



**Q FIT+REC**  
*Annual Report*  
2012-2013



# Welcome Sooners

## Letter from the Director

This past academic year, the University of Oklahoma was recognized by the state as a “Certified Healthy Campus,” which signified an incredible milestone for Fitness and Recreation as our campus partnerships energized our programming efforts to serve the OU community and beyond. Markedly, our work with Shape Your Future, Student Government Association, Housing and Food Services, and the University of Oklahoma Police Department not only exemplified Fitness and Recreation’s commitment to advocate a healthier community, but also to engage in university relations through education. Thereby, these efforts were made to underscore Fitness and Recreation’s *raison d’être* in serving the students, faculty and staff at the university.

Sincerely,

Amy M. Davenport, Ph.D.

**Fitness and Recreation has proven, time and again, their commitment not only to healthy living, but also the value they have for student input. Fitness and Recreation goes above and beyond the expectations of students to be the best resource students can find to support a healthy lifestyle.**

*Joe Sangirardi, Letters, Class of 2013  
SGA President, '12-'13*







**Wade Hensley** @TheRealWhensley

23 Aug 12

Looking to change your health habits for the better? Get prepared to #SHIFTGEARS with @OUFitandRec! [bit.ly/R2zw8Y](http://bit.ly/R2zw8Y)

Expand



**Christian Almonrode** @Mr\_Almonrode

27 Aug

@OUFitandRec I lift weights, run two miles and eat smaller portions so I can stay healthy!

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**Tonya Kiper** @OUTonya

28 Aug

Had a fantastic time with @joesangirardi and @RaineySewell #gettinghealthy

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**Andy** @andybropez

28 Aug

@OUFitandRec About to register for the sooners 5k fun run and telling my residents all about it. Really ready to #SHIFTGEARS

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**Anna Tracy** @PunkyGraceTracy

31 Aug

@oufitandrec I bike to class every day, alternate days running and swimming before class, and do yoga first thing! #shiftgears

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**Cassandra Ketrick** @CassCaKey

4 Sep

My fav outdoor fall activity is flying a kite! @OUFitandRec #SHIFTGEARS

Expand



**Melanie Evans** @MelanomaEvans

7 Sep

I like running stadium stairs to stay fit! @OUFitandRec #ShiftGears

Expand



**Terry Hawk** @TohiduHawk

13 Sep

Making sure I get atleast 8 glass of H2O everyday! #hydrated #hufflife @OUFitandRec

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**Desire Brown** @desidawn13

I have progressively become more fit this past year with a strong workout & lots of water! @OUFitandRec #shiftgears

Expand

13 Sep



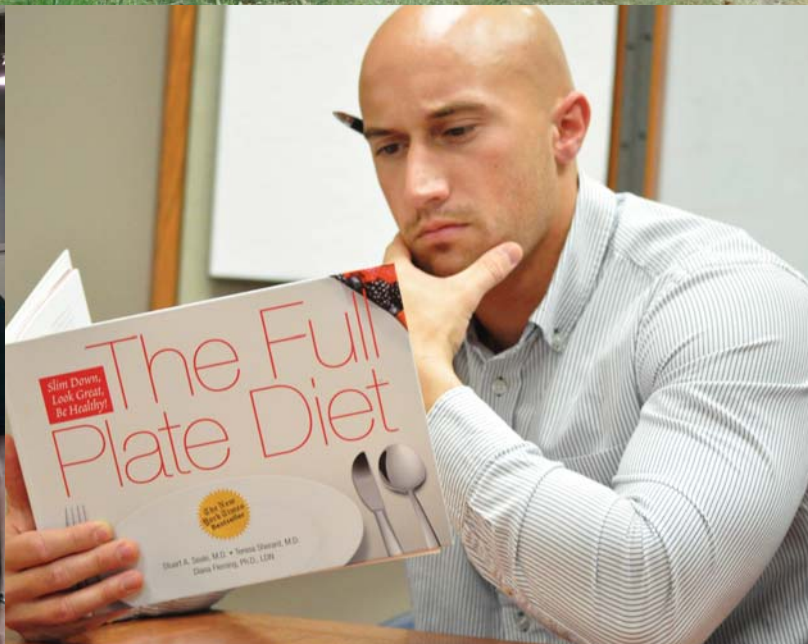


I love the large variety of programs Fitness and Recreation offers. They have classes like the Full Plate Diet, which can educate people on nutrition and a ton of group fitness classes to keep me active.

*Brent Wilson, Nutritional Sciences, Class of 2014*

Fitness and Recreation provided three new programs this past year to help the OU community reach their personal health and fitness goals. *Shift Gears* and *Habits > Resolutions* focused on implementing healthy habits into individuals' daily lives over the course of the spring and fall semesters. These programs focused on topics such as stopping the "All or Nothing" mentality, water consumption, time management, leading an active lifestyle, the importance of breakfast, stress management, and the significance of sleep.

*The Full Plate Diet* program emphasized the importance of eating a balanced diet. Program instructors conducted group activities with the participants to provide encouragement and support throughout eight-week sessions.







Runners train for the Healthy Sooners Fun Run by Jogging with Joe and Running with Rainey

## SHIFT GEARS

Through collaboration with SGA and Healthy Sooners, OU Fitness and Recreation launched a new semester-long health education campaign focusing on seven healthy habits.

*Shift Gears* was designed as an educational program for the OU community. Utilizing social media, on-campus events, and promotional materials, this program sought to teach individuals about how incorporating small healthy changes can have a large impact on one's health. For example, water trackers, sample workouts, activity lists, sleep trackers, and stress management techniques were readily available for participants to use as aids during the program. SGA and OU Fitness and Recreation also held a 5K training program to

help individuals prepare for the *Healthy Sooners Fun Run*. Other events offered included a Faculty-In-Residence presentation to students in Adams Center, an indoor pool party, sample breakfast booths, and information booths utilizing quiz games to help educate the OU community. Additionally, *Shift Gears* focused its marketing efforts through Facebook, Twitter, and FourSquare with daily articles and information about health and fitness along with contests, giveaways, and department events.





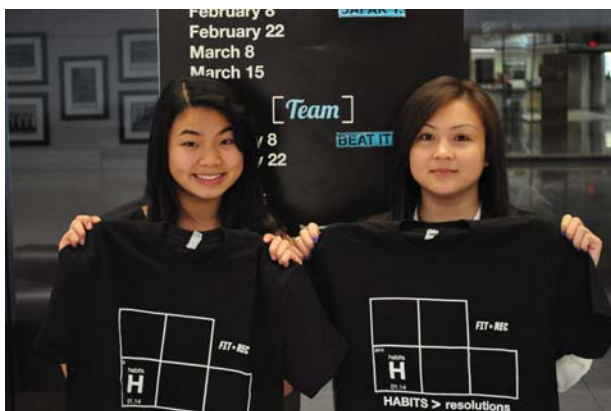
**Fitness and Recreation helps give the University its energy. It allows students to exercise leadership on intramural teams, build friendships through activities, and develop healthy lifestyles to continue even after their years at OU. I can't imagine my college experience without all my visits to the Huff or the incredible staff who care so much for the students.**

*Rainey Sewell, Communications, Class of 2013  
SGA Vice President, '12-'13*

# HABITS > RESOLUTIONS

What Shift Gears was in the fall, the *Habits > Resolutions ReNEW YOUrself Challenge* kicked off the spring semester to help participants learn and develop healthy habits to start the new year. This program was a seven-week challenge encouraging participants to get involved in fitness and health. Participants registered as an individual or as a team of three participants to be eligible for prizes including massage certificates and group fitness passes. Throughout this program, participants received *New You* points for “checking in” at the Huston Huffman Fitness Center or the Murray Case Sells Swim Complex, attending OU Fitness and Recreation events, or sharing their progress via Facebook and Twitter.

Participants received *ReNEW YOUrself Challenge* newsletters every two weeks for the duration of the program. The newsletters included the current point leaders, all events available from OU Fitness and Recreation within that two-week period, encouragement from other participants, and bonus prizes. At the end of every two-week period, the point leaders of both the individual and team participants were added to the winner board hanging in the lobby of the Huston Huffman Fitness Center.



During the *Habits > Resolution Challenge*, Team Beat It was among the winners for prizes from Fitness and Recreation.

**FIT+REC**



## HABITS > resolutions

### The ReNEW YOUrself Challenge

- 7-week challenge program
- Register as an individual or as a team.
- Receive New You points to win prizes.
- Check out our Facebook, Twitter, or website for tips to develop healthy habits.
- Register by January 23 at the Huston Huffman Fitness Center.

[facebook.com/OUFitRec](https://facebook.com/OUFitRec)  
[twitter.com/OUFitandRec](https://twitter.com/OUFitandRec)  
[ou.edu/far](http://ou.edu/far)

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With nutritional programming in mind, Fitness and Recreation offered the *Full Plate Diet* to the OU community for the very first time. In eight-week sessions, participants learned how to modify their meals toward healthier eating through group activities, meal examples, and informational materials.

## FULL PLATE DIET









## HEALTHY SOONERS GARDEN

After a tremendous first year of the *Healthy Sooners Garden*, Fitness and Recreation experienced even greater success during the program's second season. Over 65 volunteers of students, faculty, and staff from all areas of the university community contributed to the 811 pound harvest including eggplant, squash, cucumbers, tomatoes, okra, watermelon, and cantaloupe from the garden. Participants attended staff-led orientation where they not only learn gardening skills, but also the importance of teamwork, sustainability, and nutrition.







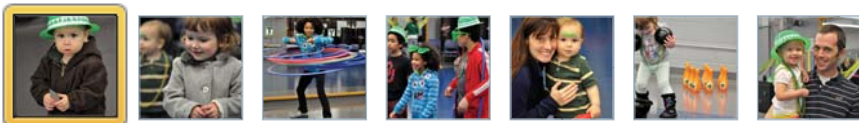
## WINTER SPECIAL OLYMPICS

The annual Winter Special Olympics was held at the Huston Huffman Fitness Center in January. This event was a fantastic partnership between the Oklahoma community and the University of Oklahoma.



# SHAM-ROCK THE NIGHT AWAY!

GALLERY 2.1 Family night at the Huston Huffman Fitness Center



Finally, Fitness and Recreation and the OU Graduate College teamed up to provide a family night for OU Graduate Students. *Sham-ROCK the Night Away!* was a St. Patrick's themed event for graduate students and their families who were invited to play fitness games, eat snacks, and take pictures in a photo booth. Families from a variety of backgrounds were able to meet and mingle with one another.

## Sham-ROCK the Night Away!

*a night of family fun...*

**Games,  
Snacks, &  
Dancing!**

**Photo  
Booth!  
Drawings  
for Prizes!**

**Free to all OU  
Graduate  
Students and  
their families!**  
(Children must be  
accompanied  
by an adult.)

**March 8  
6:30-8 p.m.  
at the  
HHFC**

**FIT + REC** **ou.edu/far**

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## RA POOL PARTY AND FIR PROGRAMS

Two new programs this year were the *Pool Party for Resident Advisors* (RA) and two *Faculty-In-Residence* (FIR) programs. The RA pool party was held at the Murray Case Sells Swim Complex and featured food and games at the outdoor pool to encourage students to make use of on-campus outdoor facilities and participate in programs like *Shift Gears*. In this way, students living in the residence halls would have a “resident coach” in helping students balance their lives through academics and wellness opportunities.

The department also collaborated with the Adams Center Faculty-In-Residence to bring an event each semester focusing on healthy eating and exercise tips for students. These events promoted the idea that in order to be a successful student it is essential to take care of one's health and overall wellness.

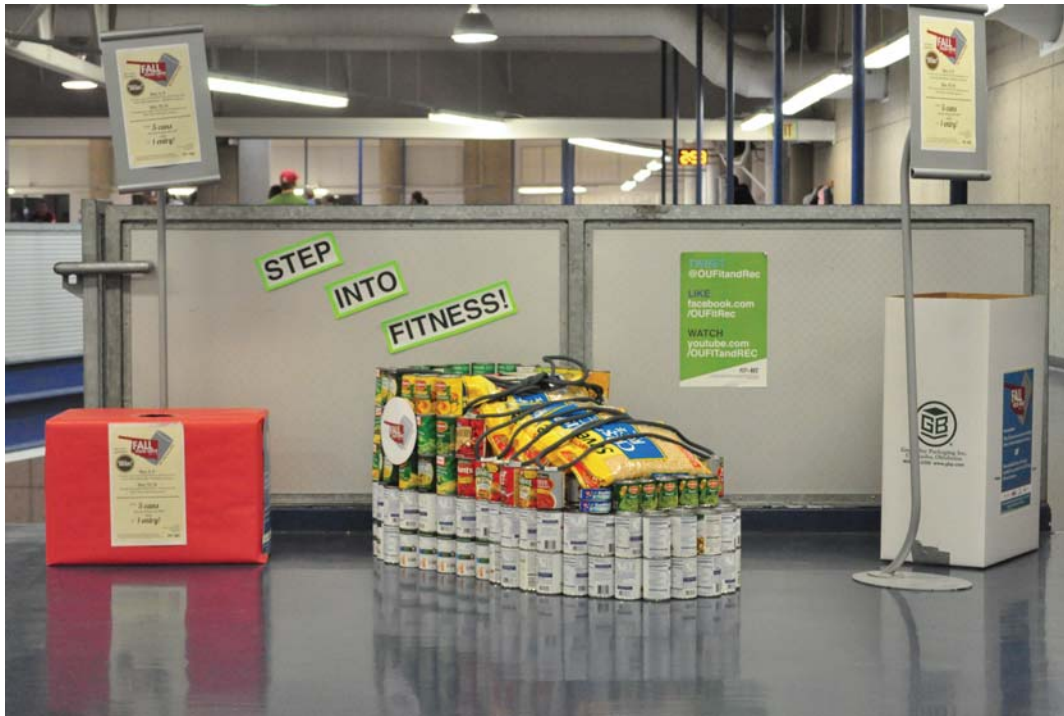








## SOCIAL RESPONSIBILITY



Fitness and Recreation was involved in the *United Way Fall Food Drive* and *Social Responsibility Fair* on campus through which student staff heavily participated. These events promoted community involvement in both sustainability as well as community awareness. In addition, one of Fitness and Recreation's recent graduates provided additional information to staff about the food bank as she became employed by the organization.





# BIKE SCHOOL

Fitness and Recreation partnered with OUPD to launch *Bike School with Officer Littlejohn*—a new program designed to educate the community about rules of the road and bicycle safety. As a certified bicycle patrol officer and bicycle mechanic, MPO Jay Littlejohn of the OUPD dispensed his expertise and advice for cyclists of all ages and experience.

Each session consisted:

- A 20-minute video over the road rules and bike safety,
- A bicycle inspection,
- An opportunity to register one's bike with OUPD, and
- A group ride, led by Officer Littlejohn, to practice bicycle safety.



**GALLERY 4.1** Sights from the first Bike School session.



Officer Jay Littlejohn is shown here registering a bike.







## INTRAMURALS

Leadership development is also seen throughout Intramural events. Fitness and Recreation has witnessed an unprecedented increase in participation in the Intramural Program over the last five years. In team sports such as flag football, basketball, soccer and softball, a 60% increase in teams since 2008 was observed. During that same period, individual sports such as golf, tennis, and racquet sports increased 38%. This massive increase pushed the Intramural program to expand seasons and tournament sizes in all programs to allow maximum participation for the student population.





*Did you know...*



Intramural participation in most team sports has increased approximately 60% over the last five years.









## UPDATES AT THE POOL

Fitness and Recreation provided a safe and healthy environment for students to study, socialize, and remain active. This year Wi-Fi capabilities were added to the outdoor pool deck to encourage students to take advantage of study spaces.



Fitness and Recreation added an Internet streaming radio service to provide greater music variety for swimming entertainment. Visitors enjoyed a wide range of music including big band, Top 40, show tunes, and country. These requirements ensure student employees work and provide a safer and healthier environment





## SAFETY AND EMERGENCY TRAINING

All Fitness and Recreation student employees were trained in safety and emergency response procedures, including AHA CPR/AED courses prior to or at the beginning of their employment. These requirements ensure that student employees are working in a safe and healthy environment. These requirements ensure student employees work and provide a safer and healthier environment.



Student employees working as a team in CPR rescue scenarios.



A close-up photograph of a person's hands performing CPR on a baby mannequin. The mannequin is lying on a wooden surface, wearing a red and white striped shirt. The person's hands are positioned on the mannequin's chest, and their fingers are visible near the head. The background is a plain, light-colored wall.

# *Did you know...*

Over 57 American Heart Association classes were taught to 319 OU community members between June 1, 2012 and May 31, 2013 at the Huston Huffman Fitness Center.





**I really enjoy the fact that it is a mutual hangout spot. When people are here it doesn't really matter what your major is or what house you are in, everyone is just here to get in a good workout.**

*David Nelson, Industrial Engineering, Class of 2015*

**I like being able to work with my peers and have a schedule that accommodates my classes. The friendly environment makes for a really enjoyable workplace that I can look forward to coming to every day.**

*Bryan Muse, Psychology, Class of 2014*

**Fitness and Recreation is great because it gives you a way to relax, have fun, and improve your health all at the same time.**

*Ayanna Rashidi, Health and Exercise Science/Pre-Occupational Therapy, Class of 2015*

What Fitness and Recreation student employees are

*Saying*







*Did you know...*

Fitness and Recreation employs over 300 students annually.



## COMMITMENT

In recognition of his excellent service and commitment to the University Community, Hutch Fussell was honored with the Distinguished Performance Award. Hutch has served diligently in maintenance for Fitness and Recreation since 2008. Although he was born in Norman, OK, Hutch spent most of his life in Mandeville, LA gaining experience from years of construction and shipyard work on the Louisiana coast.

Hutch's great attitude, areas of expertise, and dedication to the job have earned the appreciation and respect of his peers and the University community.





Director of Fitness and Recreation, Dr. Amy M. Davenport received the prestigious Walter Neustadt Award in 2013 from the Student Government Association for her dedication and outstanding service to students.





