

**2014-2015**  
**ANNUAL REPORT**  
**IMPACT**







## FROM THE DIRECTOR

The Department of Fitness and Recreation strives to reach their goals of impact through education, environment, and community endeavors. Providing opportunities such as student employment and leadership positions, The Full Plate Diet, and Shake your Turkey Feathers in 2014-15 assisted Fitness and Recreation to positively impact the OU community in various ways. In addition, collaboration with the Healthy Sooners program, the Sam Noble Museum, Faculty-In-Residence program, and more, the department continued to help create a healthier OU community. This annual report demonstrates these goals toward impacting as many University of Oklahoma affiliates and guests as possible.





# MISSION AND GOALS

Fitness and Recreation provides fitness and recreational opportunities for members of the OU community. Facilities are comprised of the Huston Huffman Fitness Center, the Murray Case Sells Swim Complex, the Recreation Fields, and the Tennis Courts. Fitness and Recreation provides diverse programs, services, and educational opportunities to enhance the lifelong health and wellness of the university community. This mission is 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.





# EDUCATIONAL IMPACT



OU Fitness and Recreation created throughout 2014-15 opportunities to educate members of the OU community. The education provided by Fitness and Recreation took various forms and targeted different areas of learning. For many people, the first step toward a healthier life is the acquisition of knowledge. Through health education programs such as Full Plate Living, Ask and Eat, and “How To” sessions, Fitness and Recreation shared knowledge necessary for a healthy lifestyle. Additionally, Fitness and Recreation instructed life saving classes including American Heart Association CPR/AED/First Aid and American Red Cross Lifeguard, Water Safety Instructor, and CPR/AED/First Aid certification classes. With leadership opportunities available to students through employment, Fitness and Recreation has given student staff the skills to be better equipped to succeed after graduation.






# HEALTH EDUCATION

Adams Faculty-In-Residence  
*presents*

**ASK  EAT **


— a Q & A Session about Health and Fitness —

Thursday, Oct. 16 at 7-9 p.m.

**We will have** 

- A hands-on demo on healthy meal preparation including pizza and smoothies
- Healthy recipes and meal makeovers
- Tips and ideas for in-your-room exercise
- Chances to win cool prizes by playing JEOPARDY!

Location: FIR Apartment, 1st Floor of Adams Tower



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

## HOW TO SESSIONS

5-5:30 p.m. Thursdays Huston Huffman Fitness Center Studio A	OU FIT + Rec now offers FREE “How To” sessions on fitness equipment, nutrition, stress management and more! FIT Pass and/or membership not required. Bring a friend and your OU ID!
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#HealthyHowTo  
[ou.edu/far](http://ou.edu/far)  
 

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A sample of three programs delivered by Fitness and Recreation were Full Plate Living, How To Sessions, and Ask & Eat. These three sessions delivered health education to participants for a healthier lifestyle.



# LIFESAVING SKILLS EDUCATION



Fitness and Recreation provides essential skills training to OU students and Norman community members. The Murray Case Sells Swim Complex delivered 890 swim lessons and 53 American Red Cross Lifeguard certifications in 2014-2015.

# 274

American Heart Association  
Certifications delivered by OU Fitness  
and Recreation.



# EMPLOYEE LEARNING



“Working for Fitness and Recreation has helped me develop my **interpersonal skills** and has given me the opportunity to get out of my comfort zone. It allows me to participate and be involved with sports, meet new people, and continually grow.”

Florencia Moreyra  
Human Relations and Education  
Junior



“I have been a supervisor for almost three years, and while there are always challenges that come with being a leader, I now have no doubts in my **ability to lead** whomever it may be that is looking at me for guidance. Fit+Rec has undoubtedly helped prepare me for the road ahead, and for that I am truly thankful.”

Tyler Dunlap  
Geographic Information Systems  
Senior

“Working at the HHFC has definitely helped me with my **communication skills** especially at the front desk, also it has helped me with problem solving”

Justin Alexander  
Biology  
Freshman



“It has taught me the skills of **time management** through balancing school with my academic life as well as developing my **leadership skills**. This job has opened doors to help me in the future with my Health and Exercise Science degree.”

Melanie Evans  
Health and Exercise Science  
Senior





# ENVIRONMENTAL IMPACT

Healthy Sooners are conscious of their environment and strive to be good stewards of the earth. Through the Healthy Sooners Garden, volunteers learned sustainable gardening practices and produced food for local consumption. Further, Big Event contributed greatly to the garden by building garden boxes, adding to the functionality of the garden and extending the growing season. Additionally, Fitness and Recreation reaffirmed their commitment to the environment through the installation of water bottle filling stations, offering patrons an environmentally conscious way of staying hydrated.



# HEALTHY SOONERS GARDEN



The Healthy Sooners Garden is a community gardening program. Participants learn sustainable gardening practices and harvest their own food. By making the choice to eat local produce, participants making an environmentally conscious choice reducing the emissions associated with transport of produce.







# ECONOMIC IMPACT

Fitness and Recreation had a strong economic impact on the Norman Community. As a large employer of students on The University of Oklahoma Campus, Fitness and Recreation was responsible for 65,928 hours, the equivalent of nearly 32 full-time employees of paid work by students. This helps to alleviate the financial burden placed upon students. Additionally, athletic-based summer camps and tournaments hosted by Fitness and Recreation generated an approximate \$1.4M economic impact on the Norman community. This has an impact on the economy of Norman via overnight stays, eateries, and shopping.



# 65,928

HOURS OF STUDENT  
EMPLOYMENT



Fitness and Recreation was a major employer of students on the OU Campus. With over 250 paid student employees, FIT+REC was the provider of 65,928 hours of employment. These employment opportunities existed in many areas including aquatics, intramural sports, facilities, fitness, and maintenance. These paid opportunities helped to alleviate financial stress many students face.





# COMMUNITY IMPACT

Fitness and Recreation strived to build community on the OU Campus and the Norman community during the 2014-2015 academic year. The programs offered by Fitness and Recreation allow for those in the OU community to interact and form relationships with each other. By creating community partnerships, Fitness and Recreation has been able to deliver new and exciting programs such as Yoga and Tai Chi in partnership with Sam Noble Museum. The Healthy Sooners Fun Run is another event facilitated by Fitness and Recreation, Health Services, and Human Resources that engages the entire OU community.



# HEALTHY SOONERS 5K FUN RUN



In partnership with Human Resources, and Health Services, Fitness and Recreation organized a 5k run and 1 Mile walk for members of the OU community. The run offered an opportunity for students, staff, and community members to interact and work to build a healthier OU community.

## 2,544 REGISTERED PARTICIPANTS



# YOGA, TAI CHI, & PILATES

## AT SAM NOBLE MUSEUM



Fitness and Recreation developed a partnership with Sam Noble Museum offering Yoga, Tai Chi, and Pilates classes at the museum. Through the creation of this partnership Fitness and Recreation, has been able to extend their programs beyond the walls of the Huston Huffman Fitness Center and increase opportunities through the Sam Noble Museum.

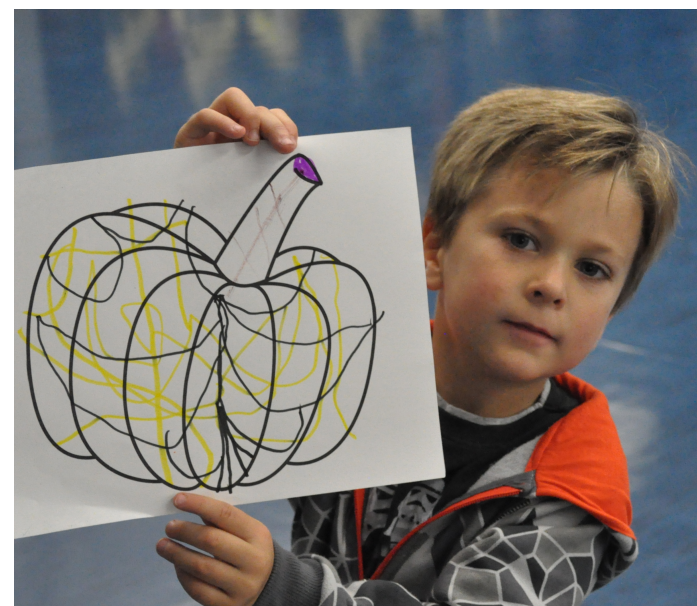






# SHAKE YOUR TURKEY FEATHERS

Shake Your Turkey Feathers was a Thanksgiving themed event for all OU students, faculty, staff and their families. This was a great event that brought together members of the OU community and allowed people to meet each other, contributing to the feelings of family on the OU campus.





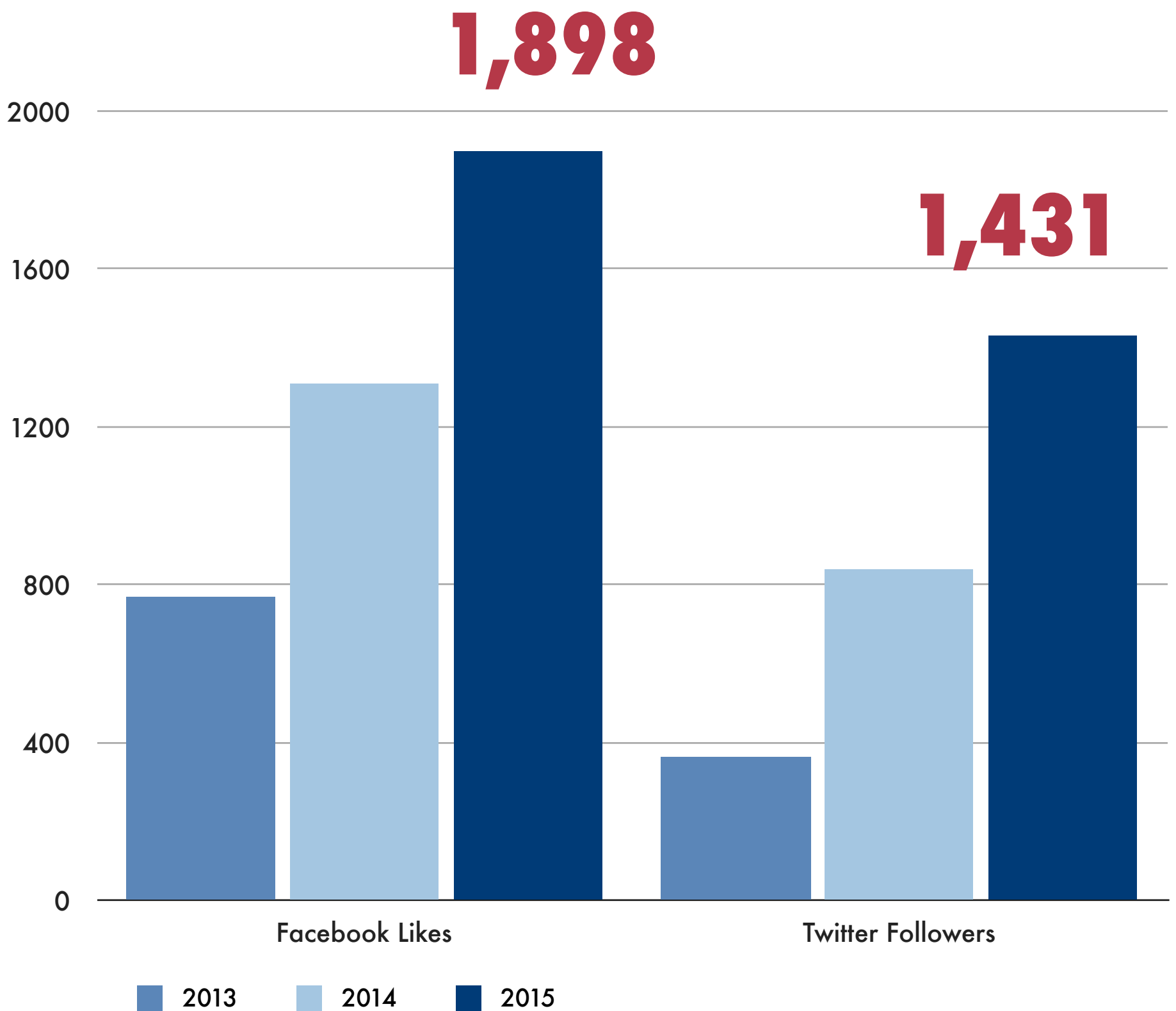
# SOCIAL MEDIA THREE-YEAR TREND



**FACEBOOK:** /OUFITREC



**TWITTER:** @OUFITANDREC



**45%**

INCREASE IN FACEBOOK  
LIKES BETWEEN JUNE 1, 2014  
AND JUNE 1 2015

**71%**

INCREASE IN TWITTER  
FOLLOWERS BETWEEN JUNE  
1, 2014 AND JUNE 1 2015



# Thank you for another great year.

## Fitness and Recreation Staff 2014-2015



Amy Davenport  
Director of Fitness  
and Recreation



Garry Armstrong As-  
sistant Director



Jonathan Dewhirst  
Intramural Sports  
Coordinator



Jimmy Do  
Coordinator of Spe-  
cial Projects and As-  
sistant to the Director



Hutch Fussell  
Maintenance  
Attendant



Colin Germany  
Graduate Assistant



Randy Hacker  
Maintenance  
Attendant



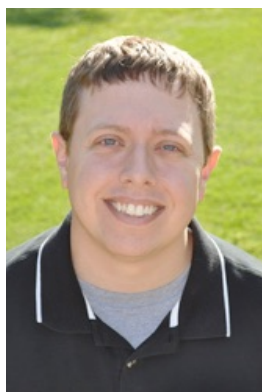
Eric Hughes  
Graduate Assistant



Lenora Johnson Staff  
Assistant



Heather Kirkes  
Fitness and Outreach  
Coordinator



Bruce Maelzer  
Maintenance  
Coordinator



Kevin Mahaffey  
Turf and Outdoor  
Maintenance  
Coordinator



Larissa Mainers  
Facility Coordinator



Jacob Newton  
Graduate Assistant



Stephanie Perutzzi  
Aquatics Coordinator



Chelsey Schuessler  
Aquatics Assistant  
Coordinator



Bradley Stowe  
Graduate Assistant



Tyler Webb  
Membership  
Coordinator



Malinda Williams As-  
sistant Director