



2015 - 2016

A Year in Review

ANNUAL REPORT



From the Director

It has been a great year for Fitness and Recreation. We constantly strove to provide programs, services, and educational opportunities to enhance the lifelong health and wellness of the university community. Students, staff, faculty, and members of the OU Community have continued to reap the benefits of our programming efforts. Our programmatic efforts are 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.

As we continue to work toward achieving these goals, the wellness of the University of Oklahoma community will continue to be one that values a healthy and active lifestyle.

Amy M. Davenport

Amy M. Davenport, Ph.D.



"I am a large advocate of Intramural Sports. I think campus-organized sports are an outstanding method of providing the stress-relief qualities that exercise, competition, and fun offers to the entire student population."

-Riley Nester
First-year student

A student in pursuit of the quarterback in intramural flag football

INTRAMURAL SPORTS

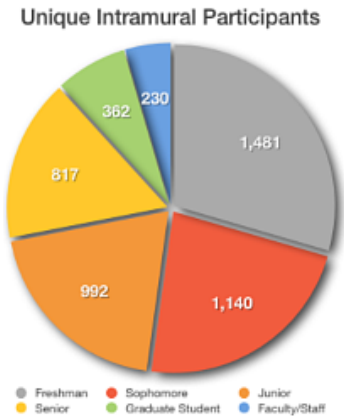
What a year for intramural sports! We experienced unprecedented growth, breaking many of our previous registration records.

This was a year of positive change as we worked to integrate technology into our program with the goal of creating a better participant experience.

With 26 different events, intramural sports had something to offer to the entire OU Community.

With a wide variety of sports including basketball, football, soccer, triathlon, and racquetball, OU community members were able to find something to play throughout the year.

This year, Intramural Sports saw a record-breaking 3,400 teams and 5,026 unique individuals registered throughout the season. As Intramural Sports continues to add new sports, the program will continue to grow.





HOUSING AND FOOD PLAYER OF THE WEEK

In partnership with OU Housing and Food Services, Intramural Sports has developed a weekly award recognizing the outstanding participants within the program. Each week, an outstanding individual was chosen by the Intramural Sports Staff for their exemplary spirit, conduct, and performance. In recognition of their efforts, the weekly winner received \$10 in Meal Points that are redeemable at a variety of food vendors across campus.

HEALTHY SOONERS 5K FUN RUN



In partnership through Healthy Sooners, Fitness and Recreation, Human Resources, and Health Services organized and facilitated a 5K run and 1 Mile run/walk for 2,544 members of the OU Community. Involving students, staff, and families, the Healthy Sooners Fun Run is a great event to build community through health and wellness activities.

**2,544 PARTICIPANTS
REGISTERED**

STAFF SPOTLIGHT

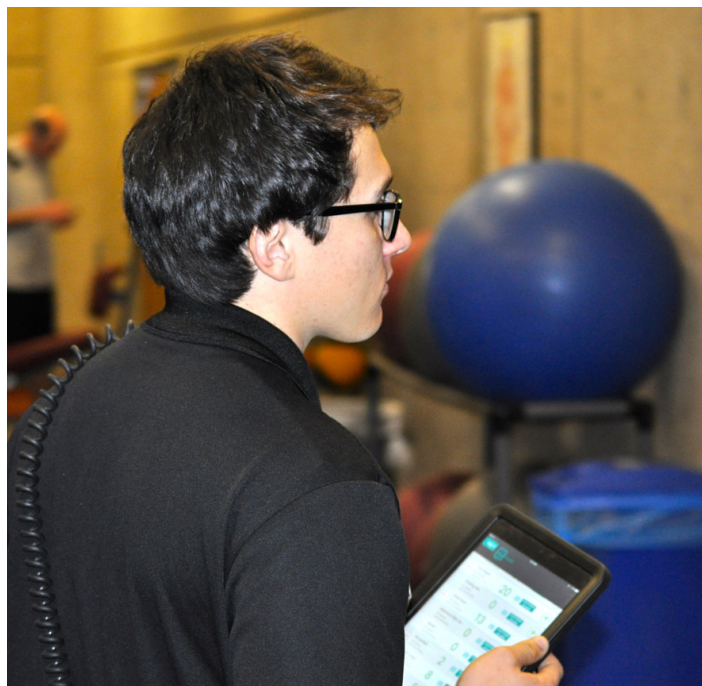
DEVIN O'DONNELL

To Devin O'Donnell, being a Facility Supervisor at the Huston Huffman Fitness Center has been more than a job. Coming to the University of Oklahoma in 2013 as a transfer student, Devin was looking for a place on campus where he could make a little extra money. Working a similar position at Rose State College, Devin thought that Fitness and Recreation would provide a great opportunity.

Throughout the last two years at Fitness and Recreation, Devin has built invaluable relationships with staff members and facility members. "With the other supervisors and attendants, there is a sense of support. There is this family feel at The Huff which is great."

Through his role at the HHFC, Devin has had the opportunity to make connections with many new people at The University of Oklahoma. One connection that has been particularly valuable to Devin was with peers from the Society of Hispanic Professional Engineers (SHPE). As Devin works toward the completion of his degree in Mechanical Engineering, his relationships with members of the SHPE will continue to shape his professional development.

With one final year at The University of Oklahoma, Devin will continue to be a familiar face as he works to provide a positive experience for all who enter the Huston Huffman Fitness Center.



FITPASS



With over 25 diverse classes on the FIT Pass schedule, including Zumba, hardCORE, kickboxing, and yoga, there is sure to be something for every individual. Throughout the week, 60 classes provide participants with the option to choose the best class that fits within their schedule and meets their fitness goals.

OVER 18,700 FIT CLASS VISITS

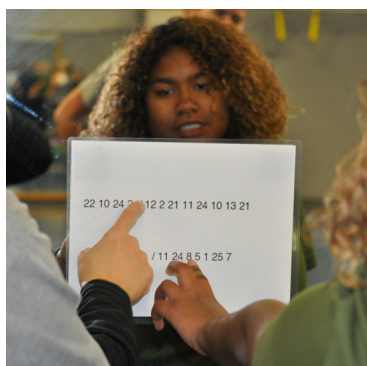
Offering 1,710 classes in the past year, Fitness and Recreation had over 18,700 participants attend FITness classes.

BOOT CAMP ASSESSMENT

84% Gained skills/knowledge to continue with personal physical activity.



72% Experienced improved feeling of well-being after participating.



100% Experienced improvements in at least two area of fitness tested.



BOOT CAMP

Back by popular demand, the return of Boot Camp was a success. Meeting on Tuesdays and Thursdays at Noon, Boot Camp consisted of 70 students and staff working towards their fitness goals in a high energy environment.

On day one, participants performed a pre-test of push-ups, sit-ups, and a timed mile. They were placed in platoons: Alpha, Bravo, and Charlie. On Tuesday, all Boot Camp participants worked together towards their fitness goals. Thursdays, were mall platoon days lead by teams of two Fitness and Recreation Staff Members.

When asked about this year's Boot Camp, one participant had this to say: "I think this was the best Boot Camp I've attended so far at OU. They were all awesome, but this one was even better. I enjoyed that we had a wide variety of activities every day, and that they kept changing. I also like the idea of having groups, which help develop a feeling of belonging. The Boot Camp leaders were all amazing, encouraging and fun people. I'd say the Boot Camp leaders were my favorite part!! I also liked the pre and post tests, as a way of measuring our improvement!"

After Boot Camp, the participants experienced significant growth. Of those who participated in both the pre and post-test, 100% of participants experienced improvements in at least two of the three areas tested. 84% of participants gained skills and knowledge to continue with their personal physical activity and 72% experienced improved feelings of well-being after participating.





PARTICIPANT SPOTLIGHT

ELEAZAR LEAL



Bringing an infectious energy, Eleazar Leal has found a home in Fitness and Recreation. As a Ph.D. candidate in Computer Science, Eleazar leads a busy life but continues to find time to be active. Eleazar's favorite ways to stay active are cycling and participating in our FITness Classes. The atmosphere created by instructors and classmates keeps Eleazar coming back year after year.

Starting with Boot Camp in the Summer of 2013, Eleazar has formed a bond with Malinda Williams. When the Summer Boot Camp ended, Eleazar was looking for a way to continue to build on the progress made. Malinda suggested her Strength Training class and Eleazar has been a regular participant for the past 3 years.

"The atmosphere. The trainers make it very encouraging" Eleazar says is what makes Fitness and Recreation special. When asked why he remains faithful to Fitness and Recreation programming, Eleazar is quick to say "The people. It's also being healthy too, but it's the people that really make it great for me."

Eleazar's classmates are quick to rave about his energy and positive attitude in class. Eleazar's advice to those considering trying out Fitness and Recreation programs is to start with the group classes. You will be able to go at your own pace and build confidence in a supportive environment. Look out for Eleazar and his warm personality in FIT Classes next year.

What's New?

Fitness and Recreation is continuously looking to grow and develop new ways to better serve the OU Community.



Thanks to a generous contribution from the University of Oklahoma Student Government Association, construction was completed for the new Recreation Fields Building on March 2, 2016. In addition to a new equipment checkout area, the Recreation Fields Building offers 6 gender-neutral bathrooms, water fountains, and a bottle filling station. This facility allows Intramural Sports to deliver the best experience possible to all members of the OU Community. The building will remain open during all Intramural Sports events at the Recreation Fields as well as serve special events.



The Recreation Fields Building is not the only new thing this year. Fitness and Recreation added a new sport: *Spikeball* (as seen on *Shark Tank*). At the Murray Case Sells Swim Complex, swim lessons are now offered on the weekends to better serve the OU Community. In an effort to provide more variety to the FITness Schedule, 5 new fitness classes have been added: Tabata Boot Camp, Candle Light Yoga, TRX Boot Camp, Boxing Fusion, and 15-15-15.

What's all the HoopLa?



In partnership with the University of Oklahoma Development Office and the Campus Campaign Committee, Fitness and Recreation facilitated HoopLa, a fundraising event for the Campus Campaign. With over 200 participants and even more spectators, departments created teams to compete in a dribble obstacle course, hot shot competition, and half-court shooting contest. Coming home victorious was the Athletic Compliance team, *Comply Like a Champion*.

Through the event and associated silent auction, over \$1,500 was raised for scholarships to provide the best educational experience for our students.





Aquatics



Operating out of the Murray Case Sells Swim Complex (MCSSC), the aquatics program has experienced great success. With both indoor and outdoor swimming facilities, the aquatics staff is able to deliver programming throughout the year.

Offering Learn-to-Swim lessons for young children, private lessons, and adult swim clinics, everyone in the OU community has the opportunity to come to the MCSSC to become better swimmers.

With 822 swimmers in the Learn-to-Swim program and 517 sessions of private swim lessons, OU Fitness and Recreation has effectively taught the OU Community to be strong swimmers.



STUDENT STAFF LEARNING

From the Co-Curricular Experience Outcomes (Project CEO) Survey, it is clear that student employees are gaining so much more than simply a source of income.

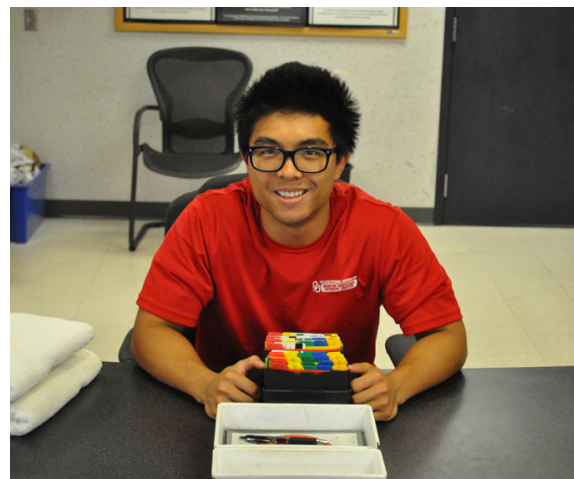
Based upon the Project CEO Survey, Fitness and Recreation student staff have developed a variety of competencies through their on-campus employment.

Overall, students indicated their position with Fitness and Recreation as the #1 experience that facilitated their development in decision making, verbal communication, and the ability to influence others.

Through their employment, student staff are developing skills that will make them desirable candidates in the work place beyond graduation.

Being rated as second only to classroom experiences, students' on-campus employment is credited for further development of skills in teamwork, problem solving, obtaining and processing information, planning, and analyzing data. In conjunction with the learning occurring in the classroom, Fitness and Recreation gives employees the co-curricular experience necessary to thrive after graduation.

Through working in Fitness and Recreation, students develop the skills to thrive in the workplace beyond college.



WHY DO YOU FIT+REC?

Our participants were asked why they participated in Fitness and Recreation programming. Their answers fell into the following five themes:

Goal Setting

Fitness and Recreation provides participants the opportunities to set personal goals and progress towards them.

Physical Health

Through the use of Fitness and Recreation programs and facilities, participants reap the many health benefits of living an active lifestyle.

Improved Confidence

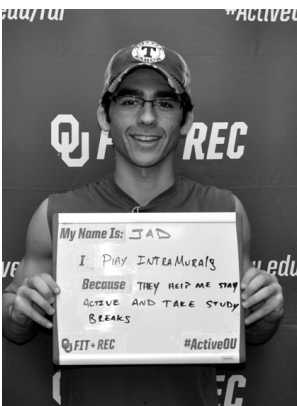
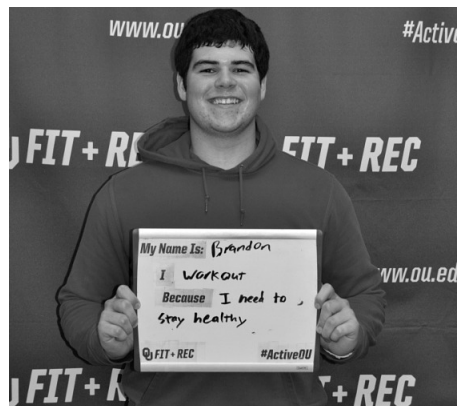
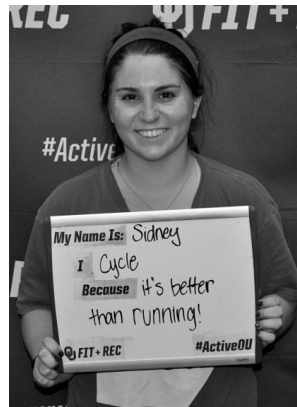
Many participants are motivated by improving themselves. These improvements result in improved confidence that reaches far beyond outward appearance.

Mental Health/Balance

A healthy active lifestyle can be an effective tool in working toward balance and being proactive about mental health. Many of our participants see the value in a balanced life that includes physical activity.

Social

Offering a variety of activities, Fitness and Recreation has become a social hub for the OU Community to get together for a game of basketball, a climb, or a yoga class.





STEWARDS OF THE EARTH

Fitness and Recreation values the earth and constantly puts forth effort to give back to the earth. As active participants during Arbor Day, the Fitness and Recreation staff helped to plant trees , contributing to the beautification of our campus.

A site for Big Event, the Healthy Sooners Garden allows members of the OU community to harvest locally grown produce. With 75 volunteers this year, the Healthy Sooners Garden provided an opportunity for students, faculty, and staff to use sustainable gardening practices and enjoy locally grown produce.