGE

HEALTHY SOONERS
40-DAY CHALLENGE

BOOT CAMP

HEALTHY SOONERS
GARDEN

INTRAMURAL SPORTS



STUDENTS, FACULTY, AND STAFF WARM UP AS PART OF A 45-MINUTE BOOT CAMP SESSION.



The *Get Fit Challenge* was an intensive weight loss program that sought to teach healthy lifestyles and promote weight loss in people who weigh at least 50 pounds over their ideal body weight. Participants are assigned a personal trainer whom they meet with once per week for 16 weeks.

Each week the group met for one additional hour for basic skills training in various areas of weight loss: exercise, nutrition, barriers, motivational factors, goal setting, etc. in a group setting. Setting realistic goals was discussed in detail in the beginning of the program, with periodic assessment of these goals throughout the program. If desired, one-on-one nutrition counseling for those who requested it was implemented.



The *Healthy Sooners 40-Day Challenge* was a free, self-paced health and fitness program designed to challenge participants in every aspect of wellness. The *Healthy Sooners 40-Day Challenge* encouraged participants to increase their activity to at least 30 minutes of continuous moderate physical activity most days. Reduce the risk of chronic health conditions. Motivate students, faculty, and staff to make positive health behavior changes.

Fitness and Recreation hosted the annual 6-week *Boot Camp* for OU students, faculty, and staff that was held twice a week for 45 minutes each session and was free of charge thanks to funding from the Merrick Foundation.

Over 80 people attended this *Boot Camp* for each of the last four years.

The program aimed to improve each participant's overall health and more specifically, their self-confidence, sense of adventure, athletic ability, concentration, fitness level, respect for others, sense of belonging/association, coordination, balance, physical strength, feeling of well-being, group cooperation skills, ability to get enough sleep, leadership skills, stress management, ability to develop friendships, and weight control.



Healthy Sooners Garden

The 2nd annual *Healthy Sooners Community Garden* was a program offered to students, faculty, staff, and alumni of the OU community.

This program offered education about planting, cultivating, and picking food from a garden. Participants had the opportunity to take the food grown home with them. A cookbook was made with recipes from gardeners using ingredients from the garden.

Harvested materials above and beyond what the volunteers were able to take home were given away at the Huston Huffman Fitness Center. Over 700 pounds of food was distributed in this way.



700 pounds plus of harvested items from the garden this past year.





Intramural Sports

The Fitness and Recreation intramural sports program offered 22 organized sports and activities for OU students, faculty and staff to participate. The biggest participation came from regular season flag football with 1,485 participants and 135 teams and regular season basketball with 1,480 participants and 148 teams. Other popular sports included soccer, volleyball, and dodgeball.

Intramural sports continue to grow in participation. This growth is an excellent problem. It is significant in that more and more students are becoming involved in Intramural sports and Fitness and Recreation facilities. Challenges arise, however, for space, staffing, and supply needs to support the sports.



1,485

participants and 135 teams played regular season flag football. Unprecedented numbers for the intramural sports program.

FITNESS CENTER AND AQUATICS

This year the Huston Huffman Fitness Center replaced a Dual Adjustably Pulley and added to equipment for group fitness classes.

The department also purchased new cleaning equipment (riding scrubber and sweeper). The scrubber has a green system included on it that oxygenates the water to allow for cleaning without chemicals.

The department purchased new washers and dryers that are more efficient, do larger loads, and use less water. Fit+Rec has replaced light fixtures and ballasts on the basketball courts with more energy efficient models to lower energy usage. Finally, Fit+Rec replaced three cuspidors with bottle refilling stations.





During the last year, the swim complex has had landscape beautification and building renovations to update and accommodate new ADA requirements and create a better overall environment for all students, faculty, staff, and visitors. In the fall of 2011, the landscaping department designed and implemented beautiful stone front flower beds as well as put in new grass around the front entry at the pool and extended the much needed bicycle racks. During the spring semester both locker rooms at the pool were renovated and updated for ADA compliance which included new floor tiles and ceiling tiles in both locker rooms, fresh paint, tiling in the women's shower stalls four feet high, as well as a complete overhaul in the men's showers to include new shower stalls in place of the existing shower poles.

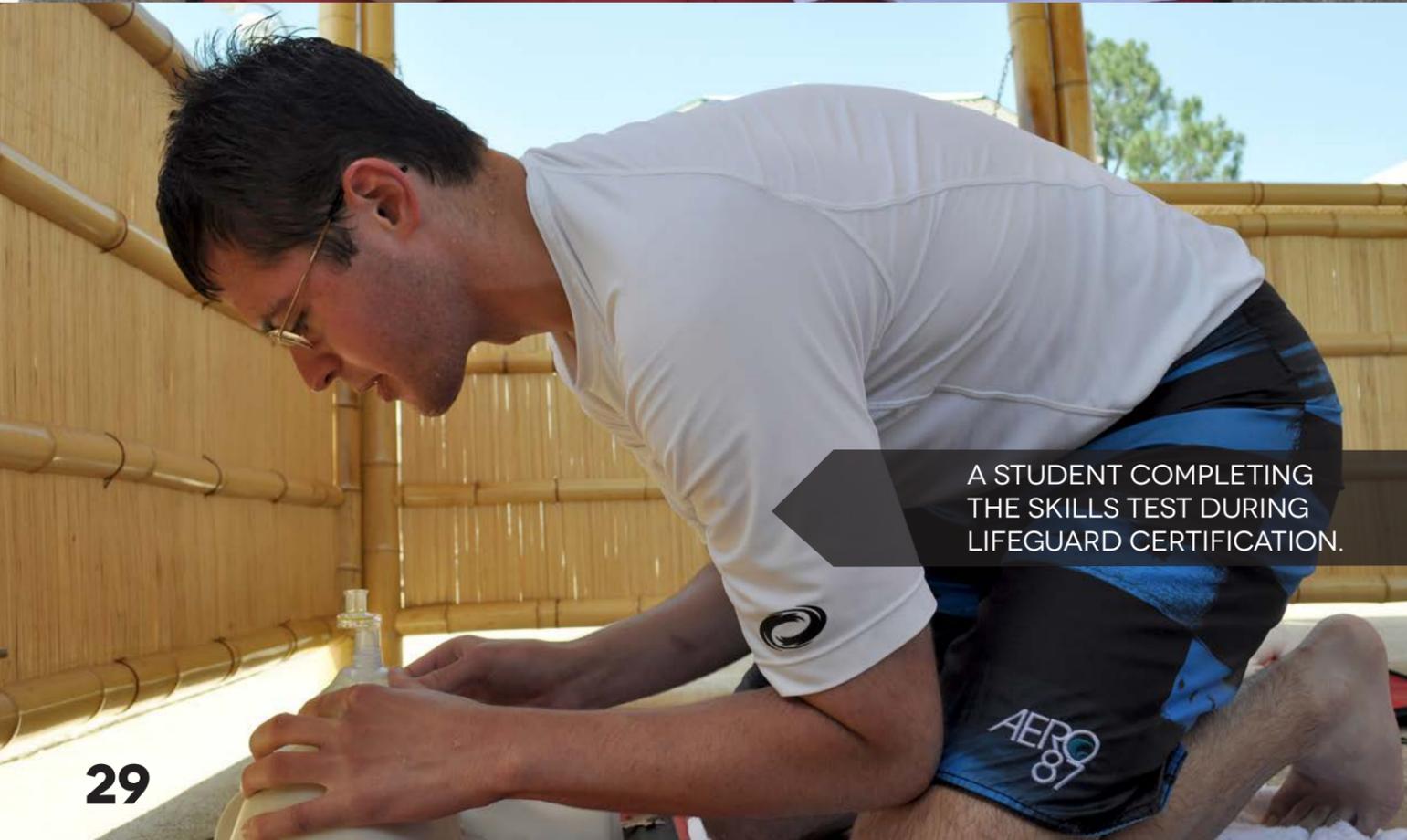
In May, wireless Internet and security cameras were installed throughout the entire building as well as brand new teak wood pool furniture for the outdoor deck. New tables and chairs with umbrellas for more shade as well as reclining lounge chairs and cabanas were also added to relax and sun bathe. The outdoor pool is now a more inviting atmosphere for students to study and community members to enjoy and relax throughout the summer season.



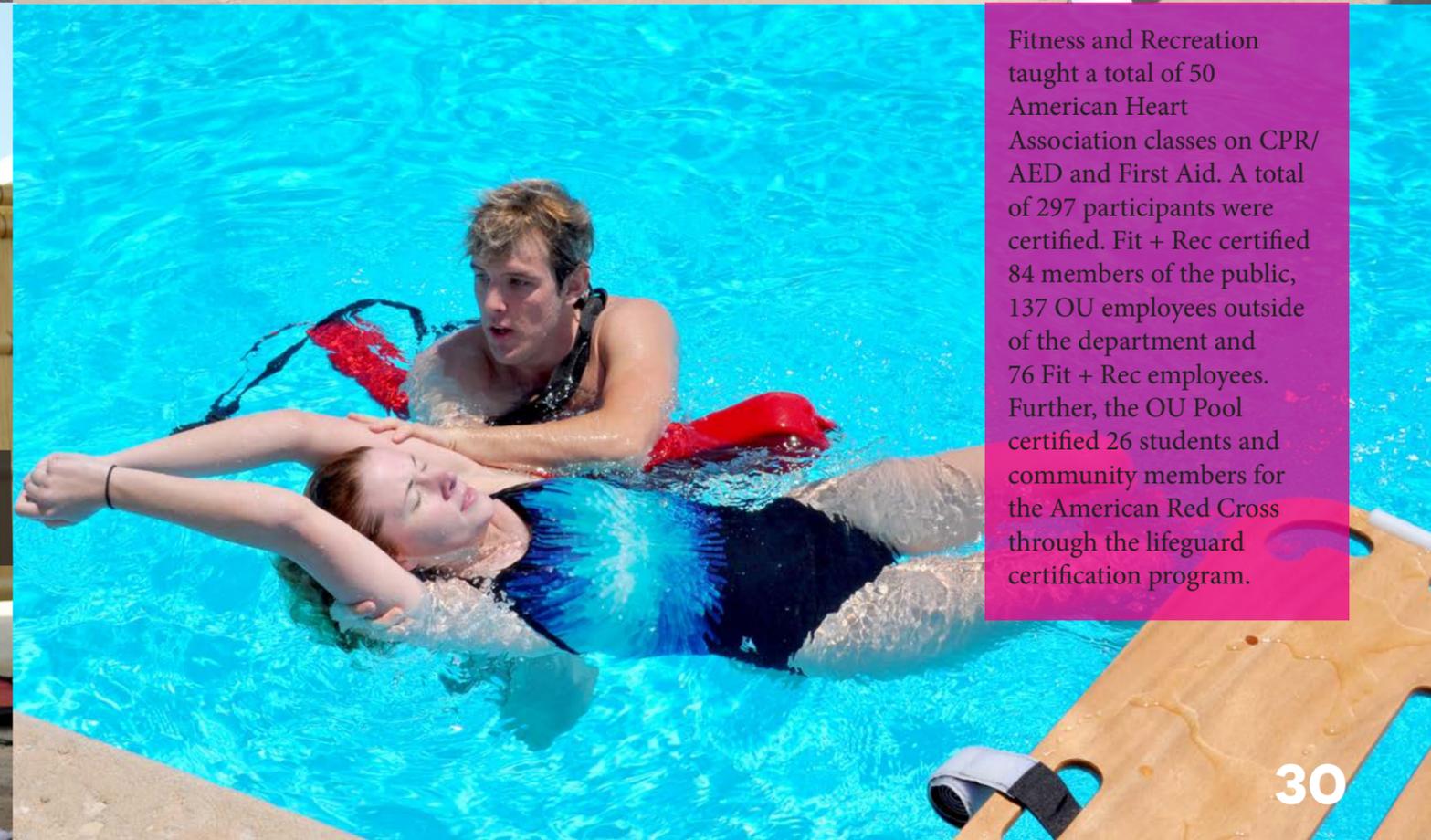


297

total participants were certified through Fitness and Recreation.



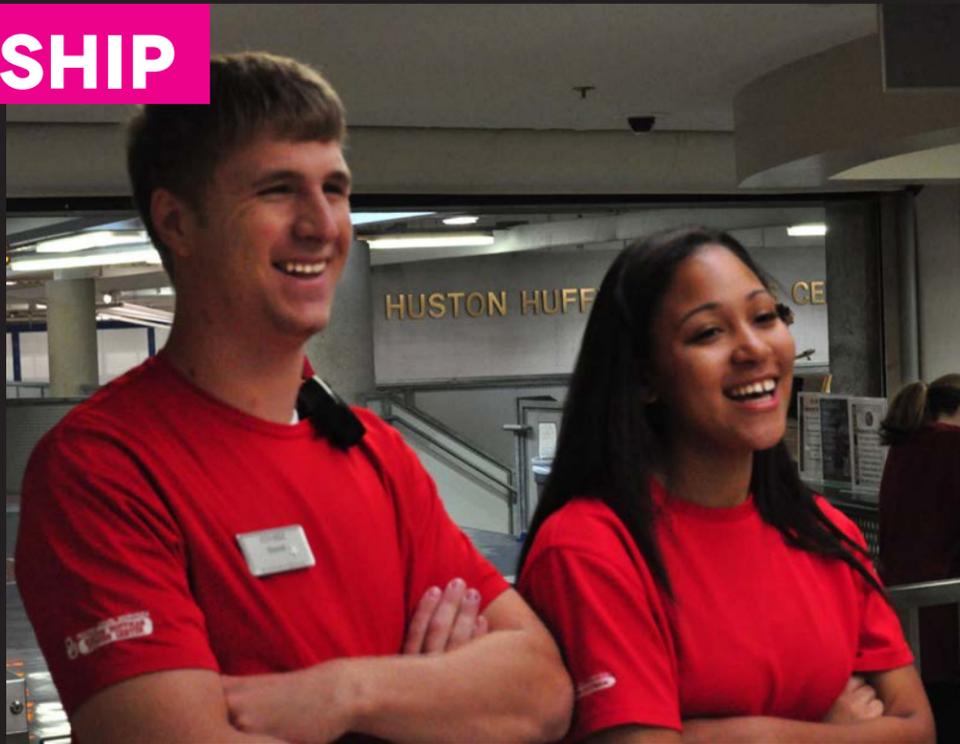
A STUDENT COMPLETING THE SKILLS TEST DURING LIFEGUARD CERTIFICATION.



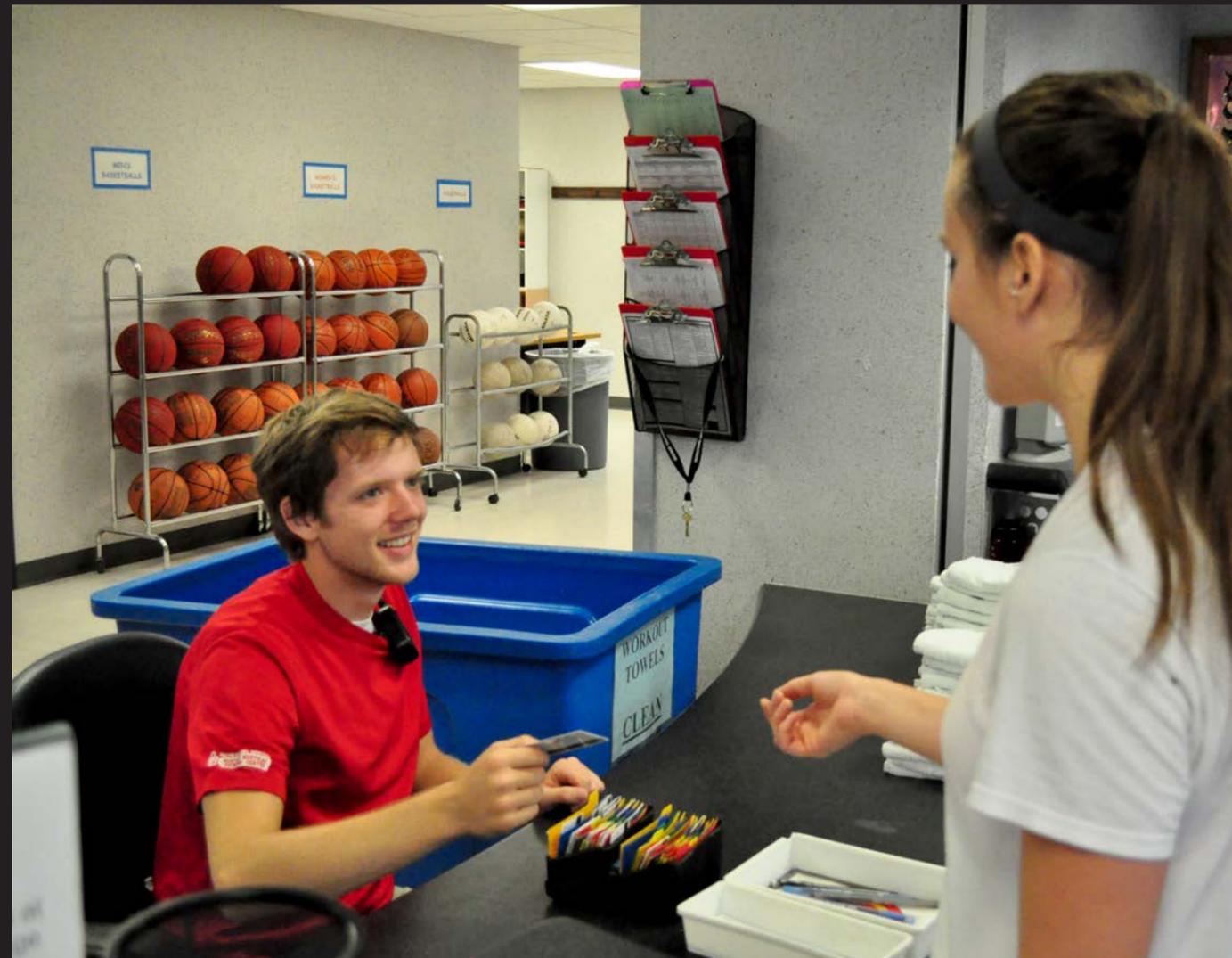
Fitness and Recreation taught a total of 50 American Heart Association classes on CPR/AED and First Aid. A total of 297 participants were certified. Fit + Rec certified 84 members of the public, 137 OU employees outside of the department and 76 Fit + Rec employees. Further, the OU Pool certified 26 students and community members for the American Red Cross through the lifeguard certification program.

STUDENT LEADERSHIP

Through Fitness and Recreation, student employees were given an opportunity to gain leadership experiences through peer leadership. Students were able to apply for positions in aquatics, facilities, or intramurals. Supervisory roles provide leadership opportunities for students to develop within Fitness and Recreation. A student supervisor is a front line representative of the department. Student supervisors hire, train, critique, evaluate, manage schedules, payroll, and oversee the administration of games. In addition, the students participate in random emergency preparedness drills referred to as red shirt drills during which students take different roles in an emergency situation and step forward into leadership roles. The “senior” student employees train new employees, involving them in training and development through program presentations.



In aquatics, students were able to obtain leadership positions through Head Lifeguard positions. Some responsibilities of the Head Guard include the safety of members and student staff, supervision of student staff, making sure all staff stayed hydrated, rotated lifeguard stands on time, and managed rotations when staff did not show up. Other duties included assisting professional staff with on-going trainings for CPR (cardiopulmonary resuscitation, AED (Automated External Defibrillation), and First Aid.



Fitness and Recreation also provided student leadership opportunities through graduate assistantships. During the 2011-2012 academic year, the department employed three part-time graduate assistants in the Adult and Higher Education program to assist with projects, programs, intramurals, and assessment. Through these opportunities, the graduate assistants were able to grow and develop into young professionals in student affairs.

