

2019-2020 ANNUAL REPORT



TABLE OF CONTENTS

- 3 WELCOME LETTER**
- 4 FITNESS AND RECREATION**
- 5 COVID-19 RESPONSE**
- 6 GOING DIGITAL**
- 7 SOCIAL INFLUENCE**
- 8 VIRTUAL FUN**
- 9 OU FIT+REC STAFF**





AMY M. DAVENPORT, Ph.D.

Director for Fitness and Recreation

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.

FIT AND REC

Providing a Health Environment

- *Through the Wellness Coordinator position, fitness programs are provided that involve activity and information for well-ness. The programs often include Zumba® for which various genres of international music and dance are experienced and discussed. Depending upon the organization and data-driven health-related concerns, educational components and prevention are addressed during breaks in physical activity.*
- *Activity and sport are universal interests that bring people together from all different backgrounds and experiences. This along with diversity, inclusion, and equity are discussed in Sarkeys student employee orientations and trainings. Student employees discuss what actions they can make to ensure the environment is welcoming and inclusive for all. Together, expectations for an inclusive environment are established with the staff for the facilities.*
- *Aquatics staff are trained using American Red Cross curriculum that includes diversity and inclusion in a pool environment.*
- *Intramural staff are trained in “play as you identify” for gender to ensure all students are able to play sports.*
- *Full time Fit+Rec employees all participated in “Mitigating Bias in the Workplace” to ensure they create the best possible environments for student employees and members.*

OU Fitness and Recreation By The Numbers:

Facilities: 559,274 Visitors

Intramural Sports: 1,914 Games

Trainings, Swim Lessons & Life Saving Skills: 4,545 Classes

COVID-19 RESPONSE

FiTness Anywhere

Fit+Rec's goal was to provide the OU Community with a workout daily through Facebook Live.

Even with buildings being closed, Fit+Rec engaged the OU Community through the website, Facebook, Twitter, Instagram, and YouTube.

During a four month period, these classes were offered online:

Gentle Yoga

HIIT (High Intensity Interval Training)

Strength Xpress

Stretch and Relax


Guided Imagery

At-Home Equipment Alternatives

Basic Strength Training

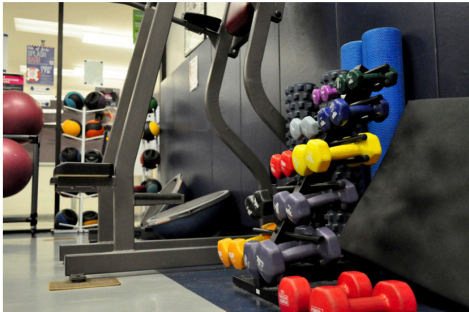
Meal Prep Strategies

S.M.A.R.T. Goals

 **FIT + REC**
The UNIVERSITY of OKLAHOMA

[FAR Home](#)
[Hours + Schedules](#)
[Facilities + Programs](#)
[Membership](#)
[F45](#)
[FITness](#)
[FIT Classes + Schedule](#)
[Summer Virtual FIT Pass](#)
[FITness Anywhere](#)
[InBody Assessment](#)
[FIT Academy](#)
[Fitness Assessment](#)
[Personal Training](#)
[Spring Virtual 5K Series](#)
[Yoga at the Sam Noble Museum](#)
[Educational Information](#)
[Full Plate Living](#)
[Wild Yoga](#)
[Intramural Sports](#)
[Murray Case Sells Swim Complex](#)
[About Us](#)
[Contact Us](#)

[/ FITness](#) / [FITness Anywhere](#)



FITness Anywhere

Beginning a new exercise program or taking it to the next level? Please review the Get Active Questionnaire below to determine if you should speak to your healthcare provider before beginning. Participate in these classes at your own risk. Be Active, Stay Healthy!

[Get Active Questionnaire \(pdf\)](#)

[Gentle Yoga](#)

Amy Davenport, Ph.D.
RYT-200, NETA-CGEI, NETA-CPT, AEA-AFI, NETA-WC


Gentle Yoga: Monday (3/16)
Gentle Yoga: Wednesday (3/18)
Gentle Yoga: Friday (3/20)
Gentle Yoga: Tuesday (3/24)
Gentle Yoga: Thursday (3/26)
Gentle Yoga: Monday (3/30)
Gentle Yoga: Friday (4/3)
Gentle Yoga: Tuesday (4/7)
Gentle Yoga: Thursday (4/9)
Gentle Yoga: Monday (4/13)
Gentle Yoga: Tuesday (4/21)
Gentle Yoga: Thursday (4/23)
Gentle Yoga: Monday (4/27)
Gentle Yoga: Monday (5/4)

At-Home Weight Alternatives | HIIT (High Intensity Interval Training)

Basic Strength Training | Strength Xpress | Meal Prep

Stretch and Relax

Guided Imagery | S.M.A.R.T Goals



GOING DIGITAL

ON YOUTUBE

F45 AT HOME

F45 Workout At Home program was available as an option to support OU Fit+Rec members' fitness and wellness goals through F45.

F45 is a 45-minute fitness program focusing on High Intensity Interval Training (HIIT) and resistance training. The Workout At Home program included body weight cardio and strength circuit-style classes similar to those that offered in person at the Sarkeys Fitness Center prior to COVID-19.

FULL PLATE LIVING

OU Fit+Rec offered Full Plate Living online. It is eight-session, group program that is quite different and refreshing from typical weight-loss programs. This program offers a simple, fun, and tasty way to build healthier eating habits. Group meetings took place via Zoom for 1 hour every week, for eight weeks. This program was FREE to the OU Community.

WILD YOGA

During the Summer, every Thursday morning at 9 a.m., OU Fit + Rec Instructors Amy Davenport and Malinda Williams led a virtual Facebook Live yoga class. The class was designed to be for children and families, teaching fun poses based on animals, plants, and more!

Gentle Yoga: Monday (5/4)
OU Fitness and Recreation
22 views • 1 month ago

Gentle Yoga: Monday (4/27)
OU Fitness and Recreation
18 views • 1 month ago

Gentle Yoga: Thursday (4/23)
OU Fitness and Recreation
13 views • 1 month ago

Participation in FIT classes was coordinated through the OU Fit+Rec app, while participants used the Zoom video conferencing application for their workout platform.

[CUSTOMIZE CHANNEL](#)[YOUTUBE STUDIO](#)[ABOUT](#)

42:05

16:38

34:13

Guided Imagery: Friday (5/1)
OU Fitness and Recreation
4 views • 1 month ago

Stretch and Relax:
Wednesday (4/29)
OU Fitness and Recreation
15 views • 1 month ago

30:02

39:57

46:10

Gentle Yoga: Tuesday (4/20)
OU Fitness and Recreation
28 views • 1 month ago

Gentle Yoga: Monday (4/13)
OU Fitness and Recreation
25 views • 2 months ago

OU FIT+REC

FITNESS ANYWHERE

SOCIAL INFLUENCE

During this unprecedented time of COVID-19, OU Fit+REC transitioned to more virtual presence using various social media platforms. Facebook Live was the primary platform utilized during the transition to virtual classes and educational content.

Viewership increased immediately, proving that OU Fit+Rec can transition during a crisis and be relevant in a digital world.

FACEBOOK

March 13, 2020

Likes: 2,485

Follows: 2,275

June 15, 2020

Likes: 2,810

Follows: 3,082

YOUTUBE


Since March 17, 2020

Subscribers: +55

Views: +1,756

Watch Time (hours): 138.7

Total Videos Made: 55



OU FIT+REC

Dear OU Community,

As we continue to navigate this challenging time, we recognize how important physical activity and exercise are to health and well-being.

F45 Workout At Home program is available as an option to support your fitness and wellness goals through F45.





F45 is a 45-minute fitness program focusing on High Intensity Interval Training (HIIT) and resistance training. The Workout At Home includes body weight cardio and strength circuit-style classes similar to those that were offered in person at the Sarkeys Fitness Center prior to COVID. More formats, such as Meditation and Yoga, will be added in the near future.

As a part of the F45 Collegiate team, The University of Oklahoma has free access until June 1, 2020. You can access F45 Workout at Home through the F45 Challenge website or app.

To create an account:

- Download the F45 Challenge app, or go to the F45 Challenge website.
- Create an account using your .edu email address (must use an @ou.edu or @ouhsc.edu address)
- Go to your profile and select F45 University of Oklahoma as your studio.

As a part of the F45 Collegiate team, The University of Oklahoma has free access until June 1, 2020. This is a special extension only available to universities and colleges. Note that when you sign-up, it will indicate the free trial ends May 1. Once you update the studio in your profile, your free trial will be extended to June 1.

The University of Oklahoma is an equal opportunity institution, www.ou.edu/eoo. For accommodations, email fitrec@ou.edu.

The University of Oklahoma is an equal opportunity institution, www.ou.edu/eoo. For accommodations email fitrec@ou.edu.

VIRTUAL FUN

VIRTUAL 5K SERIES

Starting in May, OU Fit+Rec began a virtual 5K series. There was no set location. Participants ran, walked, jogged on a treadmill or using social distancing outside.

All OU-Norman, OU-Tulsa and OUHSC students, faculty, and staff were able to participate.

The series was conducted during three weeks of May. Each participant turned in their race time on May 1st, 15th, and 29th. Racers had the week before to complete their race.

Participants: 44

INTRAMURAL ESPORTS

During the Summer, eSports were offered for free to the OU Community.

The following games became a part of Intramurals:

Madden NFL 20 (PS4 and Xbox One)
MLB the Show 20 (PS4)
NHL 2K20 (PS4 and Xbox One)
FIFA 20 (PS4 and Xbox One)
NBA 2K20 (PS4 and Xbox One)
Rocket League (cross platform)

SPRING
VIRTUAL
SERIES

OU FIT+REC

REGISTER ON OU FIT+REC APP.
More information: ou.edu/far

- Summer Session Basketball
- Sand Volleyball
- Regular Season Flag Football
- 6-on-6 Volleyball
- Esports Madden 21
- eSports FIFA 21
- 3-on-3 Basketball
- eSports NBA 2K21
- Esports Rocket League
- Other Sports

Member Status Statistics

Woman Man

THE OU ESPORTS CLUB IN COLLABORATION WITH OU FIT + REC PRESENTS AN INTRAMURAL

ROCKET LEAGUE 3V3 TOURNAMENT

PC/PS4/SWITCH/XB1 CROSS PLATFORM EVENT
FINAL FOUR TWITCH PRODUCTION
OVER \$500 IN PRIZES

100% FREE
JULY 11-12 GAME PLAY
REGISTER AT IMLEAGUES

MORE INFO AT: WWW.OU.EDU/FAR/INTRAMURALS/ROCKETLEAGUE
OPEN TO THE ENTIRE OU COMMUNITY - FREE SHIRT - DISCORD FOR COORDINATION
[@OUESPSPORTS](https://twitter.com/OUESPSPORTS) / [@OUFITANDREC](https://twitter.com/OUFITANDREC) / [@OUSUMMERSESSION](https://twitter.com/OUSUMMERSESSION)

OU SUMMER SESSION
OU FIT + REC
OU ESPORTS CLUB

INTRAMURAL SPORTS

The University of Oklahoma has one of the most active Intramural Sports programs in the country, logging more than 28,000 participations per year. Whether you enjoy structured leagues or informal activities, this is the place for you. The mission of the program is to provide exercise, recreation, competition, and fun to all participants and employees in a relaxed, yet structured environment. Participation in Intramural Sports activities can provide individuals with an enjoyable recreational experience, help develop habits that carry over into everyday life, promote wholesome social relationships and sportsmanship, and provide an opportunity for the development of a healthy body and mind.

- 88 percent of participants stated that they made at least one new connection while participating in intramural sports

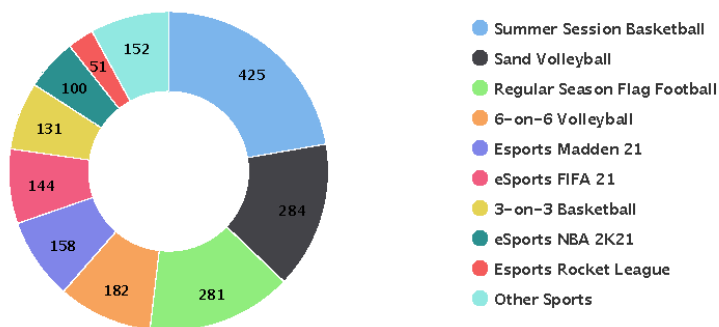
- 70 percent of participants agreed that playing intramural sports contributed to their sense of community on campus

- 70 percent of participants agreed that playing intramural sports positively impacted their overall physical fitness

- 76 percent of participants stated that intramural sports positively contributed to their college experience

- 41 percent of all incoming first-year students participated in at least one intramural sport (team or individual) during the fall semester. 32 percent of all first-year students participated in at least one intramural competition (team or individual) during the spring semester.

- 3788 unique participants participated in intramural sports during the 2019-2020 academic year





FIT + REC | ***PRO STAFF***

Amy Davenport, Ph.D.

Director of Fitness and Recreation

Garry Armstrong

Assistant Director

Malinda Williams, M.S.

Assistant Director

Stephanie Perutzi

Aquatics Coordinator

Jonathan Dewhirst, M.Ed

Intramural Sports Coordinator

LeQui Raymond, M.S., M.H.R.

Wellness Coordinator

Bruce Maelzer

Maintenance Coordinator

Allison Harper, M.S.

Membership Coordinator

Matthew Wilson, M.Ed.

Coordinator of Special Projects

Jason Wheeler

Outdoor Facility and Turf Coordinator

David Smith

Facility Coordinator

Chelsey Duthie

Aquatics Assistant Coordinator

Aboubacar Camara

Maintenance Attendant

Lenora Johnson

Staff Assistant