

Recreation & Wellness

Student Affairs

Administrative Unit Assessment

FY 18 (July 2017-July 2018)

Department and Assessment Report Information

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| Prepared on:8/1/2018 4:21:28 PM | By:james.hagler@mga.edu |
| For which department or area are you reporting? | Recreation & Wellness |
| What is the name and MGA email address of the person responsible for this report? | James Hagler james.hagler@mga.edu |

Departmental Mission and Goals

The mission and goals of the department should be consistent over a 5 year period, although some institutional changes may necessitate and prompt a change in mission or goals for specific departments. In this section, you will report the mission statement for your department as well as the long term goals (5 year range) for the department.

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| What is the mission statement for this department/area? Your mission should explain why the department/area exists and who it serves. | The office of Student Recreation and Athletics will provide world class facilities and programs that maintain or improve our student's health and wellness by encouraging physical activities that help to teach healthy lifestyles. |
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| What are the goals for this department? These should be the "big things" the department/area intends to accomplish within 5 years. | <ol style="list-style-type: none">1. To engage students through diverse opportunities for fitness, recreation, and wellness.2. To develop collaborative partnerships on campus and off campus.3. To provide opportunities for developing leadership skills through participation in group fitness, intramural sports, and clubs.4. To promote opportunities for civic engagement and service learning for club sports. |
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Objectives

Each year, every department should identify objectives the department hopes to accomplish in the next year. These should align with departmental goals and the MGA strategic plan. In the next section you will be reporting on the objectives you set and whether or not you achieved them in FY 18. Later in the document you will report on objectives you hope to accomplish in the coming fiscal year, FY19.

Objective 1

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| Objective 1: What was this department's first objective for this fiscal year? Objectives should be specific, measurable, and achievable within one year. | R&W will increase student participation by 3% at wellness and recreation programs, intramurals, inter-campus games, and club sports compared to year. |
| Objective 1: How did your department measure this objective? (Survey, budget number, number of participants, jobs completed, measurable time and/or effort) | Measured attendance by swipes for the wellness centers and participants in intramural sports, club teams, health & wellness events, and group fitness classes. |
| Objective 1: What was your target outcome for this objective? (1.e. 80% participation, 5% enrollment growth, 7% change in engagement) | Overall increase in activities was 3% increase in participation overall activities. |
| Objective 1: At what level did the department/area achieve on this objective? (This should be a number, i.e. 82%, 6%, 345 attendees, 75% engagement) | 1,947 Group Fitness participants 420 Intramurals participants 85 Club participants 307 Health & Wellness Event Participants Participants in Events = 2,759 up 33.8% from the prior year 45,226 Macon visits 41,139 Cochran visits Total Visits = 86,365 Total |
| Objective 1: Did your department meet this objective? | The department did not meet this objective. |
| Objective 1: What did your department learn from working toward this objective? What changes will you make based on this effort next year? | Changes in procedures to make online students and students from campuses other than Macon and Warner Robins pay for memberships impacted visits in Macon from the 2016-17 period which did not require payments. Increase in membership costs also created a downturn to some members. Marketing initiatives such as guest passes and alternative options for membership are being created to increase membership. |

Objective 2

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| Objective 2: What was this department's second objective for this fiscal year? Objectives should be specific, measurable, and achievable within one year. | R&W will collaborate with at least 10 on or off campus groups for events |
| Objective 2: How did your department measure this objective? (Survey, budget number, number of participants, jobs completed, measurable time and/or effort) | Number of events collaborated in the facilities with groups outside of Recreation & Wellness |
| Objective 2: What was your target outcome for this objective? (1.e. 80% participation, 5% enrollment growth, 7% change in engagement) | Target was at least 10 activities in conjunction with outside groups. |
| Objective 2: At what level did the department/area achieve on this objective? (This should be a number, i.e. 82%, 6%, 345 attendees, 75% engagement) | Collaboration with Student Life, Residence Life, Plant Operations, Orientation, Graduation, Health Clinic and Athletics occurred for on campus collaboration. Off campus collaboration occurred through camps with Navicent Health, Extravabandza Camp, Latter Day Saints Youth Camp, and others. Directly, we worked with Jay's Hope Kids. Overall, camps collaborations were over 40 days during the period. Collaboration with other departments resulted in 24 events. |
| Objective 2: Did your department meet this objective? | The department exceeded this objective. |
| Objective 2: What did your department learn from working toward this objective? What changes will you make based on this effort next year? | Collaboration is a great objective to develop successful events for multiple groups. Communication and coordination are important to success of these events. |

Objective 3

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| Objective 3: What was this department's third objective for this fiscal year? Objectives should be specific, measurable, and achievable within one year. | Club sports will provide at least 6 opportunities for community engagement and/or community service. |
| Objective 3: How did your department measure this objective? (Survey, budget number, number of participants, jobs completed, measurable time and/or effort) | Club member participation in community engagement or service events. |
| Objective 3: What was your target outcome for this objective? (1.e. 80% participation, 5% enrollment growth, 7% change in engagement) | The goal was to participate in at least 3 community engagement or service activities. |
| Objective 3: At what level did the department/area achieve on this objective? (This should be a number, i.e. 82%, 6%, 345 attendees, 75% engagement) | Equestrian members worked with Middle Georgia Equestrian Center through the year on multiple events. Club football members and coaches held camps on the Macon campus. Cheer, equestrian, and football all participated in the Cochran Christmas Parade. In |
| Objective 3: Did your department meet this objective? | The department met this objective. |
| Objective 3: What did your department learn from working toward this objective? What changes will you make based on this effort next year? | Participation is more available for some groups than others. While the Equestrian Club has a wealth of opportunity readily available to volunteer, other clubs such as football and cheer need to seek out at least one additional opportunity. |

Objective 4

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| Objective 4: What was this department's fourth objective for this fiscal year? Objectives should be specific, measurable, and achievable within one year. | Patrons will be able to identify at least one benefit and at least one personal improvement from their membership at the Wellness Center. |
| Objective 4: How did your department measure this objective? (Survey, budget number, number of participants, jobs completed, measurable time and/or effort) | Survey assessment. |
| Objective 4: What was your target outcome for this objective? (1.e. 80% participation, 5% enrollment growth, 7% change in engagement) | 85% of patrons would gain understanding of the benefits of wellness center participation. |
| Objective 4: At what level did the department/area achieve on this objective? (This should be a number, i.e. 82%, 6%, 345 attendees, 75% engagement) | The measurement for this was changed to develop better information from knowledge to focus on events, usage, and satisfaction data. 200 general member surveys were collected showing 73% students, 23.5% community members, and 3% faculty/staff with 0.5% unidentified. Of those surveyed, 75.5% visit the gym 3-6 times per week and 6% attend 7 or more times per week for exercise. 18.5% indicated they attend 1-2 times per week. Of responses received for types of participation by respondents who could choose more than one option, 332 responses to participation types were received with 39.1% indicated they attend for use of the free weights and 36.1% indicating use of cardio equipment as their primary reason. In surveys for group fitness classes, 93.3% of respondents felt the classes exceeded their expectations and 6.7% felt the class met their expectations for learning and enjoyment. |
| Objective 4: Did your department meet this objective? | The department met this objective. |
| Objective 4: What did your department learn from working toward this objective? What changes will you make based on this effort next year? | Surveys should be offered in formats of in-person for better results as individuals are following up activity and use of the facility. 81.5% of visitors use the gym at least 3 times per week. |

Future Plans

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| <p>Please identify at least four measurable objectives for the next fiscal year. In listing the objectives, please use the format shown in these examples.1) The Department of X will improve services levels by 5% as measured by our satisfaction survey. 2) The department to X will provide training in ABC for at least 73 MGA faculty and staff.</p> | <ol style="list-style-type: none">1. The Department of Recreation and Wellness will provide five forms of participation in use of Wellness Centers, Group Fitness Classes, Intramurals, Wellness Promotion, and Club Sports.2. The Department of Recreation and Wellness will collaborate with four on-campus and four off-campus groups to provide opportunities for participants in ten types of events which promote the department and its mission of wellness.3. The Department of Recreation and Wellness will have members of three club sports teams participate in five community service events to promote service learning for the members of the clubs.4. The Department of Recreation and Wellness will provide two surveys for each form of participation offered to evaluate services and events provided to the campus community including students, faculty, staff, community members, and guests to promote the mission of teaching healthy lifestyles. |
| <p>Based on this assessment, please share your thoughts on the current status and future direction of this department or area.</p> | <p>Currently this department offers many activities for students, faculty, staff, and paid community members to participate in multiple opportunities which allow learning of enjoyable activities promoting a healthy lifestyle. Lack of staffing for student assistant positions creates difficulty in the expansion of offerings, yet each year the staff of the department continues to provide additional options. Staff is aware of trends in college recreation and intramurals through participation in local (Georgia Recreation Sports Association) and national (National Intramural and Recreational Sports Association) organizations. They share ideas with colleagues and develop their programs using the latest research. The ability to offer a variety of activities that draw interest from a variety of students is a goal, as each offering teaches participants new proficiencies promoting healthy living through participation in recreational activities.</p> |

Form run:

Tuesday, February 12, 2019

