

UNIVERSITY OF NORTHERN IOWA
WELLNESS AND RECREATION SERVICES (WRS)
ANNUAL REPORT 2010

WRS At-a-Glance:

MISSION: To enhance the personal, professional and academic lives of university students, faculty, and staff through structured and self-directed activities, educational programs and services, skill and leadership building activities, and campus-wide initiatives. WRS staff is committed to being the leaders in fostering healthy lifestyles among members of the UNI campus community.

STAFF: A Director, two Associate Directors overseeing Recreation and Facilities & Operations; professional Coordinators for Wellness Resource Services, Instructional Fitness, Intramural Sports, Personal Fitness, Outdoor Recreation, Aquatics/Certification/Sport Club Programs, Violence Intervention & Substance Abuse Services, and Health Aide Program; a Violence Prevention Educator; two Secretaries and an Office Coordinator; and over 350 Student Employees.

SERVICES: Aquatics, Certification Programs, Health and Wellness Programs, Informal Recreation, Intramural Sports, Outdoor Recreation/Indoor Climbing, Personal Fitness, Sport Clubs, Violence Intervention Services, and Substance Abuse Services.

OVERSIGHT: Director of University Health Services, Vice President for the Division of Student Affairs, UNI President, and Iowa Board of Regents, plus input from the WRS Advisory Committee, Northern Iowa Student Government, and WRS clientele.

Accomplishments and Changes:

- The newly renovated and upgraded Free Weight Room opened October 2009, providing students, faculty and staff new equipment to use in a bright and welcoming environment, with expanded hours. Use of the Free Weight Room nearly doubled from previous years, with increased diversity and satisfaction of users.
- The Intramural Office was renovated and upgraded from its 1980's style and appearance, providing a more functional and welcoming office environment for Intramural sport participants.
- Programs thrived with record breaking participation numbers and revenue; new youth camps were successful; implementation of the Mandatory Recreation Fee was successful with no complaints from students.
- A more defined employee wellness program was established with increased partnership between WRS, Human Resource Services and Wellmark.
- The upgraded EMS scheduling program and processes were implemented with many challenges and more to learn but progress being made.
- Facility projects were approved or completed to reduce WRC energy usage and to advance sustainability goals, including new gym lighting WRC, increased recycling accommodations, and a cover for the hot tub.

Goals: 2009-2010

1. Provide evidence of our effect on the learning experience of student employees: Learning outcomes assessments provided positive results regarding the learning experiences WRS jobs provide UNI students.
2. Maintain or increase use of WRS programs by minority students: Participation by minority students in WRS programs is equal to or greater than their demographic representation all UNI students.
3. Increase participation in revenue generating programs and use of revenue generating services, while reducing paper use, and saving dollars: Revenue increased in four program areas and held steady in the other three. Use of paper was reduced by half.
4. Develop male leadership among WRS student employees and demonstrate WRS leadership to the campus in the Men Against Violence initiative: Incorporated violence prevention education into the fall in-service workshop for new WRS student employees.
5. Facilitate new programming opportunities, build new academic relationships, and increase WRS credibility with academic departments: A variety of new academic connections were implemented this past year with increased positive interactions and partnerships.
6. Improve the effectiveness of training and mentoring of WRS student employees: New student employees evaluated the WRS student employee training day and follow-up mentoring by supervisors, with positive results.
7. Maintain financial stability despite changes in HPELS Personal Wellness Class structure and processes: WRS finished the year "in the black" despite changes in HPELS funding of shared costs.
8. Continue providing education and services, based on the ACHA/NCHA Survey data: On-going through program initiatives and opportunities.

WRC & Health Beat		
	09-10	08-09
Total Visits	256,411	238,390
Unique Users		
Students	8,827	8,428
Faculty/Staff	250	290
Others	175	216

Intramural Sports		
	09-10	08-09
Total Participations	27,561	26,739
Unique Students	3,229	3,105

Sports Clubs		
	09-10	08-09
Number of Clubs	17	16
Club Members	425	375

Outdoor Recreation		
	09-10	08-09
Trip participants	168	161
Belay Clinic Participants	101	89
Other Clinic Participants	22	52
Rentals	458	427
Climbing Wall Usage (monthly average)		
Academic year	1,523	1438
Summer	273	212

Fitness/Leisure Classes		
	09-10	08-09
Total Registered		
Fall	1,051	901
Spring	1,056	836
Summer	173	189
Total	2,280	1,926
Unique Students		
Fall	892	727
Spring	900	721
Summer	86	97
Unique Faculty/Staff/Other		
Fall	159	174
Spring	156	115
Summer	87	92

Personal Training		
	09-10	08-09
Total Sessions	952	935
Unique Users		
Students	19	24
Faculty/Staff/Other	47	31

WRS Facility Rentals		
	09-10	08-09
Gross Income	\$77,311	\$58,846
Net Income	\$40,895	not available

	09-10	08-09
Learn-to-Swim		
Children of Students, Faculty Staff & Alumni	505	324
Massages		
Students	379	488
Employees/Other	337	485
Red Cross Training Participants	613	565
Library Check Outs	201	233