

## SACS Interim Report

### Assessing Effectiveness - Department of Recreation & Wellness

The staff meets annually in order to establish goals for the upcoming academic year for each programmatic area including Intramural Sports, Group Exercise, and Outdoor Adventure.

For example, in 2008, a goal was set to implement a comprehensive intramural program which would: a) expand intramural sports to include one new activity and also implement league play, b) to implement two extramural sports teams which will participate in local and regional tournaments and finally, 3) increase overall participation levels 30% relative to 2007-08. The results were as follows:

- a. We exceeded our goal of expanding intramural offerings during the 2008-09 academic year through the introduction of three (3) new sports: Powder Puff Flag Football, Arena Flag Football, and Outdoor Soccer. There were a total of twelve (12) sports / events offered:

Fall: 5 - Flag football, Volleyball, Powder puff, Basketball 3 vs. 3, (Spades tourney – rec)

Spring: 7 - Dodge ball, Basketball 5 vs. 5, Volleyball, Tennis, Softball, Soccer, Arena Flag football

- b. We advanced the intramural program through the development of league-play in addition to formal tournaments. A total of 175 games were held which is an increase of 146% compared to AY08.

Flag Football – 40

Powder Puff Flag FB 3

Soccer – 6

Volleyball - 30

Basketball (3 vs. 3) – 15

Basketball (5 vs. 5) - 25

Dodge ball – 20

Tennis – 10

Arena FB (4 vs. 4) – 9

Volleyball (Spring) – 9

Spades - 1

Softball – 7

- c. We surpassed our goal for implementing extramural opportunities by creating three travel teams including Men's Flag Football, Women's Volleyball, and Men's Basketball. A total of 41 students participated at the local, state, and regional levels thus affording them the opportunity to engage in spirited competition against other institutions and to expand social connections. A total of 14 games were played which included three tournaments (NIRSA Georgia Collegiate Flag Football Tournament, NIRSA Regional Basketball Tournament, and the Clayton State University Invitational Volleyball Tournament). The competition included nine (9) different universities including: Georgia State University, Kennesaw State University, University of West Georgia, Emory University, Mercer University, Columbus State University, University of North Florida, North Metro Tech, and Morris Brown.
- d. Overall participation rates for intramurals increased by 163% over AY08 with a total of 378 participants taking part in activities; of those participating, 97% were students – mainly freshmen. Our expectation is that these students will be returning for FY10 as well as attracting a new freshmen class of participants. Further, we aspire to increase marketing efforts to involve more upperclassmen to become involved with intramurals. The data provided below includes student participation rates only.

Flag Football – 60

Powder Puff Football-40

Soccer – 30

Volleyball – 45

Basketball (3 vs. 3) – 25

Basketball (5 vs. 5) – 28

Dodge ball – 35

Tennis – 8

Arena FB (4 vs. 4) – 30

Volleyball (spring) – 30

Spades – 12

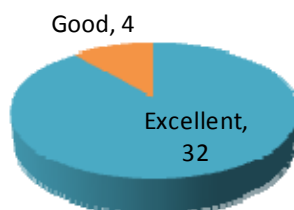
Softball – 35

Regarding the Group Exercise Program, our goals were to: a) implement a comprehensive group exercise program for the new SAC Fitness Center, b) Increase participation levels 20% relative to 2007-08 and, 3) expand the types of classes offered.

The results - The department exceeded expectations. The rate of participation increased with 300 individual exercisers taking part in the classes, 88% of which were students. Overall participation increased 203% compared to AY08. A variety of classes were offered including, but not limited to, Kickboxing, Spin, Sculpt, Step, Body Pump, Power Yoga, and Boot Camp. The most popular classes over the course of the academic year were Step & Abs, Spin, and Kick Boxing & Abs. A total of 270 classes were conducted during this academic year which was a 160% increase over AY08. The results of satisfaction surveys indicated a high level of satisfaction with the types of classes, the quality of the instructors, and the facilities.

Finally, our goal to develop and implement a comprehensive program in Outdoor Adventure was met with good success. Participation rates for trips are going very well and the post-trip surveys provide the necessary feedback from students to improve our trips. The following is a sample question and results from an 18-question survey we administered after the 2010 Ski Trip:

**The personal value of the ski trip in terms of your overall wellness (including physical, social, mental, etc).**



In summary, the Department of Recreation & Wellness collects data regarding our programs for year over year comparisons. As well, we regularly administer surveys to students participating in our programs in order to make improvements and meet the desires of the student population.