

2021-2022

ANNUAL REPORT

OU FITNESS AND RECREATION
UNIVERSITY OF OKLAHOMA

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WELCOME

The Department of Fitness and Recreation advocates for a healthier community through FIT classes, educational outreach, environmental awareness, and recreational engagement. Through activities such as Intramural Sports, Fitness and Recreation promotes health and wellness for students, faculty, and staff. These efforts uphold the department's mission statement which is guided by three goals:

- Provide opportunity and support to promote a healthy university,
- Benefit the university community through health and education, and
- Develop university relations through health and wellness activities.

This annual report highlights current programs to demonstrate Fitness and Recreation's impact on the university and local community. We are committed to improving campus diversity, inclusion, and promoting student success through quality fitness programs that encourage lifelong wellness.



In Health,
Amy M. Davenport, Ph.D.
Director of Fitness and Recreation

FIT+REC AND THE 2021-22 CAMPUS RECREATION AND WELLNESS BENCHMARK

The Overview: Past and Present Survey Comparisons

The 2021-22 Campus Recreation and Wellness Benchmark (CRWB) was launched through Anthology, part of an educational platform used for assessment. This year's consortium consisted of eleven higher education institutions.

2021-22 Campus Recreation and Wellness Benchmark Participants

- The University of Oklahoma
- Massachusetts Institute of Technology
- University of California, Berkeley
- University of Tennessee
- University of Nebraska
- North Carolina State University
- Texas Christian University
- University of South Florida
- Western Michigan University
- University of Nevada
- SUNY Brockport



Fitness and Recreation CRWB survey participants included OU students, faculty, staff, community members and alum. Of the 11,422 consortium participants, OU represented 640 of the respondents. The primary responders from OU Norman were students (82%), faculty (4%), and staff (11%). The remaining 2% were from community members and alums. Sixty-one percent of the participants were between the ages of 18 to 24. Community members are most often related to the student, faculty, and staff categories as accompanying members. Although the survey was distributed to all students on the OU Norman campus, the respondents overwhelmingly identified (90%) as users of the on-campus recreation facilities, programs, and/or services. In deciding to attend college on the OU Norman campus, 76% indicated that the facilities were important in them deciding to attend this college. The survey group reported 72% in this area. In deciding to continue at the University of Oklahoma, 81% of participants indicated that the facilities were important to their decision. Further, 90% of OU Norman respondents said recreation, sports, and/or fitness activities were important to them prior to enrolling at OU while the consortium participants reported 86%.

The purpose of the survey was to assess satisfaction and program efficiency of the Sarkeys Fitness Center and its classes, facilities, and equipment. Results inform the Fitness and Recreation department of certain areas of improvement and growth and areas of success. The following are some key findings from the survey.

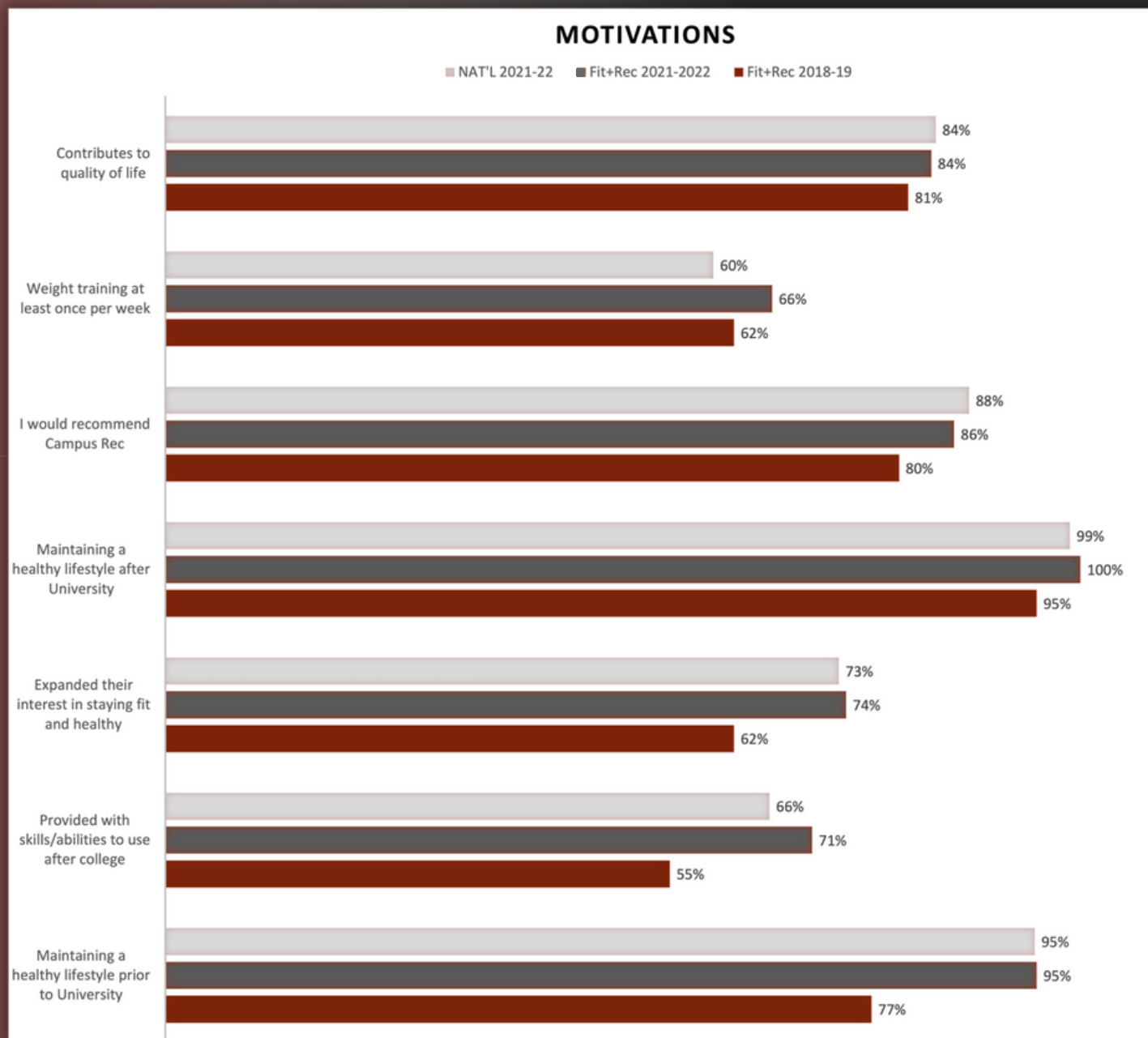




Motivations

In general, Motivations tend to be actions or perceptions that the student foresees as helping them to live or promote a lifestyle to live in a healthy way. Some Motivations may overlap with Skills and Abilities as there is a very fine, and often blurred, line between the two. These “motivations” are outlined in the chart below.

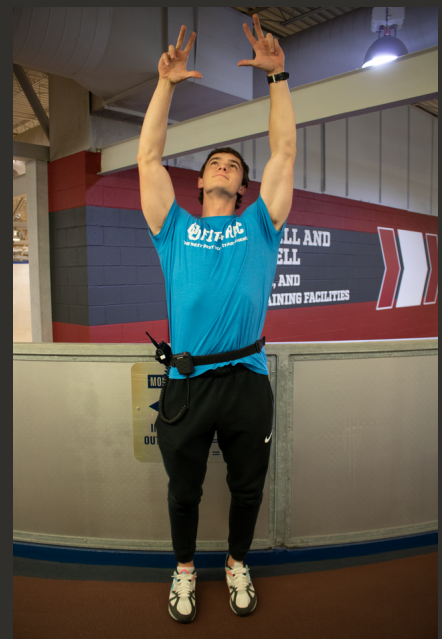
- In the 2018–19 CRWB, 77% of participants stated that it is important to maintain a healthy lifestyle prior to enrolling at the University of Oklahoma. For 2021–22, that number jumped to 95 % which aligns to the benchmarked institutions at precisely 95%. Part of the mission of Fitness and Recreation is to help participants develop habits that may lead to lifelong involvement in fitness.
- In the 2018–19 survey, 62% of those surveyed indicated that participating in Fitness and Recreation activities and programs expanded their interest in staying fit and healthy. In 2021–22 CRWB survey, that number increased to 74%, one percent higher than the consortium average. Fitness and Recreation is recognized as contributing to the overall quality of life. This recognition is up 3% from the last survey and aligns at 84% with the consortium.
- Seventy-one percent for the 2021–22 CRWB survey, versus 55% for the 2018–19 survey, indicated that Fitness and Recreation has provided them with skills/abilities to use after college compared with 66% for the consortium.



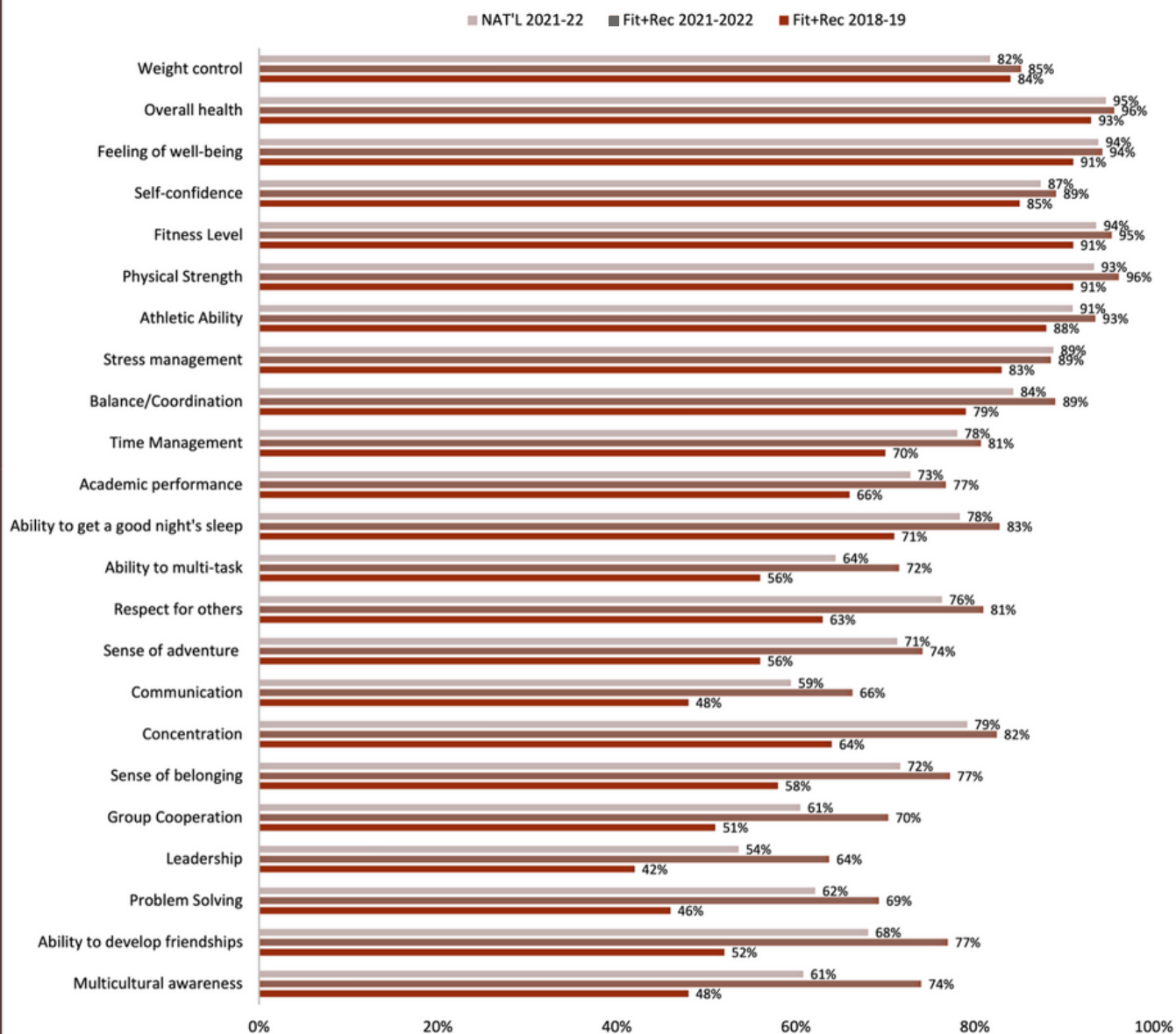
Skills and Abilities

Skills and Abilities in this report tend to be part of the individual's willingness or ease of developing community around them through leadership, belonging, sense of adventure, self-confidence, and physical attributes like fitness-level that, in the cultural milieu of campus recreation, help students come together in their active communities. A full outline of the Skills and Abilities are outlined in the chart below.

- Multicultural awareness, a sense of belonging, respect for others, ability to develop friendships, and group cooperation are all skills and abilities shown to be higher by survey participants than in 2018, positively influenced by campus recreation. Further, these areas were higher than the cohort group for 2021–22. This increase aligns with the goals of the University's Lead On efforts of Pillar 4, becoming a place of belonging.
- Skills most often sought by employers as identified by the National Association of Colleges and Employers (NACE) were, also, identified as positively influenced by campus recreation, increasing since 2018–19 and above the consortium levels, including time management, communication, teamwork (group cooperation), leadership, and problem-solving. These areas align with Pillar 2 of OU's Lead On plan, preparing students for a life of success.



SKILLS AND ABILITIES



Why the Differences in Data from the 2018-19 CRWB Survey?

In 2018-19, 80% of survey participants indicated that they would recommend Campus Recreation facilities, programs, and services to others. The current survey indicates 85% would make this recommendation. We call this, in the fitness world, “gains.” However, the consortium response to this assessment was 88%. Fit+Rec has more gains to make. Regardless, it must be recognized that strides have been made since 2018-21 and the department continues with improvements through support from the Student Government Association (SGA), donors, and long-term planning for addressing budgetary needs.

The 2018-19 CRWB data was presented to SGA. At the time, the weight room areas were highly criticized and could easily be more functional. Further, students wished to have more areas with lighter weights and body weight exercise areas. SGA created a core group of students to study the issues. They, too, confirmed that the strength training areas were dated for current strength training needs and that racquetball space was underutilized. Together with Fit+Rec, a plan was developed and implemented for these spaces to increase all areas of strength training. The spaces continue to be well-received.

In 2021, the Sarkeys Foundation committed to a motivating wall at the entry of the facility. It provides history of the donors, a list of activities in the facility, and a motivating saying, “Find your inner athlete.” In addition, the Sarkeys Foundation funded a wall at the “greeting” at the interior of the facility. This makeover resulted in a crimson wall with athletic lettering, a nod to the donors who originally helped to establish the courts, strength training space, and track.



Fit+Rec continues to work toward sustainability through gifts. A current project with the OU Foundation is a golf simulator for conversion of a racquetball court, as SGA confirmed in 2018 that some courts were underutilized space.

Recovery from COVID likely impacted perceptions of members. In April 2020, all student employees for closed facilities like those of Fit+Rec were terminated by Human Resources across campus. As Fit+Rec facilities began to re-open, little student employee memory was in place. The full-time staff remodeled training and student employee expectations. Full-time employees made great effort to be “out on the floor” more than in the past. This change has continued and likely results in the current feelings that the professional staff are friendly, knowledgeable, and available.

	Nat'l 2021-22	OU 2021-22
Friendly	85%	87%
Knowledgeable	72%	77%
Available	79%	82%



In spring 2022, student employees received, on average, a \$1/hour wage increase. This was an issue verified through an in-house survey from earlier in the spring. Through the wage increase, an immediate increase in job applicants was observed and student employees continue to recruit friends to work for Fit+Rec. While this is a major improvement, at a starting rate of about \$8.25/hour, Fit+Rec continues to be behind many other campus departments that are now offering about \$9-10/hour impacting the department's ability to be fully staffed.

Most importantly, Fit+Rec has embraced the Lead On, University plan to enhance Pillars 2 and 4, preparing students for a life of success and becoming a place of belonging. Through enhanced student training, for example, Fit+Rec continues to work toward the feeling of belonging through its events and programs as well as student staff training. In addition, Fit+Rec continues to enhance training and development of student employees using the NACE skills that employers seek most.

Facilities, Updates, and Room for Improvement Driven by the Data

The current survey echoes some sentiments from the past survey in that more hours of operation are desired. Further, even with the recent makeover of the strength training spaces, participants desire more strength space. In 2018-19 survey, 62% of participants indicated they lifted weights at least once per week. In the more recent survey, that number climbed to 66%. As the space has grown, more members of the OU community are participating.



When provided a list to choose from about what improvements participants would like to see in the campus rec facilities, the top three responses were additional strength space and equipment, a food vendor area, and more cardio equipment and space. Quickly following the cardio equipment was more, indoor space including for indoor soccer and fitness classes.

In addition, cleanliness is cited as needing improvement. In actuality, the perception of cleanliness needs to be improved. Due to COVID, cleaning procedures were updated. However, what is clean does not look clean. Many surfaces are dated, giving a “dirty” appearance. For example, while the locker room floors have been refinished, the bathroom stalls, lockers, and shower facilities are vintage 2003 or before. The lockers are original to the building opening in 1981. Updating finishes and locker room amenities is prioritized as funding is available.



Hours of operation are another area for improvement. Since the survey, an additional hour of operation was added to the evening as well as to the weekends. Due to staffing, or continued lack of staffing as previously discussed, hours of operation are now primarily limited on the weekends. Also, Fit+Rec limits hours or closes on home football games due to the crowds and inability of staff to find parking. Finally, budget also drives hours. Fit+Rec has incurred increased expenses as all other entities. Going back to pre-COVID hours would drive Fit+Rec into limiting programs and other resources. When additional funding is available, increased hours of operation are a priority.

Students may also consider issues with hours at the Recreation Fields. Fit+Rec is the only school that could be found in the region, including the Big 12 and SEC, that did not have field lights for recreation. With updated academic class hour offerings, participating in Intramurals became increasingly more difficult. SGA has, once again, come to the aid of students and Fit+Rec by funding lights for the Recreation Fields based on the data from this 2021-22 CRWB survey. The lights should be in place by the end of February 2023. The delay for installation has been due mostly to supply chain issues.

What Keeps the OU Community from Using or Participating with Fit+Rec?
The top three reasons on the survey for things that impede use of Fit+Rec facilities include parking, not having available time, and the facilities being too crowded. In short, it all relates to time and survey-participant responsibilities.

Time is likely a factor as to why facility hours and the ability to light the recreation fields are important to survey participants.

	Nat'l 2021-22	OU 2021-22
No Time	46%	36%
Facilities are Too Crowded	45%	42%
Parking	32%	35%



Summary

Fit+Rec has made major improvements since the last survey in 2018-19 including improved strength training space with special thanks to SGA for the support, pending lighting of the recreation fields with special thanks to SGA for support, an enhanced F45 studio, and dedication from staff to the programs and events that improve the Motivation and Skills and Abilities through programs and events as discussed in this report. Change has been made and is being made to improve the experience through Fit+Rec based on the 2018-19 and 2021-22 CRWB and, therefore, enhancing the experience with Fit+Rec. These efforts translate into the University's Lead On plan, in particular, Pillar 2 (Prepare Students for a Life of Success, Meaning, Service, and Positive Impact) and Pillar 4 (Become a Place of Belonging and Emotional Growth for All Students, Faculty, Staff, and Alumni).



SARKEYS FITNESS CENTER

SFC Student Employee Satisfaction Survey Summary

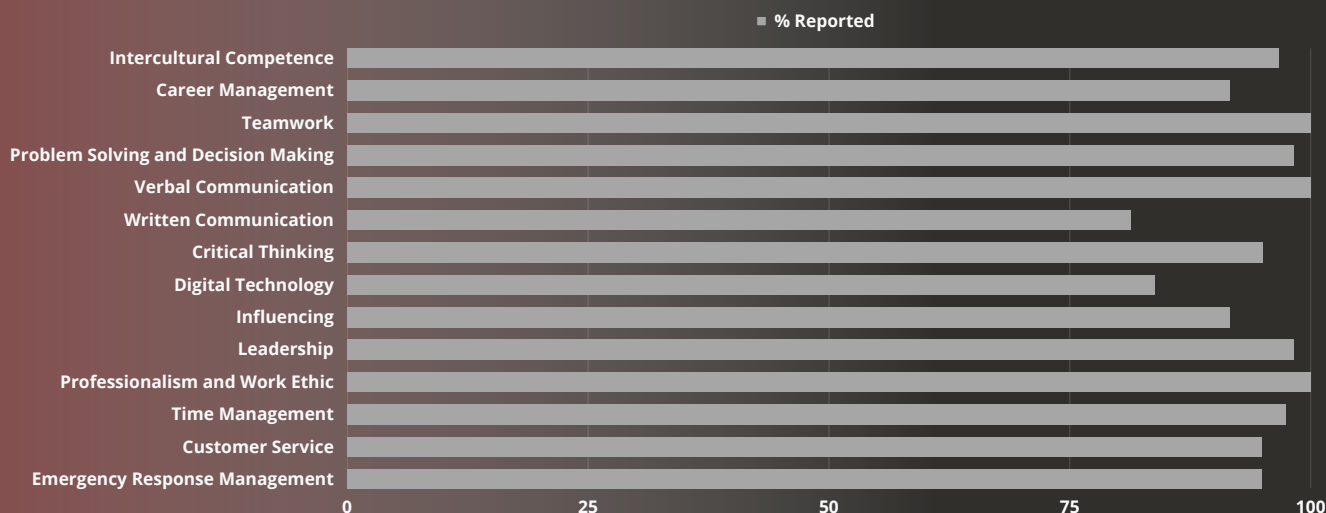
This survey was distributed to all student employees for completion March 21, 2022 through April 16, 2022. Over one-third of student employees, 66, participated in the survey.

When asked, “How can Fit+Rec improve student employee work experiences? These responses were all write-in, and not provided as a multiple-choice option. The majority of responses included reference to higher pay.

- “Better pay for employees”
- “Better pay for the work and expectations”
- “I believe a higher pay amongst attendants and supervisors would help improve work experiences and help encourage others to apply.”
- “Increase pay for employees”

Based on these responses, student employee pay increases were implemented April 23, 2022, such that each student received, on average, a \$1/hour increase. No positions in Fit+Rec remain at the minimum wage level now.

Students reported through their employment experiences that their transferable skills were increased in the following areas:

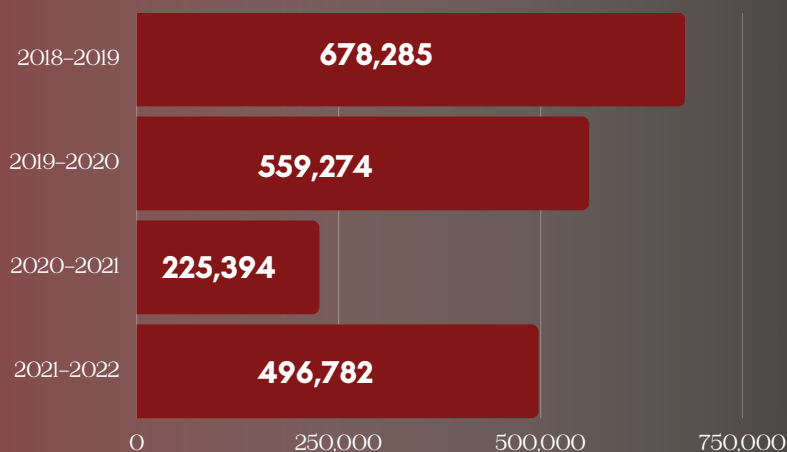


94.4% of students also indicated they had enough training to competently complete their duties. While we aim for 100% for competently trained employees, it must be remembered that the survey went to all student employees, and several had less than a month’s experience with the department.

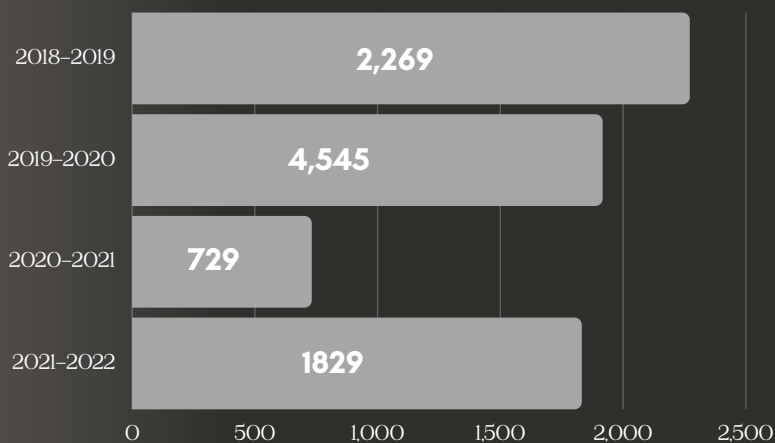
(KPI) Key Performance Indicator Reports

2018 - 2022

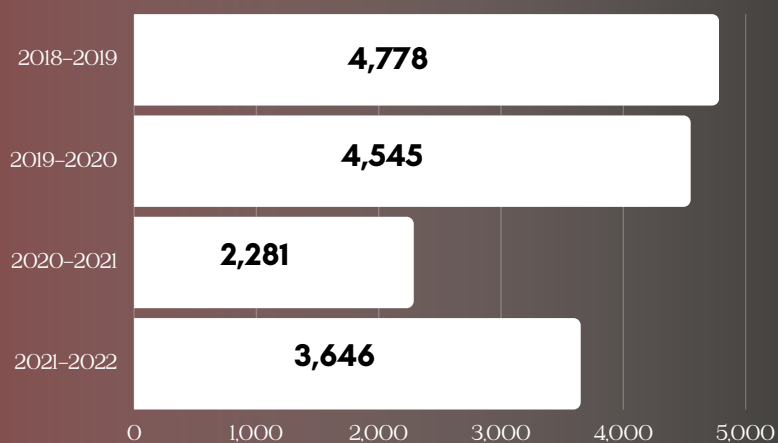
Facility Visitors



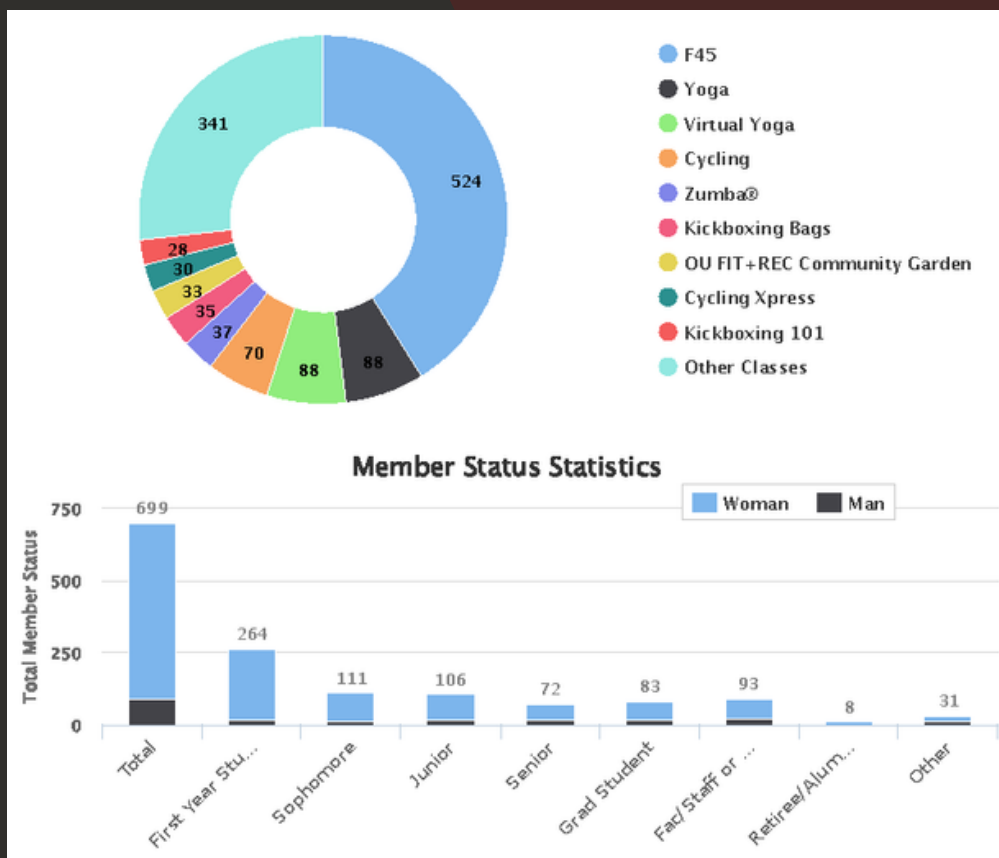
Intramural Sport Games



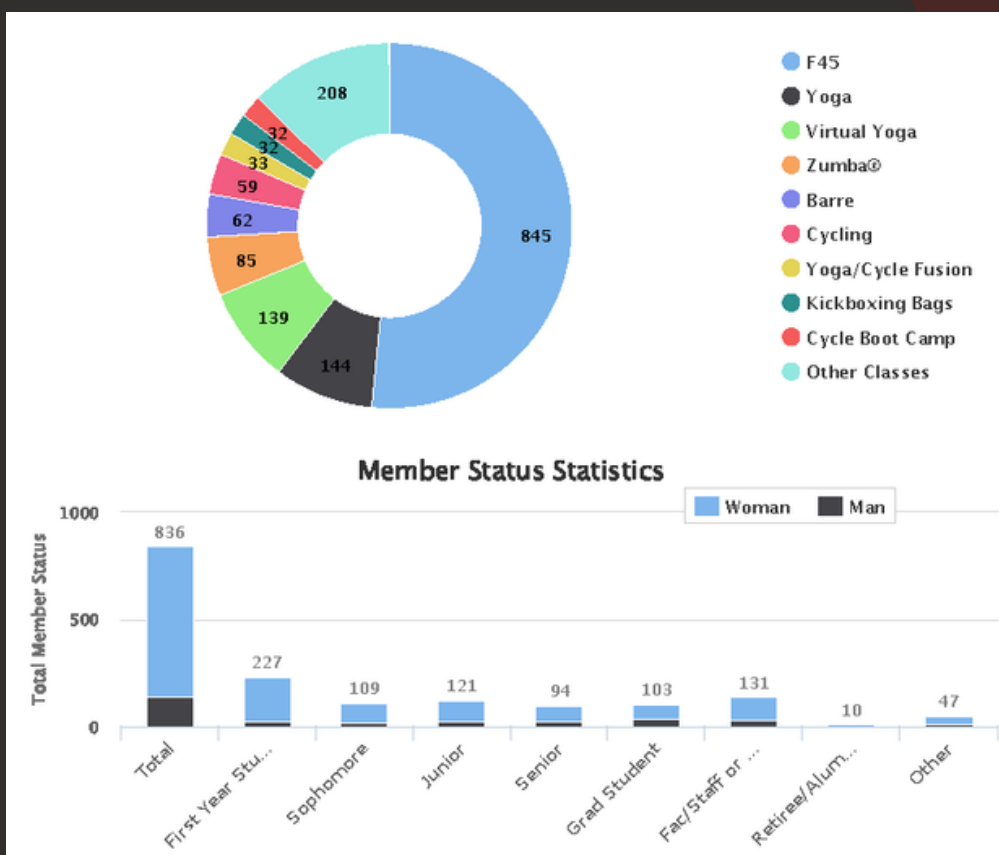
Trainings, Lessons & Life Saving Classes



Fall 2021 Fitness Participation Statistics



Spring 2022 Fitness Participation Statistics



FACILITY UPGRADES

GOING THROUGH SOME CHANGES

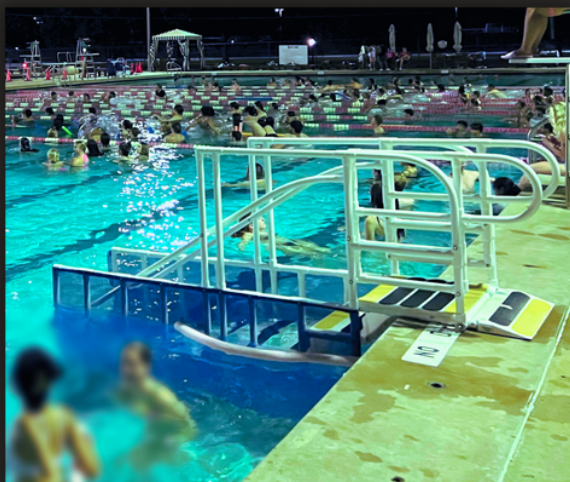
Thanks to the OU SGA, OU Fitness and Recreation received funds to add lighting to the Intramural Fields.



FACILITY UPGRADES

GOING THROUGH SOME CHANGES

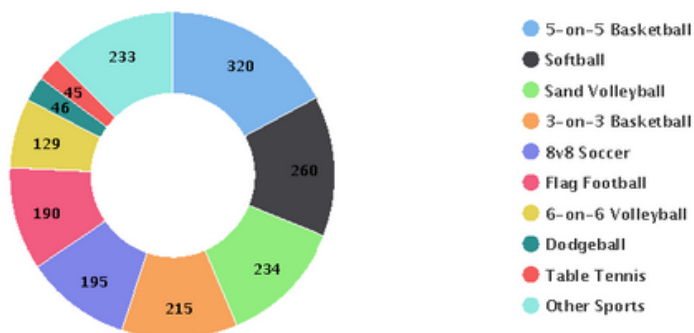
Thanks to the sarkeys foundation, sarkeys fitness center received upgrades to the interior of the entry way and the select weight room area. wall graphics and a fresh coat of paint were used to give the areas an improved view.



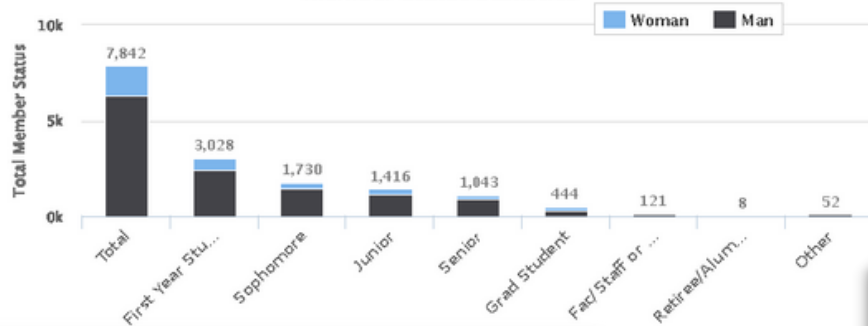
Thanks to a donor with accessibility at the top of his mind, the Murray Case Sells Swim Complex increased accessibility by adding two portable chairlift stations and updated entry into the outdoor pool with moveable stairs.

INTRAMURAL SPORTS REVIEW

The University of Oklahoma has one of the most active Intramural Sports programs in the country, logging more than 28,000 participations per year. The mission of the program is to provide exercise, recreation, competition, and fun to all participants and employees in a relaxed, yet structured environment.



Member Status Statistics



2021-2022 INTRAMURAL STATS
1,829 INTRAMURAL SPORTS GAMES
1,275 TEAMS
3,781 UNIQUE PARTICIPANTS
18,368 PARTICIPATIONS

AQUATICS

2021-2022 MURRAY CASE SELLS SWIM COMPLEX STATS

SWIMMERS - 16,967

TRAININGS, SWIM LESSONS & LIFE SAVING SKILLS CLASSES - 3,646

SWIM LESSON TOTALS 538 AND ARC TOTALS 55

2021 SUMMER GROUP LESSONS-498

PRIVATE LESSONS-40

MCSSC Member Satisfaction Survey Summary

In April 2022, a survey was conducted to determine the satisfaction of MCSSC members among differing demographics and to aid in the understanding of the needs of members to improve practices and adjust systems/programs to meet their needs.

The demographics of members included:

- 48.6% were Public/Senior Membership holders
- 51.4% were OU Affiliate (Faculty/Staff/Student) Membership holders
- 88.6% have been members for >24 months
- 11.4% have been members for <24 months

Overall, members agreed at a 95% or higher level that staff are competent, friendly, available, and provide a safe and inclusive environment. An area for improvement included enhanced cleaning of locker rooms and review of the online lane reservation system that was created during COVID.

As a result of this survey, the lane reservation system has been retired. Further, steps have been taken to better address the locker rooms by Aquatics staff when Facilities Management is not scheduled for cleaning.

When members were openly surveyed for improvement of member experiences the following trends were highlighted:

- Updating the locker rooms and facility to more modern standards
- Water treatment issues (chemical imbalances, temperature inconsistencies, etc.)
- Lap lane reservation system being very contentious
- All staff are very much appreciated and commended for doing good work

GETTING SOCIAL

Advancing OU Fitness and Recreation Connections



3,070



2,009

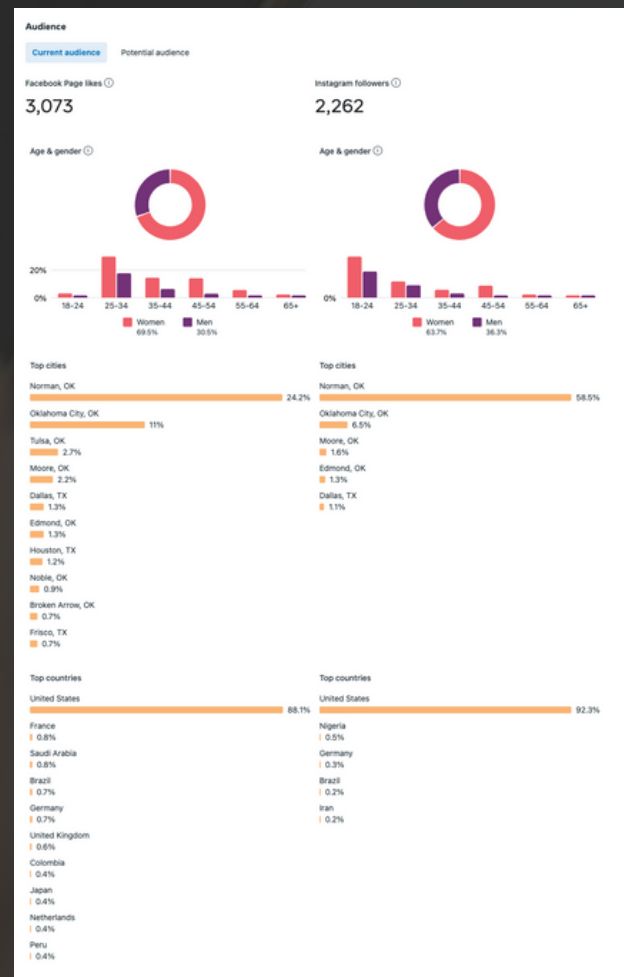
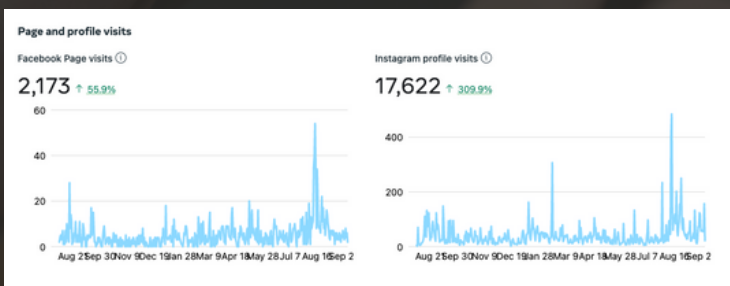
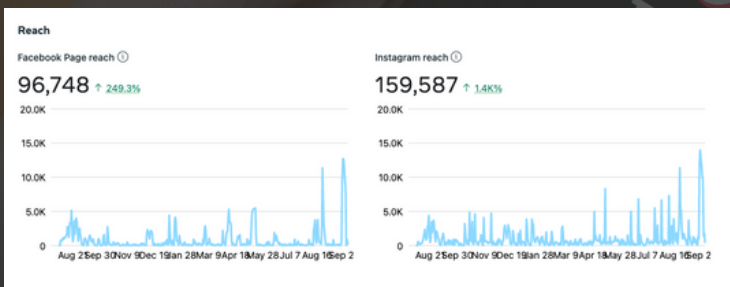


2,262



2,529

Facebook and Instagram Analytics



OUR TEAM

Amy Davenport, Director

Garry Armstrong, Associate Director

Malinda Williams, Assistant Director

Stephanie Peruttzi, Aquatics Coordinator

Sheila Curry, Membership Coordinator

Jonathan Dewhirst, Intramural Sports Coordinator

LeQui Raymond, Wellness Coordinator

Jason Wheeler, Maintenance Coordinator

Steve Hixon, Facility Coordinator

Matthew Wilson, Coordinator of Special Projects

Preston Court, Aquatics Assistant Coordinator

Lenora Johnson, Staff Assistant

Ethan Clark, Turf and Outdoor Facility Coordinator

Nathan Hansel, Maintenance Corrdinator

Go to ou.edu/far/about/professional-staff
for staff bios and contact info.