Department Name  Campus Recreation Intramural Services
Location  620 Echles Street
Phone Number  678-2811
Web Site  people.memphis.edu/~studentlife/camprec
Department Annual Report web link  N/A
Director Name  Jim Vest
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Number of Full-Time Staff  8

Mission

The mission of Campus Recreation Intramural Services is to provide opportunities and experiences that contribute to the health, well-being, development and education of the University community through involvement in recreation activity.

In meeting this mission the department is charged with performing the following functions:

• Conduct a comprehensive Intramural Sports Program.
• Conduct a leisure education program in which sports, aquatics, and fitness instruction is provided on a non-credit basis.
• Conduct a program of sports and special interest clubs, in which opportunities for extramural competition, instruction, and socialization are provided.
• Conduct an on-going program of activities and classes designed to provide opportunities for people of all cultural backgrounds.
• Conduct on-going programs of informal unstructured recreation activities, including broad-ranged
access to a variety of facilities and recreational space.

**Major departments/functions/offices/responsibilities - brief listing**

1. **CAMPUS RECREATION PROGRAMS & SERVICES**: Informal recreation that is self-directed participation in cooperative play.
2. **AQUATICS AND SAFETY**: Provide a safe and clean pool and spa area, allow for recreational swim time and programs, and certify staff to provide proper first responder care in emergency situations.
3. **INTRAMURAL SPORTS AND ACTIVITIES**: Structured competitive opportunities in a variety of individual, dual, and team sports in an atmosphere that facilitates the development of lifelong patterns of participation.
4. **CLUB SPORTS**: Designed to serve individual interests in different competitive sports and recreational activities. These interests can be competitive, instructional, or recreational in nature.
5. **FITNESS AND WELLNESS**: Provides the opportunity to develop and maintain a healthy lifestyle through individual and group exercise programs, and leisure fitness activities.
6. **OUTDOOR ADVENTURE/GEAR AND SPORTS RENTALS**: Provides the University community with the opportunity to rent outdoor equipment and gear such as tents, sleeping bags, volleyball sets, golf clubs, and other items.
7. **FACILITIES/SCHEDULING & SPECIAL EVENTS**: Schedule appropriate space/time/setup for all programs. Provide a safe environment to house all programs and special events.

**3 main departmental goals and related accomplishments/results for 04-05**

**Goal #1**
Motivate more students, faculty, and staff to exercise at the Student Recreation and Fitness Center.

Results/Accomplishments #1A
325,651 was our total number of daily participants for 04-05

Results/Accomplishments #1B
Memberships increased by 26% over last year.

**Goal #2**
Students, faculty, and staff will be satisfied with their experience when using the Student Recreation and Fitness Center.

Results/Accomplishments #2
Construction of a leisure pool in place of the old indoor diving well to enhance aquatic opportunities.

Results/Accomplishments #2B
Renovation of fitness area to include new flooring, more mirrors and new equipment.
Goal #3
See learning objectives

Results/Accomplishments #3A
See learning outcomes

**Up to 3 student learning objectives and outcomes for 04-05**

Student learning objective #1
Freshmen students will learn about the variety of activities and programs they may participate in.

Outcome #1
RecFest 2004
Students were provided with information on our programs and facilities. Surveys indicated most students found out about the event from the Daily Helmsman.

Freshmen First Cookout 2004
Students were provided with information on our programs and facilities. Surveys indicated a strong interest in weight training and cardio exercise as well as the intramural sports of basketball and flag football.

Student learning objective #2
Students will learn the importance of fitness through participating in fitness programming.

Outcome #2
Palates Class
This class was well attended and provided new techniques combining relaxation and strength oriented exercises.

"Where do I go from here?" Workshop
Students were presented with fitness principles and then formulated their own personal workout plan. Instructor evaluated and reinforced principles.

Fitness Challenge
Students were given pre and post fitness evaluations. Surveys indicate participants worked out more often and in new ways as a result of the program.

Swim the English Channel
Students were given information on the benefits of swimming and then challenged to swim the distance of the English Channel over the course of the semester. Surveys indicated that this program helped to motivate them.

Student learning objective #3
Students will learn the value of teamwork, perseverance, and sportsmanship as a life-lesson through participation in intramural sports.
Outcome #3
A vast majority of teams and individuals scored high on sportsmanship.

3 main bragging points for department - Optional

Bragging point #1
New weight training and cardio equipment exceeds those found in health clubs in the Mid-South. Our new fitness area will exceed other private clubs in terms of a higher quality of equipment and also more variety. As a result our students will feel that they are receiving not only a quality education, but the best possible fitness experience with cutting edge equipment.

Bragging point #2
Over 325,000 users of our facilities were observed in 04-05. This is based on an hourly tally of each exercise area. We are proud of the fact that more and more people consider Student Recreation and Fitness Center as a place they want to be.

Bragging point #3
Memberships have continued to increase an average of 20% per year since 2001.

If applicable, 3 major 04-05 events/programs/etc. with description, attendance info, money raised

Event #1
RecFest 2004
This was the first ever RecFest which was designed to draw students to our facility and introduce them to the programs and activities available for them to participate in. Activities that took place at the event were a belly flop contest, a slam dunk contest, rock climbing tower, inflated obstacle course, and an inflated slide. There were 100 who attended and completed a brief survey. Most were freshmen students.

Event #2
Freshman First Cookout
This event was designed to benefit those freshmen enrolled in the freshmen first program. It involved a catered dinner and representation from every program area of CRIS to answer questions and provide information. 75 attended this event.

Event #3
Swim school was held this year as a joint venture with continuing education. There were 3 two-week sessions planned and all three were filled to the capacity of 40 students each. Children ages 4-14 were divided according to age and skill levels. This was a successful venture with a profit of $1490.
Contact summaries for the 04-05 year as applicable - headcount counseling sessions, cases, programs help, students housed, children housed, children cared for, tests administered, interviews hosted, etc.

Fitness Assessments – 80
Personal Training – 152
Tennis Lessons – 85
Massage Therapy – 18.5 hours
Aerobic Classes Average Attendance – 14
Total Users by hourly headcount – 325,651

3 Main initiatives for 05-06

Initiative #1
RecFest 05
Enhance the effectiveness of the RecFest event in the following ways:
- Collaborate with Residence Life and Student Leadership and Involvement by being a part of welcome week activities
- Change time of event to be more conducive to students’ schedules
- Cook out for lunch to attract students
- Make activities more interactive with students

Initiative #2
Introduce new and improved fitness area with additional programs. This will be a great opportunity for student learning related to usage of new equipment and understanding the health benefits involved.

Initiative #3
Facility Improvements
- Complete leisure pool
- Complete racquetball court renovations
- Complete renovation of locker rooms and the equipment check-out room
- Complete conversion of equipment maintenance area
- Complete renovation of equipment checkout room

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