

UNIVERSITY OF NORTHERN IOWA

WELLNESS AND RECREATION SERVICES (WRS)

ANNUAL REPORT
JULY 1, 2012 – JUNE 30, 2013

Wellness and Recreation Services *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 leaders in fostering healthy lifestyles among members of the UNI campus community.

STAFF: Director, three Associate Directors, eight Program Coordinators, a licensed Massage Therapist, two Secretaries, an Office Coordinator, and over 350 Student Employees.

SERVICES: Aquatics & Certifications, Wellness, Informal Recreation, Intramural Sports, Outdoor Recreation, Personal & Instructional Fitness, Sport Clubs, Massage Therapy, Violence Intervention and Substance Abuse Services.

The Year in Review:

Participation in WRS programs remains strong, despite a decline in enrollment. See page 2 for participation numbers.

- The UNI Healthy Campus Coalition (HCC) was formed under WRS leadership, with campus-wide representation of faculty, staff, and students, to develop a broad based environmental approach to fostering healthy lifestyles among members of the campus community; NCHA data was reviewed and used in HCC planning and goal setting and shared with students via focus groups.
- WRS subscribed to the e-magazine Student Health 101 as a means of reaching UNI students in a new way about college life issues and to support their healthy choices and decisions, reaching 500 – 600 students each month.
- A professional development curriculum was implemented for WRS graduate assistants; the WRS student employee learning outcomes assessment and process was revised for fall 2013 implementation; and guidelines and procedures for undergraduate and graduate intern compensation were established for consistency across all WRS program areas and to enhance recruitment of interns.
- A coordinated plan for the marketing and function of WRS youth programs was implemented under the oversight of the Sport Club Coordinator, with several new youth programs offered this year.
- WRS assumed oversight of Nielsen Fieldhouse for rental purposes; emergency action and risk management plans were developed specifically for that facility.
- Initiatives of the new WRS Social Media Committee, under oversight of WRS Graduate Assistants, resulted in enhanced, expanded and coordinated use of social media; WRS web sites were converted to Drupal for improved accessibility and general user friendliness; a new hallway television/video screen was purchased and has been highly used by staff for program marketing purposes; new online registration programs were implemented to facilitate registration and ease of payment via credit card for non-UNI program participants; IM Leagues online service was implemented to facilitate ease of registration for Intramural Sports participants and will include online payment methods as the Intramural Sports Program transitions to a fee-based status fall 2013.
- Strong positive working relationships have been developed with the new HPELS Director and Associate Director, enhancing the communication and collaboration between departments.
- A diverse and active WRS Student Advisory Committee was recruited and engaged in providing input into WRS programming and budget decisions.
- The Women's Rugby Club was transitioned to a new Team Sport status, under shared oversight by WRS and Intercollegiate Athletics; a tiered system for Sport Clubs was established, which will assist clubs in generating external funds.
- With departure of our WRS Aquatics/Certification Program Coordinator and our Licensed Massage Therapist in May for other personal and professional pursuits, temporary hires were made, with a plan to search for permanent replacements in spring 2014.
- Within the WRC, the Outdoor Recreation Office was renovated to include a staff office and a wall of hallway doors was constructed for safety and risk management.
- Climbing wall policies, procedures and practices were reviewed, with appropriate new procedures put in place.
- More than 1,000 students, a number that is increasing annually, participated in a Mentors in Violence Prevention workshop this past year.
- The number of students receiving individualized educational or evaluative interventions related to the topic of alcohol or other drugs more than doubled this past year to 766.

WRC & Health Beat		
	2012/2013	2011/2012
Total Visits	282,545	274,934
Unique Users		
Students	8,166	8,676
Faculty/Staff	203	215
Others	194	177

Sports Clubs		
	2012/2013	2011/2012
Number of Clubs	27	21
Club Members	495	489

Fitness/Leisure Classes		
	2012/2013	2011/2012
Total Registered		
Fall	913	1,001
Spring	1,017	982
Summer	139	122
Total	2,069	2,105
Unique Students		
Fall	793	869
Spring	880	843
Summer	47	44
Unique Faculty/Staff/Other		
Fall	120	132
Spring	137	139
Summer	92	78

Intramural Sports		
	2012/2013	2011/2012
Total Participations	20,206	28,487
Unique Students	2,314	2,888

Outdoor Recreation		
	2012/2013	2011/2012
Trip participants	294	244
Belay Clinic Participants	212	203
Rentals	464	461
Climbing Wall Usage (monthly average)		
Academic year	1,816	1,921
Summer	352	241

Personal Training		
	2012/2013	2011/2012
Total Sessions	1,304	1177
Unique		
Students	26	29
Faculty/Staff/Other	40	39

WRS Facility Rentals		
	2012/2013	2011/2012
Gross Income (Youth Camp income moved to Sport Clubs)	\$102,064	\$105,635
Net Income	\$55,942	\$55,478

	2012/2013	2011/2012
Mentors in Violence Prevention Workshops	1369	935
Individualized alcohol or other drug Education or evaluative intervention	766	356
Learn-to-Swim: Children of Students, Faculty Staff & Alumni	652	668
Massages:	880	798
Red Cross Training:	874	859
Multi-Cultural Student Employees	31	24