STUDENT AFFAIRS ANNUAL REPORT DATA 05-06

Department Name  Campus Recreation Intramural Services

Location  620 Echles Street

Phone Number  678-2811

Web Site  www.saweb.memphis.edu/cris/

Director Name  Jim Vest

Director Email  jvest@memphis.edu

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, aquatic, and fitness instructions are 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 05-06**

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

**Results/Accomplishments #1A** There were approximately 300,000 daily participants for 05-06. 46% of all full time students and 36% of all faculty used the recreation center at least once.

**Results/Accomplishments #1B** Memberships decreased by 7% over last year. Although down this year it is important to note that membership is up 62% since 2000 (659 memberships now compared to 405 in 2000).

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

**Results/Accomplishments #2A** New stretching and resist-a-ball area provided.
Results/Accomplishments #2B  New sound system in the aerobics studio to enhance sound quality for classes.

Goal #3  See learning objectives

Results/Accomplishments #3A  See learning outcomes

Initiative #1  
**RecFest 2005**  
Students were provided with information on our programs and facilities. A scavenger hunt was used to motivate students to explore our facility. At each location they were given a reward and an overview of activities they could be involved with.

Initiative #2:  
Fitness Initiatives:  
  **Strength Challenge**  
This program was a hands-on educational opportunity for students and members to go through an orientation session where they were instructed how to use our new strength equipment.  
  **Swim from Rome to Malta Aquatics Fitness Program:**  
Students and faculty/staff members were challenged to swim a distance that was the equivalent of the mileage from Rome, Italy to Malta. Those who reached the goal were given gift certificates for massage therapy or personal training, and beach towels. All of the participants were given goggles.

Initiative #3  
**Facility Improvements:**  
Created a design for equipment check-out area  
Completed the bid process for the indoor leisure pool project  
Kiosk information system installed

Up to 3 student learning objectives and outcomes for 05-06

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

**Assessment Method #1**  
Surveys were used to indicate recreational interests of students.

**Outcome #1**  
**RecFest 2005**

Students were provided with information on our programs and facilities. A scavenger hunt was used to motivate students to explore our facility. At each location they were given a reward and an overview of activities they could be involved with.
**Student learning objective #2**  Students will learn the importance of fitness through participating in fitness programming.

**Assessment Method #2**  Surveys, observation, and portfolio assessment were the methods of assessing that participants gained an understanding of fitness benefits and exercise performance.

**Outcome #2**

**Strength Challenge**
This program was a hands-on educational opportunity for students and members to go through an orientation session where they were instructed how to use our new strength equipment.

**Cardio Challenge Workshop**
This workshop was a preliminary requirement for participation in the Cardio Challenge, although individuals could attend for the benefit of the workshop itself. Subjects addressed were losing weight, gaining strength, leading a healthier lifestyle, and the role of exercise in reaching fitness goals.

**Cardio Challenge**
This program was initiated to motivate students and members to complete fifteen 30-minute exercise sessions focused on cardiovascular fitness. Those completing the required sessions won a beach towel.

**Swim from Rome to Malta Aquatics Fitness Program:**
Students and faculty/staff members were challenged to swim a distance that was the equivalent of the mileage from Rome, Italy to Malta. Those who reached the goal were given gift certificates for massage therapy or personal training, and beach towels. All of the participants were given goggles.

**Student learning objective #3**  Students will learn the value of teamwork, perseverance, and sportsmanship as a life-lesson through participation in intramural sports.

**Assessment Method #3**  Observation was used to assess the sportsmanship of individuals and teams in all sports.

**Outcome #3**  A vast majority of teams and individuals scored high on sportsmanship. The lowest ratings by sport were reported in basketball, football, indoor soccer, and floor hockey.

**3 main bragging points for department - Optional**

**Bragging point #1**  Kiosk information system:
Four kiosk stations were created in order to give our users an avenue for exploring fitness information as well as checking email, browsing the university website, and getting information directly from the CRIS website. This system was created in house with the help of Pat Prahalathan.
There is no equivalent to it in the fitness industry.

**Bragging point #2** Cutting Edge Fitness Area:
Fitness area is one of the nicest in the city. A combination of the quality of our equipment and the atmosphere created with new flooring, mirrors, and LCD screens makes our fitness area something to brag about.

**Bragging point #3** Greater Memphis Association for Quality Level 1 awarded to Campus Recreation Intramural Services. This delineates enlightened organizations that have begun an initial focus on adopting and applying quality management principles.

**List revenue producing initiatives and results (60 words max)**
Sport and Fitness Classes offered to fill the void left when continuing education ceased to offer fitness classes. One class was offered to start with: Water Aerobics - $69 per person for a 6 week session. 2 sessions completed with a profit of $476. There were 31 participants total.

Memphis Tiger Swim – renegotiated a 3 year contract which would successively increase monthly fees each year to $1000, $1200, and $1500 per month.

**Note community involvement and partnerships (60 words max)**
Began offering community memberships. 10 memberships were initiated.

**Collaborative Efforts (60 words max)**
- Provided Residence Life with an RA orientation to the Student Recreation and Fitness Center
- Participated in and assisted Student Health Services with Student Health Fair
- Provided a speaker for Adult and Commuter Services stress management seminar
- Provided a venue and assisted with Adult and Commuter Services Student Health and Fitness Day
- Provided a venue for Up til Dawn fund raiser

**What students learn from Student Affairs (see 04-05 Division Annual Report side bars – 60 words max)**
What students learn through Campus Recreation Intramural Services
- What is encompassed in a healthy lifestyle
- Teamwork and perseverance
- The physical and mental benefits of exercising regularly

**If applicable, 3 major 05-06 events/programs/etc. with description, attendance info, money raised**
**Event #1**
Early Bird Swim
This program provides an avenue for members and community to swim early in the morning (5:30-8:00). We have 45-55 participants who pay for a semester at a time. This year we generated a total of $18,378 in revenues.

**Event #2**

Memphis Tiger Swim Team

This is a competitive program for youth age 6-18. Membership for this program fluctuates between 190 and 220. For FY06 we took monthly fees and swim meet fees totaling $16,928.

**Event #3**

US Open National Racquetball Championship

This is a yearly event taking place in November. There were approximately 600 total in attendance with 275 actual participants. It lasted for 5 days and we took in $825.

**Contact summaries for the 05-06 year as applicable - headcount counseling sessions, cases, programs help, students housed, children housed, children cared for, tests administered, interviews hosted, etc.**

- Fitness Assessments – 76
- Personal Training – 220
- Tennis Lessons – 67
- Massage Therapy – 14 hours
- Aerobic Classes Average Attendance – 9

**3 Main initiatives for 06-07**

**Initiative #1**

RecFest 06

Enhance the effectiveness of the RecFest event in the following ways:

- Collaborate with Residence Life by coordinating with the RHA Carnival to draw more students from the dorms
- Have the event on the weekend

**Initiative #2**

Achieve the Greater Memphis Association for Quality Level 2 status. This will require greater depth in reporting processes and department intricacies.

**Initiative #3**

Facility Improvements

- Complete renovation of indoor diving well
- Replace old damaged counters in men’s locker rooms with new solid surface counters
- Install cabinets, storage shelves, and a new desk in the equipment check out room.