

# ***FIT + REC***

2010 - 2011  
annual report



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## LETTER FROM THE DIRECTOR

The Huston Huffman Fitness Center at the S.J. Sarkeys Complex opened in the summer of 1981 to give students a home for intramural sports and fitness. Today, Fitness and Recreation provides diverse programs, services, and educational opportunities to enhance the lifelong health and wellness of the university community. Over 500,000 visits were recorded to Fitness and Recreation facilities by the University community during 2010-11. The facilities hosted individual exercise opportunities, seminars and classes for creating healthy lifestyles, and opportunities for team interaction and support.

This mission of Fitness and Recreation is guided by three goals:

- Provide 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 department's goals, those of Student Affairs are achieved. This annual report is presented such that the activities of Fitness and Recreation represent the mission and goals of Student Affairs. This document is not intended to be all-inclusive. It highlights the unique accomplishments and programs for the 2010-2011 academic year.

Sincerely,

Amy M. Davenport, Ph.D.



## OUTDOOR PURSUITS HIGHLIGHTS

- 10 students participated in a backpacking trip to Buffalo National River, Arkansas. The trip included camping, hiking and canoeing over six days. The trip was led by two student employees and one full-time staff member. The trip was designed as an experiential learning opportunity. Most participants had little hiking/camping/canoeing experience and learned many skills needed to successfully complete a similar trip on their own. Basic camping skills such as setting up a tent, using a backpacking 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. Three international students participated in this trip. Many long discussions about cultural differences were facilitated as well as practice of the English language, personal goals of the international students.
- 85% of responding participants were able to identify at least one new skill or concept learned.
- 85% of responding participants strongly

- agreed that their knowledge of another culture increased.
- 100% of responding participants strongly agreed that teamwork played a role in the success of the trip.
- The Spring Break 2011 trip to the Buffalo River provided a unique opportunity for international students to practice their language skills, as reported by the three international students.







## FITNESS/WELLNESS HIGHLIGHTS

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 thanks to funding from the Merrick Foundation. Over 100 people signed up for this Boot Camp for each of the last three 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.

personal training sessions and nutrition education classes. They also receive a pre and post fitness assessment to evaluate their current level of fitness and progress during the program. Again, special thanks to the Merrick Foundation for funding this unique opportunity for the Sooner community.

Zumba® and Aqua Zumba® introduced class participants to diverse, music playlists and dance moves with primarily Latin music genres. Each week, Zumba® classes hosted approximately 40 participants per class while Aqua Zumba® numbers continued to rise averaging approximately 18 per class.



Boot Camp participants improved their lifestyle and gained a better understanding of proper technique and exercises to incorporate into their workout.



FITNESS/WELLNESS HIGHLIGHTS CONTINUED...

Zumba® expanded its reach outside the facilities of the Huston Huffman Fitness Center and onto the OU South Parrington Oval on campus with a demonstration through Zumba® on the Lawn.

Up to 50 participants from various backgrounds sweated together through two high-energy sessions between classes experiencing a fusion of hypnotic Latin rhythms and easy-to-follow moves.



Garden for Healthy Sooners was a gardening education program that offered participants an opportunity to learn where their food comes from and to help them to be better stewards of the environment by designing, cultivating, and harvesting the community garden.

The program was designed to encourage participants to try new and healthier foods because they had the opportunity to eat the produce they grew as well as obtained exercise from tending to the garden.

The Garden for Healthy Sooners program aims to achieve these goals with the participants:

- Increase their consumption of fruits and vegetables,
- Improve their nutritional habits,
- Teach work ethic, cooperative learning, and team building skills
- Develop gardening skills, and
- Increase their environmental awareness

The Garden for Healthy Sooners program was conducted on a daily basis at the designated garden site during the summer. The Fitness and Recreation staff led the program activities and worked directly with participants. Plots were assigned to individuals and groups to maintain. Participants were able to taste fresh fruits and vegetables, develop an outdoor garden, and engage in numerous hands-on activities related to nutrition and plant science.





## FITNESS CENTER & AQUATICS

OU Fitness and Recreation provided diverse fitness and recreational opportunities for its members including a wide variety of cardiovascular, resistance training, and flexibility equipment and programs. Each area of Fitness and Recreation, whether in the Huston Huffman Fitness Center (HHFC), the Murray Case Sells Swim Complex or Intramurals, provided opportunities for individual and group fitness. In addition, hours of operation allowed for individuals with diverse schedules to utilize the Huston Huffman Fitness Center. The HHFC was open 108 hours per week with times ranging from 6 a.m. to midnight on most days.

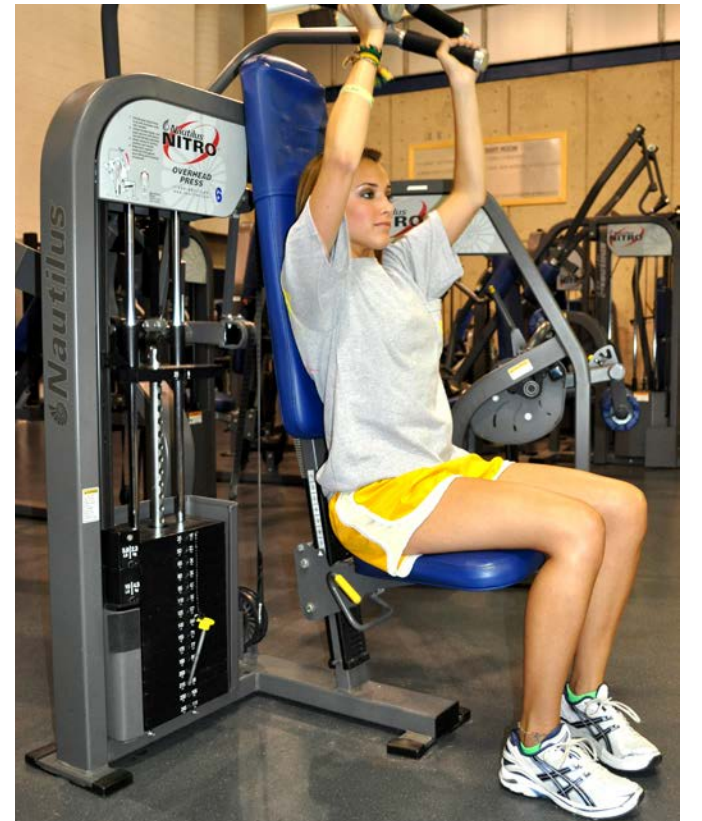
At the Huston Huffman Fitness Center, different processes and programs were in place to be environmentally conscious. When possible, cleaning products that were certified green were used for cleaning and equipment care. The most commonly used cleaning chemicals for disinfecting, glass cleaning, and general surface cleaning were all certified green. In addition, body wash and soap available to the members were biodegradable.

Member recommendations were taken into consideration when new equipment was purchased.



During this year, the replacement of treadmills in the HHFC was completed with the purchase of 9 Life Fitness treadmills, two Woodway Desmo treadmills and one Woodway EcoMill. 10 elliptical trainers, two Stepmills and two stair steppers and kettle bells were purchased. Several of these pieces, the Woodway EcoMill and elliptical trainers, do not require electrical power to operate.

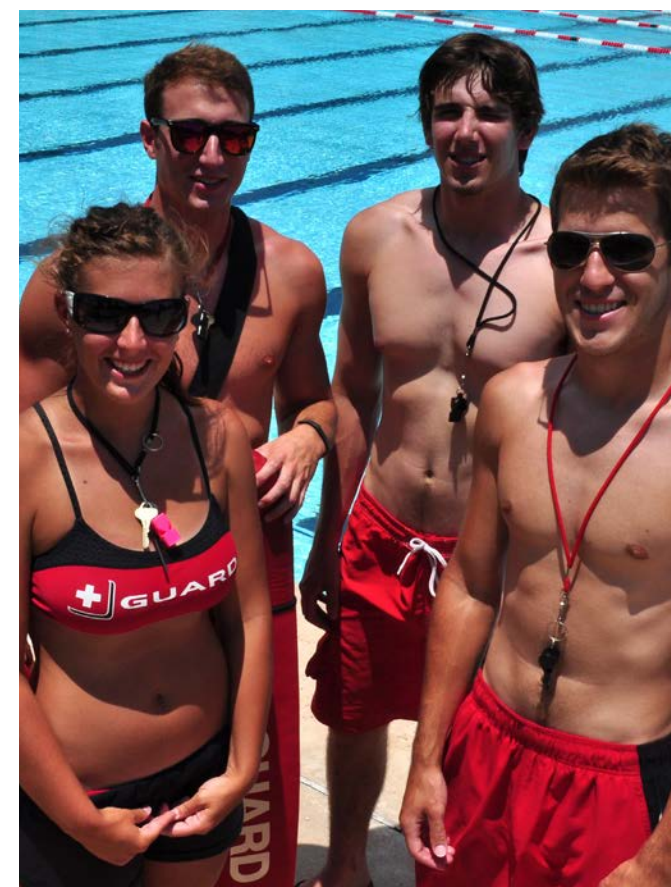
As this option becomes more available, additional self-generating pieces of equipment will be purchased.







## FITNESS CENTER & AQUATICS CONTINUED...



Graduate students within the department were certified as instructors by the American Heart Association to teach and certify others in Basic Life Support classes. Together, they certified 48 students in lifesaving skills.

10 student lifeguards certified as Lifeguard Instructors through the American Red Cross instructed and certified 37 peers in lifeguarding skills and provided CPR and AED classes.

Over 95 students total were certified in lifesaving and lifeguarding skills.





## SPECIAL AND UNIQUE EVENTS

In August 2010, Fitness and Recreation advised the Honors College First-Year Trip to Pecos, New Mexico. 38 students attended the trip that was designed to assist first-year students in transitioning to college as well as introduce them to new concepts through Outdoor Adventure. Each year, Fitness and Recreation supports academic classes and initiatives, such as this, through lending expertise, facilities, and equipment.

The Health and Exercise Science department, for example, conducted 56 classes in Fitness and Recreation facilities during the 2010-11 academic year. In addition, a partnership has been developed with the Graduate College to provide graduate students and their families, healthy activities and support through events such as Graduate Student Appreciation Week.



The Huston Huffman Fitness Center houses a climbing wall with over 450 feet of climbing space. The wall is provided for use by both avid climbers and newcomers alike. Staff members are available on a walk-up or scheduled basis to provide instruction and guidance. Fitness and Recreation hosted multiple residence hall programs. The University of Oklahoma Women's Outreach Center teamed up with Fitness and Recreation to offer students an opportunity to scale the climbing wall and learn more about breast health. Climb for Komen is a chance for the OU community to support Susan G. Komen for the Cure, an organization dedicated to breast cancer screening, outreach, and education. The annual event also serves as a vehicle to introduce members to the sport and promote the health/fitness benefits of climbing. In addition, two competitions were held during the 2010-2011 academic year that attracted over 50 participants.

Fitness and Recreation collaborated with organizations and departments across campus to provide training, education, and support. Over the past year, staff have been guest speak-

ers for academic courses and departmental trainings. In addition, Fitness and Recreation has offered support and services for fundraising such as through the Campus Campaign, Susan G. Komen, and The United Way. Further, Fitness and Recreation collaborated campus programming efforts with the Graduate College, Health Services, Housing and Food Services, and Human Resources.





## STUDENT LEADERSHIP

Through Fitness and Recreation, student employees were provided opportunities to excel in peer leadership. Students with applicable experience applied for Student Supervisor positions within Intramurals, Facilities, and Aquatics. In Intramurals, these students provided oversight of student officials who officiated nearly 1,400 Intramural games during the 2010-11 academic year. For the Huston Huffman Fitness Center facilities and the Aquatics facilities, student supervisors opened and closed the buildings in addition to working with their peers on oversight of daily assignments, training, and emergency response.

A student supervisor is a “front line” representative of the department. Each was charged with assisting the staff in meeting the goals and objectives of the department. Student supervisors had the responsibility of leading student employees through training and evaluation to officiate Intramural sports programs, assist participants in event/program administration, manage participants in conflict resolution and represent the department to the student population.

Supervisors worked with the professional staff to aid in strategic planning of events/programs, program and administrative events/programs, and facilitate goals and objectives to the student staff.

The professional staff would have been overwhelmed without the valuable assistance of student supervisors. By incorporating the scope of work demanded by the professional staff with the talents and skills of student supervisors, student employees developed the needed attributes to be successful after college and exude leadership qualities wanted by the public and private sectors of business.



Further, Fitness and Recreation provided sponsorship for ten student employees' registration fees for the Leader Summit. This program was a two-day event that provided tools for leadership for the present and future. It included guest presenters and breakout sessions focusing on topics such as teambuilding, preparing for life after college, and stress management.

Each month HHFC student staff employees had an opportunity to recognize their peers for outstanding service with the student of the month program. Nominations submitted required a paragraph by the nominator explaining why he/she thinks their peer should be recognized. Each month, nominations were reviewed by Professional Staff and a winner was selected. The individual was recognized during staff meetings, received a one-hour massage, and also had their picture placed on the Employee of the Month board.





## STUDENT LEADERSHIP CONTINUED...

In the area of Aquatics, opportunities for student leadership roles were defined as Head Lifeguards. A few of the responsibilities for head lifeguards included, first and foremost, the safety of members and student staff, oversight of student staff during, managing 8 to 10 student lifeguards each shift during the summer, which included a rotation schedule for the outdoor pool, keeping all staff hydrated with water, making sure staff rotated lifeguard stands on time, managed the rotations when someone did not show up, and called the phone list to find another person to cover a shift. Other duties asked of these student leaders were to assist management with ongoing in-service trainings of mandatory skills in the aquatic field. Some of these skills included water rescues, spinal board management for neck injury victims, CPR (cardiopulmonary resuscitation), first aid, and AED (Automated External Defibrillation). Student leaders in the head guard role learned time management skills, conflict resolution, scheduling, public speaking, and many more important and useful skills.















2010-2011

