

ANNUAL REPORT

2023-2024



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OUR MESSAGE

Fitness and Recreation is determined to provide a wide array of programs, services, and educational opportunities that enhance the lifelong health and wellness of the university community. Fit+Rec strives to provide a one-of-a-kind health and wellness lifestyle for every student, faculty, and staff member. These efforts uphold the department's mission statement which is guided by three goals:

1. Provide opportunities and support to promote a healthy university community
2. Benefit the university community through health education
3. Develop university relations through health and wellness activities

This annual report showcases ongoing initiatives including the influence of Fitness and Recreation on both the university and the local community. Our dedication lies in enhancing diverse campus activities, fostering inclusivity, and advancing student achievement through exceptional fitness programs that inspire well-being.



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

FIT+REC EXECUTIVE SUMMARY

Fit+Rec had a successful 2023–2024, marked by increased engagement with the university campus, student employees, and surrounding community. This year, Fit+Rec worked toward enhancing the student experience through adapting to the greater use of outdoor facilities and participating in educational opportunities on campus. With the recreation field lights, more students were able to participate in outdoor Intramural Sport events. The community garden space enabled students to be innovative and imagine new ways to improve a community space.

The 2023–2024 year was the first academic year with lit recreational fields. The addition of the lights at the recreation fields allowed greater accommodation when scheduling Intramural Sport games and events. The scheduling changes resulted in 22,625 participations this year, compared to 20,490 in 2022–2023. These lights provide an outdoor recreation space for students and community members to stay active outside after sunset throughout the year.



FIT+REC EXECUTIVE SUMMARY

Fit+Rec has collaborated with various academic groups for special projects allowing students to participate in hands-on learning experiences. Classes in the Dodge College of Arts and Sciences worked with Fit+Rec on the creation of the pollinator garden at the recreation fields. The pollinator garden allows students to learn about the biodiversity of the area, and benefits the rest of the garden by attracting pollinators to support the plants.

The college of engineering also worked with Fit+Rec in the community garden this year by creating new tools for gardening. Some of these tools would help to quickly and efficiently plant seeds.



Student pay has been an ongoing conversation as student employees, the economy, and local employers have indicated the need for higher pay. Fall 2023 began with a pay increase for all student employees. This pay increase better supports student employees as they navigate the college atmosphere and find a balance between work, school, and life.

STUDENT EMPLOYEE LEARNING OUTCOMES

This year, Fitness and Recreation honed learning outcomes to better reflect the skills that the National Associate of Colleges and Employers (NACE) seeks in recently graduated employees. These include:

- Career Management
- Critical Thinking
- Customer Service
- Digital Technology
- Emergency Management
- Professionalism and Work Ethic
- Influencing Skills
- Intercultural Competence
- Leadership
- Problem Solving and Decision Making
- Teamwork
- Time Management
- Verbal Communication
- Workflow Planning
- Written Communication

STUDENT EMPLOYEE LEARNING OUTCOMES

These goals can all be grouped into the Student Affairs Learning Goals of Personal Development, Well-Being, and Community Impact. Further, the Learning Outcomes established for Fit+Rec student employees aligns with the “Lead On, University” plan in that through employment with the department, training includes leadership, intercultural competence, teamwork, career management skills, workflow planning, communication, and emergency response, all through which transferable skills are developed.

Strategies used include providing the NACE transferable skills in student job postings so that from the beginning, student employees have an expectation about what they will receive from employment with the department in addition to a paycheck. Further, the skills were directly incorporated into job interviews, Canvas trainings, and student employee evaluations.



To highlight learning outcomes and strategies, for the NACE skills, Fit+Rec set 90% of all respondents to the student employee survey as the benchmark. The results are as follows:

Critical Thinking

81% of all student staff participating in the end of the year survey reported they gained critical thinking skills as a result of their employment experience with Fit+Rec.

90% of all student staff participating in the end of the year survey reported they gained problem solving/decision making skills as a result of their employment experience with Fit+Rec.

Communication

91% of all student staff participating in the end of the year survey reported they gained verbal communication skills as a result of their employment experience with Fit+Rec.

68% of all student staff participating in the end of the year survey reported they gained written communication skills as a result of their employment experience with Fit+Rec.

Teamwork

91% of all student staff participating in the end of the year survey reported they gained teamwork skills as a result of their employment experience with Fit+Rec.

Leadership

76% of all student staff participating in the end of the year survey reported they gained leadership skills as a result of their employment experience with Fit+Rec.

Professionalism

73% of all student staff participating in the end of the year survey reported they gained workflow planning skills as a result of their employment experience with Fit+Rec.

88% of all student staff participating in the end of the year survey reported they gained time management skills as a result of their employment experience with Fit+Rec.

87% of all student staff participating in the end of the year survey reported they gained customer service skills as a result of their employment experience with Fit+Rec.

86% of all student staff participating in the end of the year survey reported they gained emergency response skills as a result of their employment experience with Fit+Rec.

Career and Self Development

75% of all student staff participating in the end of the year survey reported they gained career management skills as a result of their employment experience with Fit+Rec.

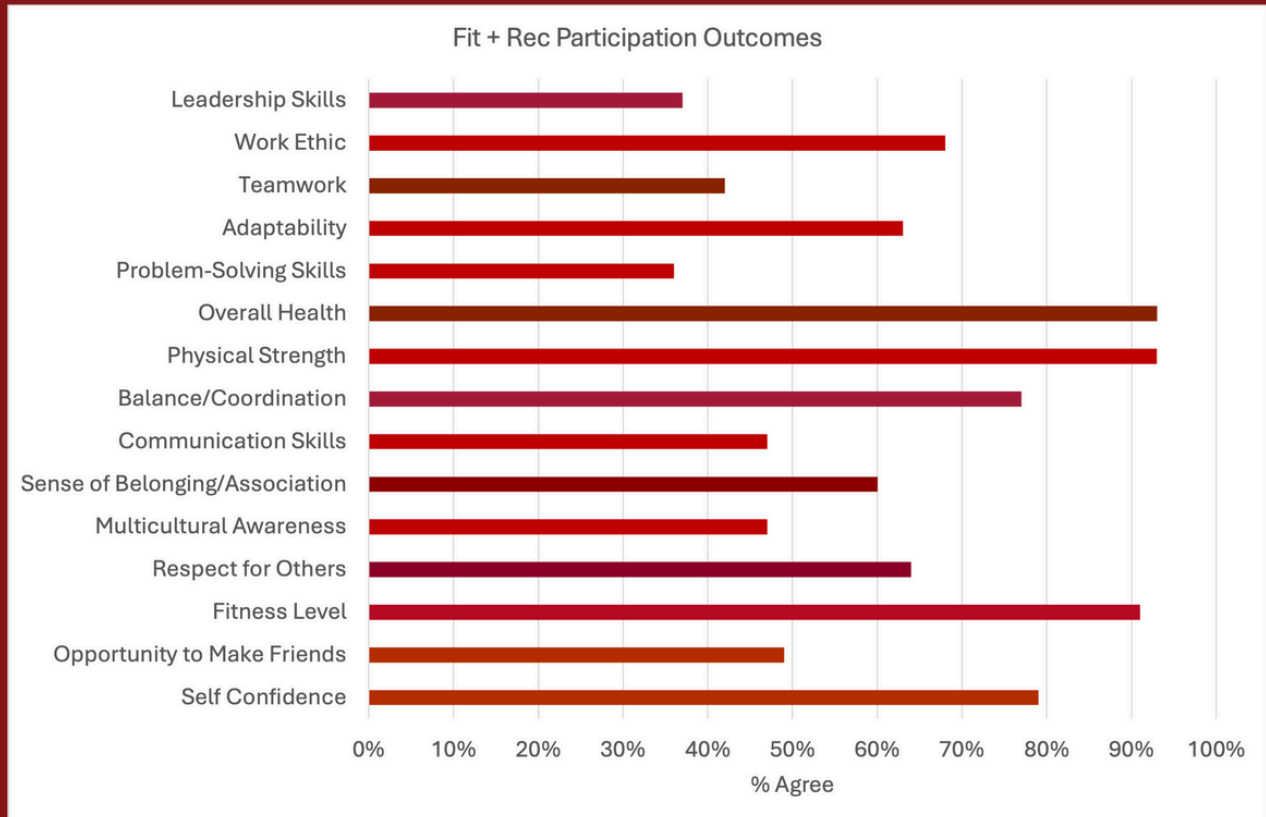
Equity and Inclusion

84% of all student staff participating in the end of the year survey reported they gained intercultural competence skills as a result of their employment experience with Fit+Rec.

80% of all student staff participating in the end of the year survey who help to create the environment for all students reported that Fit+Rec provides an inclusive work environment for student employees.

OUTCOMES OF FIT+REC PARTICIPATION

In a student survey conducted during the spring semester, students indicated that participation with Fit+Rec positively impacted the following skills and attributes:



HIGHLIGHTS

Key Performance Indicators

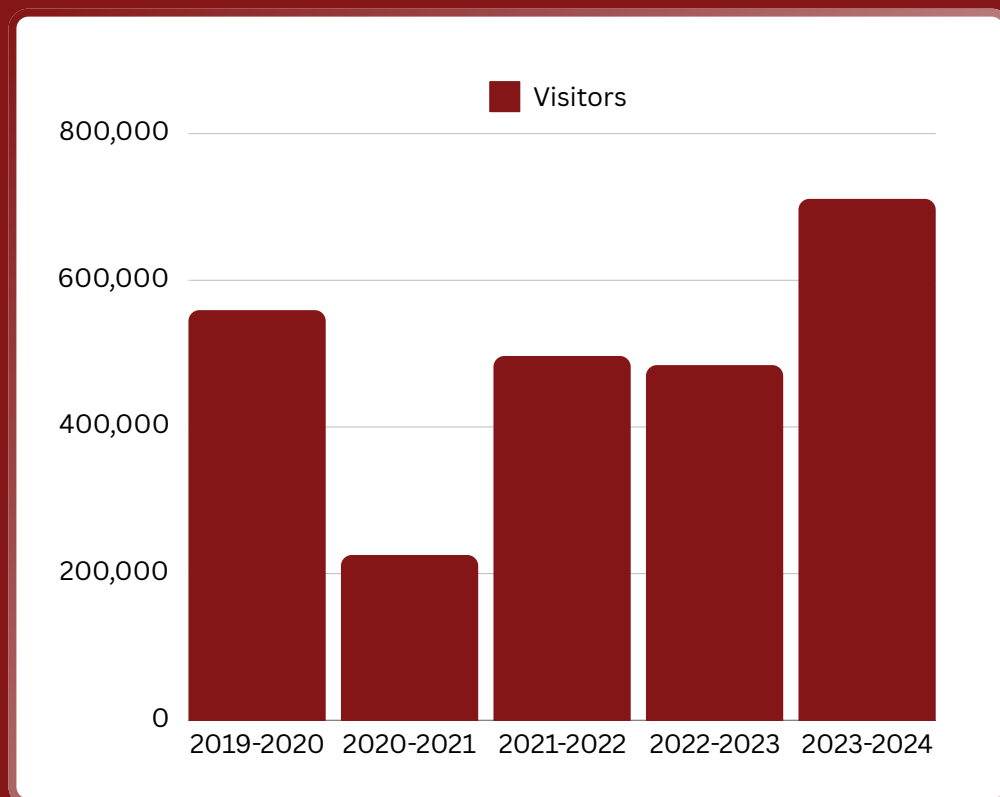
Key Performance Indicators (KPI) include Facilities Visitors, Intramural Sports Games, Fitness classes, and Life-Saving Classes. The numbers from this year show a rebound surpassing the number of visitors recorded in pre-pandemic years. For all numbers, reasons behind these changes must be explored. For the current reporting year, those explanations include:

Tabling and Outreach Events

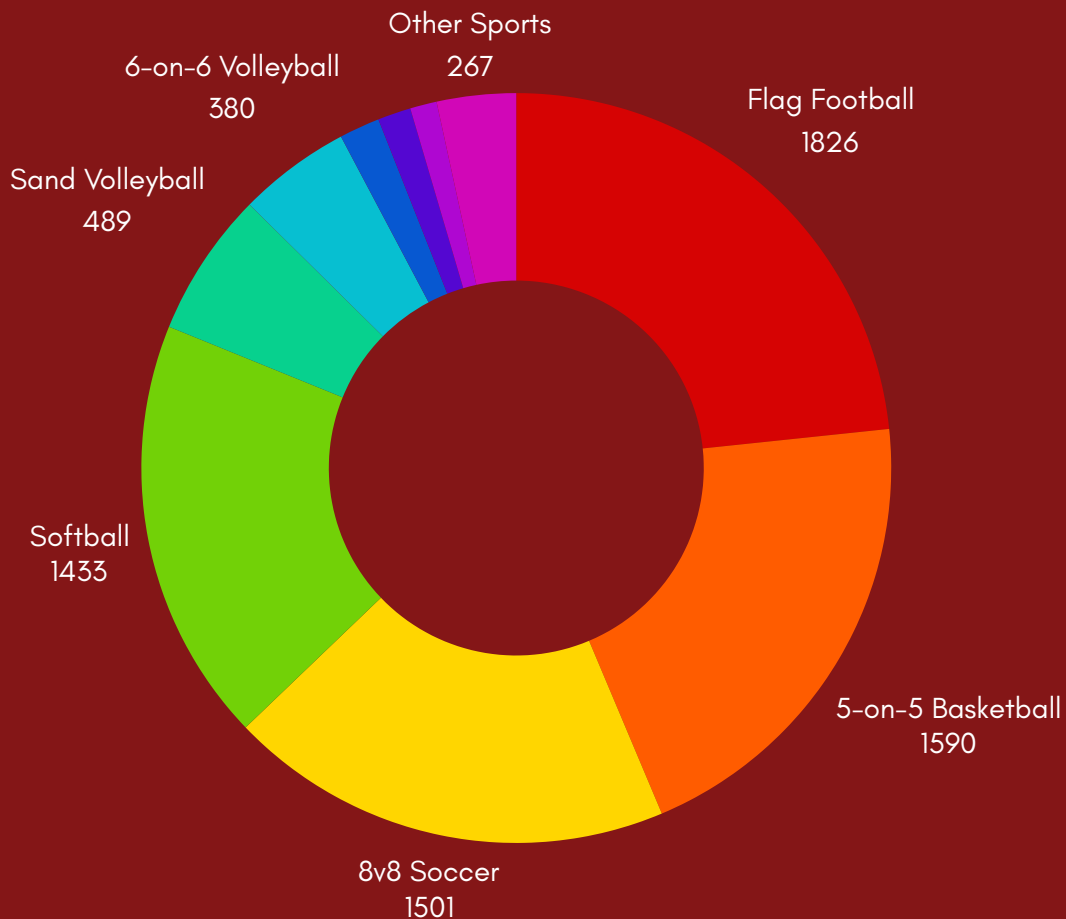
Participation in events such as New Student Orientation has allowed Fit+Rec to come into contact with a greater number of students across campus, informing them of the services available to them.

New F45 Location

With F45 established in its new location upstairs at the front entry, interest has increased substantially. The larger space enables greater participation. The location has allowed greater discovery by visitors.



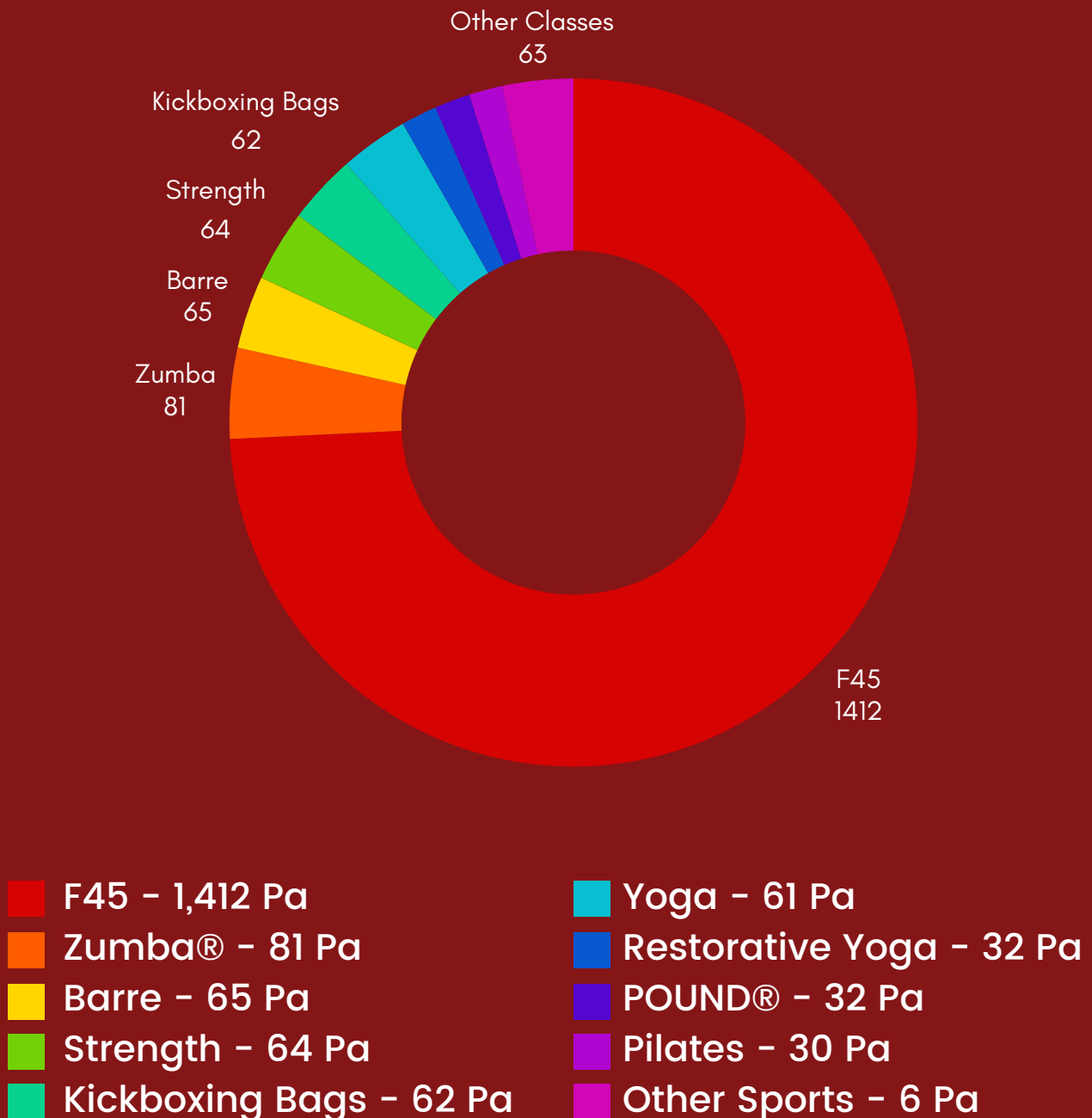
Intramural Sports participation is, and always has been, a major component of Fitness and Recreation. During FY 2024, Fit+Rec saw highs in Flag Football (1,826 participants), 5-on-5 basketball (1,590 participants), 8-on-8 soccer (1,501 participants), and many other sports. These numbers continue to rise as we push past the cumbersome years coming out of the COVID-19 pandemic.



- Flag Football - 1,826 Participants Pa
- 5-on-5 Basketball - 1,590 Pa
- 8v8 Soccer - 1,501 Pa
- Softball - 1,433 Pa
- Sand Volleyball - 489 Pa

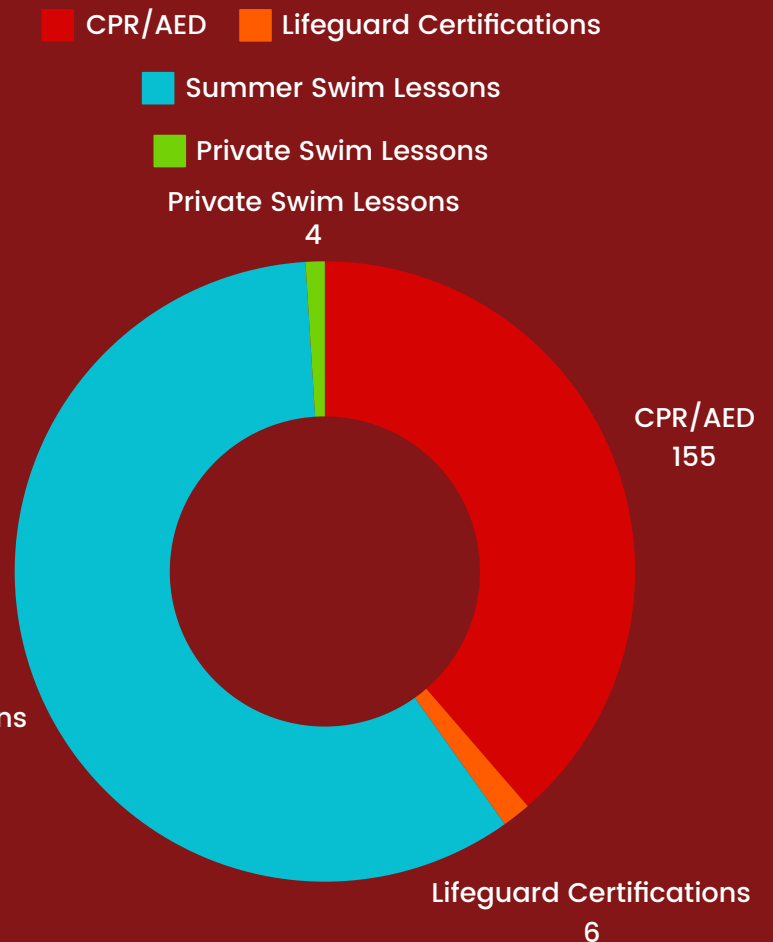
- 6-on-6 Volleyball - 380 Pa
- Pickleball - 137 Pa
- Dodgeball - 90 Pa
- Triathlon - 112 Pa
- Other Sports - 267 Pa

During FY 2024, the fitness program continued to offer fun and challenging classes to the OU Community. Between F45 and FIT classes such as Yoga, Zumba®, Pilates, Kickboxing, etc., a total of 1,902 sessions were offered to members who purchased a pass to attend. The fitness programs boasted 24,717 participations, serving 1,207 OU community members.



LIFE SAFETY

Fit+Rec offered a number of life safety classes throughout the year including CPR and AED, First Aid, Water Safety, Lifeguard certifications, and Swim Lessons. Classes were attended by participants both from the university and the surrounding community.



HIGHLIGHT OF THE MONTH

In the spring of 2024, Fitness and Recreation began a new tradition for its employees. The “Of The Month” (OTM) program is a monthly award, which recognizes spectacular student employees for their dedication to the university community through outstanding service. Furthermore, the student employees are recognized in the Fitness and Recreation employee newsletter, and receive special uniform gear they can wear while working.



HOLIDAYS WITHOUT HUNGER

Holidays Without Hunger is a campaign that OU Fit+Rec hosted and coordinated with Meals of Hope in the Winter of 2023. Fit+Rec hosted nearly 300 volunteers and packed over 100,000 meals to benefit The OU Food Pantry and the Regional Food Bank of Oklahoma. These meals included vegetables, carbohydrates, and lean protein, providing the necessary nutrients for a healthy lifestyle.

MEALS OF HOPE



Fight food insecurity through Meals of Hope, OU Food Pantry and OU Fit+Rec! Help pack 100,000 meals to benefit the OU Food Pantry and the Regional Food Bank of Oklahoma.

VOLUNTEER DATE, TIME AND LOCATION:

Saturday, Dec. 2, 9 to 11 a.m.
Enter on the east ramp of Sorkeys Fitness Center.



SCAN QR CODE
TO VOLUNTEER



The University of Oklahoma is an equal opportunity institution www.ou.edu/eeo.
Contact OU Fit+Rec at fitrec@ou.edu for accommodations.



CHALLENGES

Pool Closures

Mechanical issues impacted the early spring season for the Murray Case Sells Swim Complex. These malfunctions resulted in nearly 2 months of closure for the pool. All programming and memberships came to a halt during this period and members were provided resources to fill the gap through other community pools.



Staffing Shortages

Various professional staff positions held vacancies during the 2023-2024 year. Fit+Rec held searches for a membership coordinator, maintenance staff, and a coordinator of turf and outdoor facilities. These challenges with staffing required other professional staff members to adapt and take on additional duties until new staff were hired. Fit+Rec is happy to welcome these new members to the team.

LOOKING AHEAD

Updating Tennis Court Lights

The rise of racket sports, such as Pickleball, has increased the use of the tennis courts on campus. The increased use of the courts, especially in the evening, means that Fit+Rec must adjust to be able to accommodate the court demands. One update that is on the horizon is improving the lights at the tennis courts. Updated lighting would better allow students and staff to utilize the courts in their free time after sunset.

Relocating Sand Volleyball Courts

With the demolition of the residential towers, the sand volleyball courts have become part of construction zones. Fit+Rec plans of finding a way to relocate these courts so students still have a safe place to play. Fit+Rec is currently working with Housing to identify possible locations.

