

# Recreation & Wellness



## Purpose/Mission

Our mission is to contribute to academic persistence and retention by providing a broad range of recreation, wellness, and student engagement opportunities to students and the UVU community that complement the academic experience.

## Learning Outcomes

We actively promote the pursuit of a balanced, healthy lifestyle to our diverse university community. Students that engage in our programming will be able to do the following:

- Students will take an active role in leadership by mentoring Adventure Trip Leaders, OAC shop employees, and Project climbing wall employees to create a strong Outdoor Adventure Center community.
- Students will experience teamwork and an increased engagement on campus through Intramural participation.
- Students participating in competitive sports will improve their communication skills and experience an increased engagement with campus.
- Wellness interns will attain entry-level skills and qualify for employment in a wide range of health and wellness opportunities.
- Students will improve their understanding of personal well-being and develop healthy behaviors through participation in wellness program activities and events.
- Rodeo Team participants actively participating on the Rodeo Team will persist from one semester to another.
- Students participating in fitness classes will improve their well-being and overall fitness.

## Programs and Services

We create curricular and co-curricular learning experiences to engage and empower students within the Recreation & Wellness department. We contribute to their academic persistence, retention, and completion, as well as to the vibrancy of their communities and their personal and professional lives. Some of our programs and services are listed below:

### Student Life & Wellness Center:

175,000-square foot building that includes a 1/8-mile indoor track, three basketball courts, multi-activity court, fitness/dance rooms, weight room, cardio equipment, bowling alley, and gaming center.

### The Project Climbing Wall:

40-foot climbing surface featuring over 10,000 holds and 3,000 square feet. Climbing clinics and climbing gear available for rent.

### **Intramurals:**

Students involved with Intramurals enjoy fun and competitive leagues, including basketball, soccer, flag football, volleyball, softball, pickleball, spikeball, bowling, futsal, disc golf, badminton, and ping pong.

### **Competitive Sports:**

Esports, men's hockey, men's & women's lacrosse, men's ultimate, men's & women's soccer, men's & women's volleyball, men's & women's rugby, and climbing club sport teams.

### **Wellness Programs:**

Offers a selection of student wellness programming, including health coaching, health risk appraisals, classroom presentations, recliner massage chairs, stress reduction room, healthy cooking classes, walking group, internships, and scholarships.

### **Outdoor Adventure Center:**

Offers high-impact programs through excursions, retail, rental offerings, and leadership opportunities.

### **UVU Rodeo Team:**

26 student-athletes who compete in the Rocky Mountain Region.

## **2023-2024 Impact Data**

- 128 Recreation & Wellness student employees; 27 employee graduates
- 406 events
- \$559,715 in total department revenue; \$525,000 to support student employees
- 318 dietitian sessions
- 100% of wellness interns said their internship prepared them for a career in public health
- 88% of competitive sports athletes said their participation increased their likelihood of returning to school
- 3,445 intramural participants
- 24,048 total OAC participants
- 80% of trip leaders were certified in LNT (Leave No Trace)
- 8,914 rental user days
- 3,870 fitness class participants
- 636 fitness classes offered
- 10 College National Finals Rodeo qualifiers
- \$55,929 fundraised for UVU Rodeo
- 17 Rodeo scholarships