

# THE UNIVERSITY OF OKLAHOMA

## *FITNESS AND RECREATION*

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2018 – 2019 Annual Report



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## **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.





F45 was added to the fitness programming offered to members at the Sarkeys Fitness Center on October 1, 2018. This globally offered 45-minute functional training program that began in Australia creates a powerful teamwork atmosphere. It incorporates the expertise of personal training in a group fitness setting. The elements of High Intensity Interval Training (HIIT), Circuit Training, and Functional Training are fused into a technologically driven package that provides a challenging, and balanced exercise program. It is modifiable to fit the needs of all fitness and ability levels.

Each unique workout is offered several times each day. A balance of cardiorespiratory fitness, resistance training, and interval training are incorporated into the program design. The functional movements mimic activities of daily living providing an opportunity for participants to notice improvements inside the classroom and out.

**80%** *of students surveyed stated that they would recommend Campus Recreation facilities, programs, and services to others.*





# F45 BY THE NUMBERS

- Total number of F45 memberships sold  
October 1 – May 31, 2019: 496
- 45.7% of members attended 10 or more classes
- 1019 total F45 classes were taught
- Average class size: 15
- 26 Fitness Instructors were trained to teach F45

The process for bringing F45 to the University of Oklahoma began Fall 2017. It required the teamwork of multiple departments on campus including Purchasing, Legal Counsel, Facilities Management, Risk Management, Printing Services, and Fitness and Recreation. Key aspects of project management included:

- Contract and service agreement review and approval
- Space information collection and technology testing
- Space buildout
- Equipment assembly and storage solutions
- Marketing
- Development of OU Fit Rec app through IM Leagues for class reservations and statistics
- Training of staff for selling, teaching, room set-up and technology use
- Program maintenance







## ***OU FIT+REC FACILITIES***

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**8 MULTIPURPOSE COURTS**

**10 IM FIELDS | 150+ CARDIO EQUIPMENT**

**25 ACRES PLAYABLE FIELDS**

**10 TENNIS COURTS**

**18 INDOOR/OUTDOOR POOL LANES**

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The Sarkeys Fitness Center (SFC) at the S. J. Sarkeys Complex opened in the summer of 1981 to give students a home for intra-mural 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.

## ***FACILITIES BY THE NUMBERS***

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- *Fit+Rec buildings were utilized nearly 500,000 times by OU students, faculty, and staff.*
- *The Recreation Fields hosted approximately 70,000 visits for scheduled events.*
- *Off-Campus Intramurals hosted 15,190 visits to facilities including Reeves Park, Westwood, and Cobblestone Creek for softball, golf, and foot golf events.*
- *Fit+Rec hosted approximately 678,285 visits for programs and to its facilities in FY2019 by on and off campus visitors.*

### ***Fitness and Recreation By The Numbers:***

***Facilities 678,285 Visitors***

***Intramural Sports 2,269 Games***

***Trainings, Swim Lessons & Life Saving Skills 4,778 Class***



# INTRAMURAL SPORTS

The University of Oklahoma has an active Intramural Sports program. The mission of the program is to provide exercise, recreation, competition, and fun to all participants and employees in a relaxed, yet structured environment.

BADMINTON | BASKETBALL

DODGEBALL | FLAG FOOTBALL | FOOTGOLF | GOLF

HORSESHOES | PICKLEBALL

PUNT, PASS, AND KICK

RACQUETBALL | SOCCER | SOFTBALL

SPIKEBALL®

TABLE TENNIS | VOLLEYBALL

## IM SPORTS BY THE NUMBERS

- 41% of first-year students in at least one Intramural Sport during the fall semester.
- 4,609 participants participated in Intramural Sports during the 2018–2019 school year.
- 92% of participants agreed they made at least one new connection while playing Intramural Sports.

81%

*of students indicated that participating in campus recreation activities and programs contributed to the quality of life at the University of Oklahoma.*



# OU FIT+REC GROUP FITNESS

While the Sarkeys Fitness Center continues to draw in students, faculty, staff, and affiliates, the group fitness program, FIT Program, chugged along with a little less steam than in the past. In Spring 2018, the average number of participants in each class was 10.5. That number decreased to 8.9 just one year later, in Spring 2019. Changes happening on and around campus have impacted the program.

The fitness industry is expanding and booming all across the country and Norman is no exception. A new concept to Norman, Cycle 360, was introduced on campus through a third party and one block from the fitness center. Cycle 360 offered a menagerie of classes in yoga and cycling at elite rates. Although they closed their doors in the spring of 2019, students were diverted from economical and highly effective classes at the Sarkeys Fitness Center during the time that many establish their college campus habits. The addition of new facilities and studios on and around campus including Cycle 360, Orange Theory, Crunch, 10Gym, and Pure Barre, to name a few, has inadvertently impacted the on-campus fitness program in the following ways:

- More competition for members;
- A great variation of price points from \$65/semester for Fit+Rec fitness to \$150/month for some of the boutique experiences;
- Facilities with numerous bells and whistles that speak to tech-driven exercisers, and
- Instructors shifting to the new studios because of amenities provided to them and their families while they teach classes including childcare.

*Group Fitness Article Continued on Next Page*





## GROUP FITNESS CONTINUED

The F45 program has been an exciting new addition at the Sarkeys Fitness Center; however, members have shifted their preferences to F45 and new people have joined F45 that were not previously in FIT Classes.

Despite the fact of having fewer participants in classes, we are grateful to have enthusiastic, loyal individuals who continue to enjoy the classes and instructors. The smaller class numbers have enabled instructors to get to know members better, and the introduction of the OU FIT+REC app has assisted with learning their names! This creates a more warm, friendly environment and encourages community.

The loss of instructors and difficulty recruiting new ones prompted the creation of FIT Academy. The department has acquired some amazing instructors as a result of this instructor training program. It has also allowed some of loyal members who have a passion for fitness to become instructors and teach at a facility they love!

In an effort to bring more interest to the group fitness program, new formats and concepts will be introduced in the coming year. The results of a group fitness survey conducted in Spring 2019 provided guidance to how to enhance the program. While class numbers are not what they once were, we are using these missed opportunities to develop ideas that will renew interest and continue to build a sense of community!

95%

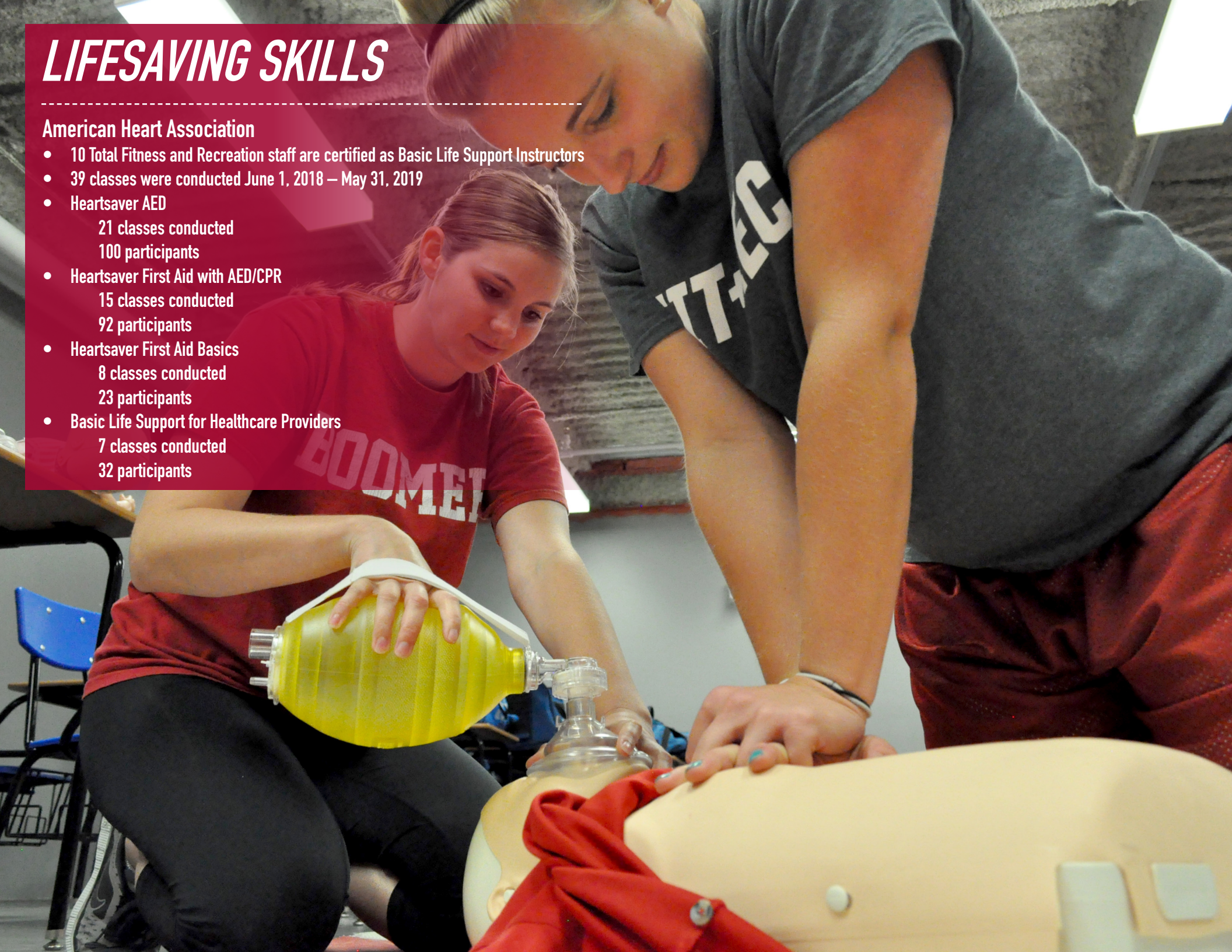
*of students stated that it is important to maintain a healthy lifestyle after attending the University of Oklahoma.*



# LIFESAVING SKILLS

## American Heart Association

- 10 Total Fitness and Recreation staff are certified as Basic Life Support Instructors
- 39 classes were conducted June 1, 2018 – May 31, 2019
- Heartsaver AED
  - 21 classes conducted
  - 100 participants
- Heartsaver First Aid with AED/CPR
  - 15 classes conducted
  - 92 participants
- Heartsaver First Aid Basics
  - 8 classes conducted
  - 23 participants
- Basic Life Support for Healthcare Providers
  - 7 classes conducted
  - 32 participants





# THERE'S AN APP FOR THAT!

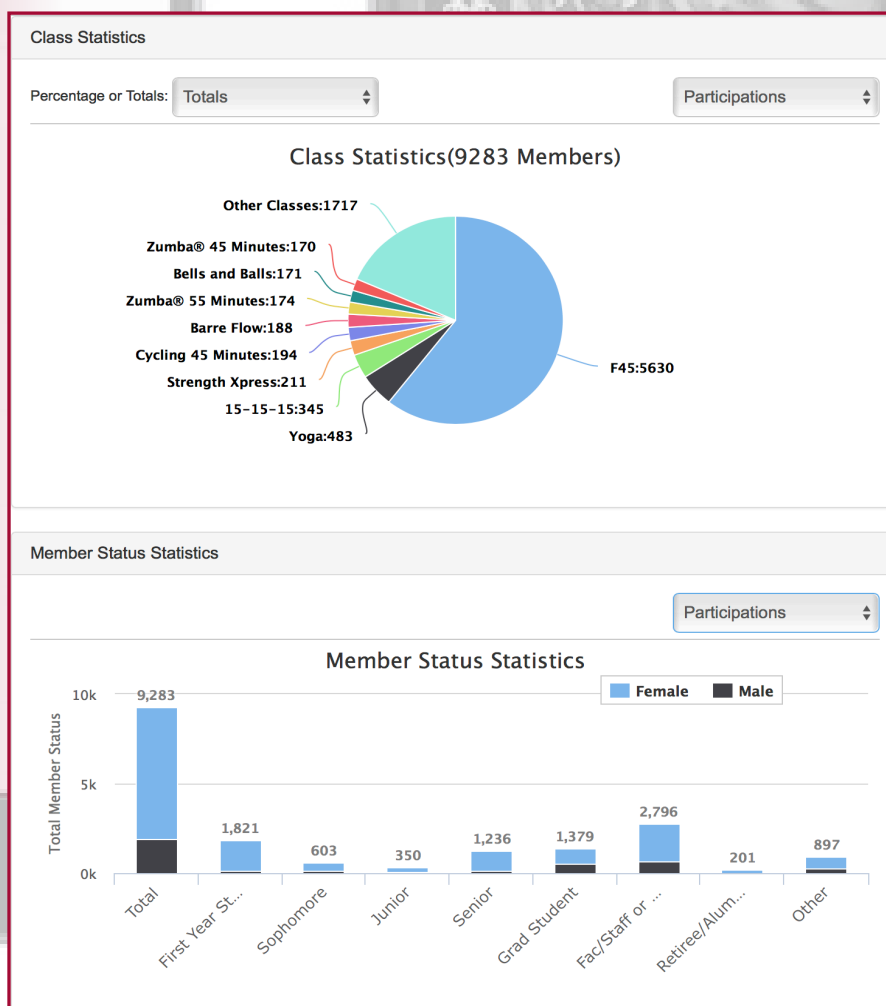
In Spring 2019, the Group Fitness program implemented use of the OU FIT+REC Application to track FIT class attendance of members. Already in use for the F45 program, some members were familiar with the app; however, there was a pretty steep learning curve for those that had not used it before, including instructors. Once everyone got the hang of it and became accustomed to using it, the benefits of using the app became more apparent!

Using the app affords members the following benefits:

- Register in advance for classes/events
- Reserve a spot for classes with limited space
- Receive news and updates about the class, such as cancellations or changes
- Waiver is automatically applied each time you register for a class or event

Use of the app also assists the department with tracking attendance for assessment purposes. Currently, there are 9,283 users, the majority of which are faculty/staff and first year students. First year students make up nearly 20%, while seniors make up 13.2%. Sophomores and Juniors represent the lowest number of users with 6.4% and 3.7%, respectively. Regardless of classification or association with the university, almost 80% of users are female.

With a new batch of students coming in the fall, we intend to integrate their use of the app even more smoothly, as this will be the first group to use the app from the first time they step on campus.





# MURRAY CASE SELLS SWIM COMPLEX

# 47,523 VISITORS

670 SWIMMERS INSTRUCTED | 77 AMERICAN RED CROSS CERTIFICATIONS

The MCSSC consists of an indoor and outdoor pool. The indoor pool is an eight lane 25-yard lap pool with a 13-foot diving well with one 1-meter springboard. The outdoor facility consists of an Olympic-sized pool 50 meters by 25 yards with a 13-foot diving well and two 1-meter springboards as well as a kiddy pool. The outdoor lap pool ranges from 4' to 5'6" deep and the indoor diving well ranges from 9' to 13'.



THE UNIVERSITY OF OKLAHOMA  
AMERICAN RED CROSS

## LEARN TO SWIM

2019

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**ENROLLMENT BEGINS  
MAY 3**

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**EARLY ENROLLMENT**  
OU Faculty/Staff, Students and Retirees  
**MAY 1**

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**\$65**  
+ TAX  
\*per person per session

**ENROLL ONLINE AT**  
[ou.edu/far/aquatics](http://ou.edu/far/aquatics)  
Session dates and times are listed on our website.

Murray Case Sells Swim Complex  
1701 Asp Avenue  
Norman, OK 73019-7200  
(405) 325-4837

OU Faculty/Staff, Students, and Retirees can register for \$55 + tax with a valid OU Sooner ID Card.

\*Refund requests must be received prior to the first Monday of each session.

 **FIT + REC**  
THE UNIVERSITY OF OKLAHOMA

The University of Oklahoma is an equal opportunity institution. [www.ou.edu/eeo](http://www.ou.edu/eeo) For accommodations, please call (405) 325-4837.



# ***OU FIT+REC GARDEN***

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The OU Fit+Rec Community Garden is a gardening education program that offers participants an opportunity to learn where their food comes from and helps them to be better stewards of the environment by designing, cultivating, and harvesting the community garden. The program is designed to encourage participants to try new and healthier foods because they have the opportunity to eat the produce they grow as well as obtain exercise from tending to the garden.

The OU Fit+Rec Community Garden program aims to achieve these goals with participants:

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

The Fitness and Recreation staff lead the program activities and worked directly with participants. Participants are able to taste fresh fruits and vegetables, develop an outdoor garden, and engage in numerous hands-on activities related to nutrition and plant science.





# OU FIT+REC GOING GREEN

- The Sarkeys Fitness Center replaced an additional 35 400 watt metal halide bulbs with 130 watt and 150 watt ballastless LED replacements. This is a reduction of 165.78 kWh per 18-hour day. Adding in the previous year's LED savings, now saving 172,636 kWh per year.
- Water bottle filling stations at the Sarkeys Fitness Center saved approximately 153,600 20 oz plastic bottles from ending up in landfills. This is an increase over the previous year (139,820).
- This year Fitness and Recreation members traveled approximately 219,900 miles on the treadmills at the Sarkeys Fitness Center.

## BOULDER ON!

Requiring neither a harness nor a rope, bouldering involves routes that are close to the ground. A thick crash pad acts as a protective mat below. Bouldering is a great way to build skill because the climber can focus solely on using strength and balance to stay on the wall. Novices appreciate the simplicity of it; skilled climbers like the challenge of more difficult routes.

- Climbing Wall was opened for bouldering anytime February 6th, 2019.
- Member Use Prior to Open Bouldering: 330  
02/06/2018 – 06/20/2018
- Member Use After Open Bouldering: 532  
02/06/2019 – 06/20/2019
- Usage Increase: 61%







## ***SUPERVISOR TRAINING PROGRAM***

The New Supervisor Training Program (STP) was developed this year as a requirement for any student employee interested in applying to become a Student Supervisor at the Sarkeys Fitness Center. This program was developed to better prepare student employees for the added responsibility and challenges that accompany a supervisory role. It provides a focused curriculum with learning objectives focusing on the topics most important for the success of the new supervisors to correctly and proficiently complete their assigned responsibilities.

Students interested in attending the training program must meet certain criteria to be eligible; have worked a minimum of 40 hours as a facility attendant, be up to date on all online trainings and CPR certification, and have received a positive performance evaluation. Completion of all components of STP is required in order to apply for a student supervisor position.

By providing guidance in key areas of leadership, emergency response, diversity, communication, and conflict resolution, the new STP is an important factor of supervisor success. Fitness and Recreation strives to develop top quality supervisors and in turn provide an excellent experience to members and student staff. To this end, providing quality training to all new potential supervisors is a priority. The STP will also ensure that the Fitness and Recreation department is consistent with best practices across the University of Oklahoma.

Number of Eligible Attendants: 20

Number of Applicants: 9

Number of Applicants Who Completed All Requirements & Passed: 4

Newly Promoted Supervisors: 4

Completion Rate: 44.44%





# **FIT + REC** | **PROFESSIONAL STAFF**

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Amy Davenport, Ph.D.  
*Director of Fitness and Recreation*

Garry Armstrong  
*Assistant Director*

Malinda Williams, M.S.  
*Assistant Director*

Stephanie Perutti  
*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*