



Q FIT + REC

2016-2017 Annual Report



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Welcome Letter from the Director

Fitness and Recreation's commitment to a healthier community is exemplified with the diverse programs and educational opportunities offered. Through programs such as Intramurals, Boot Camp, Strides, and the Wellness Community Garden, Fitness and Recreation fosters a community dedicated to health and wellness for students, faculty, and staff. All of the efforts made are to uphold our mission, 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 report reflects the mission and goals of Fitness and Recreation through highlights of different programs. We will continue to strive to improve our campus community.

Sincerely,

Amy M. Davenport, Ph.D.

Director of Fitness and Recreation

Special Events

Participants ready for the start of the race.

OU Wellness Fun Run

OU Fit Project

Strides

Boot Camp

“Over 85% of respondents said Boot Camp provided them with the skills and knowledge to stay fit.”

OU Wellness Fun Run

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. Students, faculty, staff, and families all came together to promote health and build a stronger OU community.

"Enjoyed the race and atmosphere. My kids had a great time, as well."

"Excellent experience! First 5K with OU and loved every minute of it!"

"The OU Wellness Fun Run made me realize that I can run and complete 5Ks."



Boot Camp

Boot Camp is a high energy way to get fit among a like-minded community. 75 students, faculty, and staff met on Tuesdays and Thursdays for 6 weeks at noon to work together to reach their fitness goals. The first day, participants performed a pre-test consisting of push-ups, sit-ups, and a timed mile. On Tuesdays, the boot campers all engaged in a big group workout together. Thursdays they broke into their Platoons, Alpha, Bravo, and Charlie. On the last day, boot campers underwent the post-test. Pre and post-test participants experienced an overall improvement.

"I enjoyed getting in a regular routine and learning new exercises that I can now do on my own."

"The best part about the Boot Camp was being able to see my abilities and how they improved."

Boot Camp Stats

- All respondents agreed the instructors were motivating and encouraging.
- Nearly 100% of participants said Boot Camp expanded their interest in staying fit and healthy.
- Over 85% of respondents said Boot Camp provided them with the skills and knowledge to stay fit.
- Over 92% reported an increase to their level of physical fitness.
- Nearly 30% reported improved self-confidence.
- Over 35% report an increase in overall health.

31 JAN - 9 MAR
NOON - 12:45
TUESDAYS & THURSDAYS

Workouts will take place in the group fitness studios and basketball courts.

ENLIST TODAY!!!

Fee: \$10 + tax
Must register in person at the Sarkeys Fitness Center before 31 Jan.

LIMITED TO THE FIRST 100.

The University of Oklahoma is an equal opportunity institution. For questions about the program or accommodations on the basis of disability, please call Heather Kirkes at 325-3053.

FIT + REC



Add steps to your day
and meet new people with

Go on a guided campus walk and incorporate
a few strength moves at some of the stops

SESSION A:

March 20 – April 26, 2017
Mondays and Wednesdays
4:30 – 5 pm

Meet in the Sarkeys Fitness Center
Breezeway at 4:15 pm



The University of Oklahoma is an equal opportunity institution. www.ou.edu/eoo.
For accommodations on the basis of disability, call (405) 325-3053.

Active All Year

OU FIT

PROJECT

SIGN UP IN ADVANCE @ FRONT DESK OF SFC.

#ActiveOU

\$ 25
+ tax

THURSDAYS, OCT. 27 - NOV. 16
4:30-5:15
SARKEYS FITNESS CENTER
STUDIO B

STUDENTS, FACULTY & STAFF, JOIN THE OU
FIT PROJECT TO BOOST HEALTH WHILE HAVING FUN!
Program Includes:

- Group workout with a trainer once a week for four weeks
- Two Individual Wellness Coaching Sessions to discuss goals and create a plan of action

OU FIT + REC

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For accommodations on the basis of disability, please contact Malinda Williams at (405) 325-3053 or mdwilliams@ou.edu.

STUDENT SPOTLIGHT

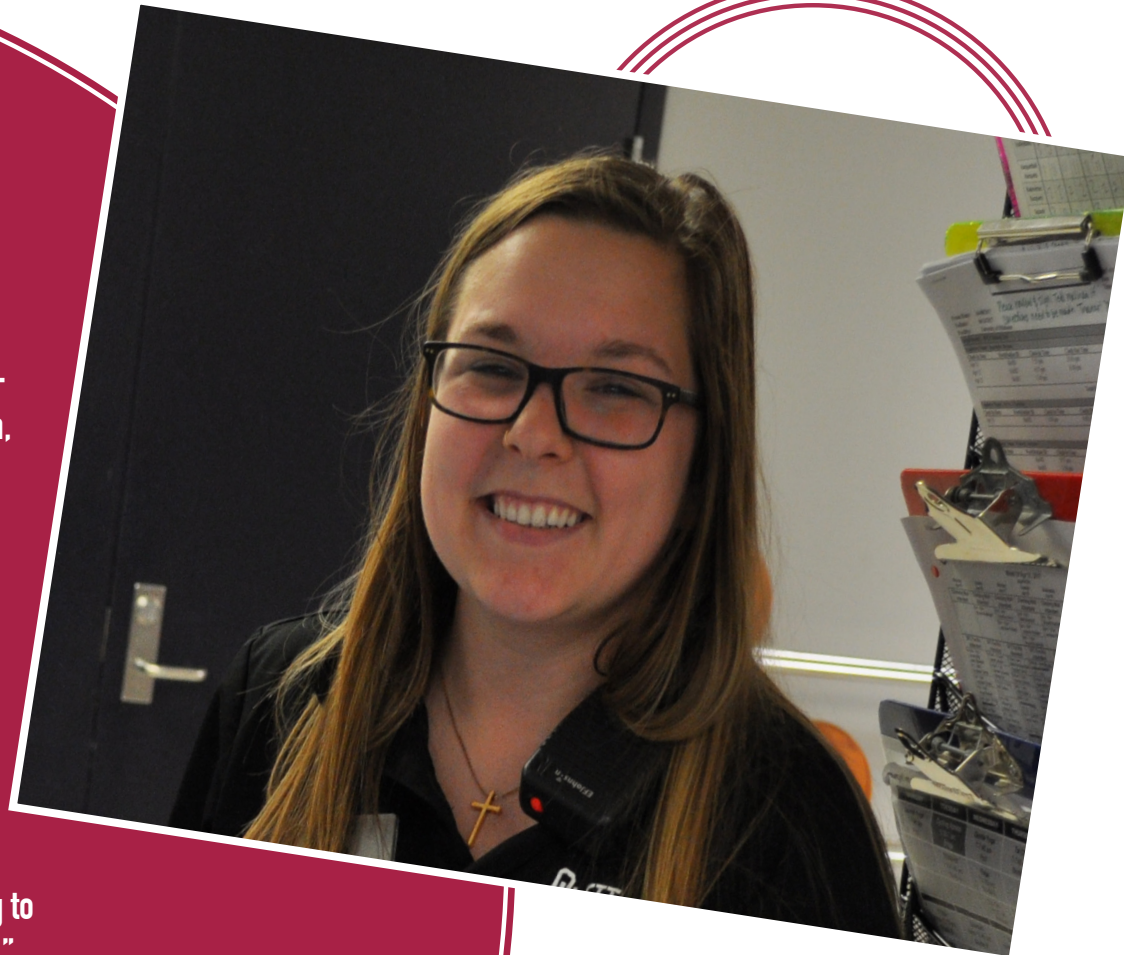
Dakota Stewart

Dakota Stewart has worked with the Sarkeys Fitness Center for four years and recently advanced to a Fitness and Recreation student supervisor position. Through employment with Fitness and Recreation, she has strengthened her professional skills to include, "[Better] communication skills, building leadership, trust and conflict resolution" which she implements daily.

Dakota believes that working at the Sarkeys Fitness Center has impacted her involvement with other campus activities. She has volunteered with a variety of student groups such as OU Cousins, The Big Event, International Studies Graduate Association and the University of Oklahoma Baptist Ministry. She recounted among her most memorable experiences at Fitness and Recreation, "Getting to know a diverse group of people such as students, staff, and retirees."

Dakota advises incoming first year students to maintain an open mind as they explore new experiences through their coursework and extracurricular activities. She stated, "By embracing the new challenges that lay ahead, you will grow in ways that you do not expect and learn how to manage time effectively."

Dakota's interests in helping people and traveling with mission trips encouraged her to pursue her master's degree in International Studies. The Fitness and Recreation department is looking forward to Dakota's return in the fall semester from her global mission assignments.





FITNESS AND WELLNESS

Intramural Sports

Group Exercise


Community Garden

Full Plate Living

InBody Experience

Intramural Sports

The Intramural Sports program adds to the college experience with all it has to offer. Basketball, flag football, tennis, softball, soccer, and racquetball are just a few of the 26 events offered. This year Intramural sports boasted a 500 participant increase with 5,533 unique participants, including almost 1/3 of the first-year class. Fit+Rec creates community through Intramural Sports.



An IM Basketball player goes for a layup during a league game.

"The Intramural Sports program at OU has provided me an excellent opportunity to play sports competitively again while simultaneously earning my bachelor's degree. I have played all four years and I recommend it to all incoming students, if they're interested in staying in shape throughout college."



32,264

Total Participation

Intramural Sports Stats

- 1,507 participants, 32% of the Norman Campus First-Year Enrollment
- 5,533 unique participants, 26% of the entire Norman Campus Enrollment
- 241 total games
- 85% of participants agreed that participating in intramural sports programs increased their personal level of physical fitness.
- Almost 89% of participants agreed that intramural sports are an important part of their college experience.
- Nearly 92% of respondents agreed that they made at least one new connection due to their participation in intramural sports.



IM kickball games are a great way to get out and enjoy the outdoors.

A photograph of three women riding stationary bikes in a gym. The woman on the left is wearing a pink tank top and black leggings. The woman in the middle is wearing a pink long-sleeved shirt with 'South Padre Island' and 'MMI' on it, and grey shorts. The woman on the right is wearing a pink tank top and black leggings. In the background, there is a sign with arrows pointing left and right, labeled 'MON - WED - FRI - SAT' and 'TUES - THURS - SUN'. There is also a sign that says 'INSIDE' and 'OUTSIDE'.

Over
27,000
class visits

A circular inset photograph showing a group of people in a gym. In the foreground, a woman is wearing a grey t-shirt with 'GET YOUR FIT ON!' written on it. Other people are visible in the background, some standing and some moving.


Group Fitness

Yoga, Kickboxing, Zumba®, Cycling, and Strength Training are just a few of the classes offered at the Sarkeys Fitness Center and Murray Case Sells Swim Complex. With nearly 70 classes taught throughout the week, there is a diverse selection to fit any schedule and fitness level.

2,103

FITness Classes Taught





"Seeing the benefit for those who are new to gardening to be inspired at the prospect of growing their own food"

Community Garden

Fitness and Recreation promotes a healthy lifestyle. A site for Big Event, the OU Wellness Garden is a community gardening program. With 70 volunteers, the garden gives faculty, staff, and students the opportunity to grow and harvest their own fruits, vegetables, and herbs.

"I love being able to take what I learned from this group and use it at home in my own garden."



Full Plate Living

Full Plate Living provides practical, long-term solutions for reaching life's goals through better nutrition. Key elements of the approach include the New York Times bestseller, *Full Plate Diet*. Tired of diets that require expensive specialty items and restrictive regimens? Foods that isolate you from family and friends? Meals that leave you hungry? *Full Plate Living* is for anyone who wants to live life to its fullest.

ARE YOU EATING
ENOUGH
TO LOSE WEIGHT?

Have an INBODY Experience!

No dunking. No pinching. No discomfort.



Results in less than a minute.

More

Wellness Center
during normal
business hours

wellness.

ONE
UNIVERSITY

FIT + REC

THE INBODY TEST



WHAT IT DOES:

- Analyzes muscle-fat ratio
- Calculates total body water
- Reveals Basal Metabolic Rate

TO PREPARE:

DO:

- Hydrate well the day before
- Stand upright for at least 5 minutes
- Use the bathroom immediately before
- Remove socks, pantyhose, shoes, outerwear and metal objects
- Warm yourself if it's cold outside

DON'T:

- Exercise 6-12 hours before
- Eat 3-4 hours before
- Consume alcohol or caffeine 24 hours before
- Shower or sauna immediately before
- Use lotion or ointment on hands or feet

Please consult a physician before testing if you are pregnant or have medical implants such as pacemakers and other life-sustaining medical implants.

wellness.

InBody Experience

The InBody 570 goes beyond traditional body composition analysis. It not only analyzes how much fat and muscle you have, but it also measures your Total Body Water and divides it into Intracellular Water and Extracellular Water, values important for understanding a user's fluid distribution in medical, wellness, or fitness contexts.



STUDENT SPOTLIGHT

Logan Hammons

Logan Hammons was employed with Fitness and Recreation for five years. He was eventually promoted to Field Student Supervisor. Throughout his time at Sarkeys Fitness Center, Logan valued the incredibly fun and motivating atmosphere, even considering his colleagues as part of his work family. He learned the importance of the statement, "How you treat people is more important than the job you'll have," which he expects to carry him forward in his career.

Logan earned his degree in Construction Science and believes that the Fitness and Recreation job not only provided an excellent work experience, but also allowed him to balance his expectations as a student and a student employee. His involvement with the Sarkeys Fitness Center fostered both personal and professional development such as gaining leadership roles and improving interpersonal skills. He knows these qualities will assist his future career choices.

Logan graduated in 2017 with five years of dedication to the Fitness and Recreation department. The Fitness and Recreation family wishes him the best in his upcoming personal and professional goals.



Sarkeys Fitness Center

The Sarkeys Fitness Center (SFC) at the S. J. Sarkeys Complex opened in the summer of 1981 to give students a home for Intramural Sports and fitness. In 2003, the SFC received an addition and renovation to create a 150,000 square-foot indoor facility for a variety of programs, services, and equipment to meet the recreational and fitness needs of the OU community.

The Sarkeys Fitness Center features: eight basketball/volleyball/badminton courts, five racquetball courts, a squash court, 1/6th mile indoor track, two large multi-purpose activity rooms, two weight room areas, a large cardio room with mounted flat-screen TVs, a climbing wall, a personal training room, and a massage therapy room.

Recreation Fields are used for outdoor events such as flag football, Ultimate Frisbee, soccer, and lacrosse, and are located two blocks east of Jenkins Avenue on Stinson Avenue. Tennis courts are located at the corner of Timberdell and Jenkins Avenue.



Aquatics

At the Murray Case Sells Swim Complex, Fitness and Recreation has plenty to offer. With indoor and outdoor swimming facilities, Fitness classes and other programs take place including Learn-to-Swim lessons and even Free Swim Stroke Clinics. The Free Swim Stroke Clinics teach fitness participants' swimming techniques. Participants report making progress toward their health and wellness goals by attending the Free Swim Stroke Clinics and other aquatic events.





**100% agreed the Free
Swim Stroke Clinic
added to the quality of
life at the university.**

**100% agree the Free
Swim Stroke Clinics
have expanded their
interests in staying fit
and healthy.**



Player of the Week

In collaboration with Housing and Food Services, Intramural Sports recognizes outstanding student participants. Each week the winner received an award of \$10 in Meal Points, redeemable at many different food vendors across campus. That student is chosen by Intramural Sports Staff because they exemplify excellent sportspersonship, conduct, and athletic performance.



STUDENT SPOTLIGHT

Joe Paulsen, Jr.

Joe Paulsen, Jr. began working for Intramural Sports in 2015. Joe leads a team of students, peer employees and maintains composure under pressure.

Joe describes his experience in Intramural Sports as “working with a diverse group that helps to build competency” through daily interactions with the staff, faculty, students, and community members.

Joe advises incoming first-year students to consider on-campus employment because it allows students to balance their work expectations, time management, and gain valuable learning experiences.

As Joe continues his degree in Business, Fitness and Recreation looks forward to his continued presence on staff.