



# 2017 -2018 Student Affairs Assessment Plan

## Department: KU Recreation Services

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### **Health and Wellness Behavior Assessment**

#### **Division Mission**

To engage the KU community in services and programs that make learning possible.

#### **Department Mission**

KU Recreation Services delivers opportunities and promotes lifelong wellness through programs, facilities, and services to heighten the educational experience.

#### **Department Student Learning Outcomes**

Students who utilize or interact with services and programs provided by Recreation Services will be able to...

1. Practice skills and behaviors that contribute to their overall health and wellness
2. Develop healthy, mutually beneficial relationships with others through participation in programs such as Intramural Sports, Sport Clubs, Fitness and Outdoor Pursuits.
3. Demonstrate work related skills (such as risk management, organizational skills, critical thinking, time management, etc.) that allow them to be effective employees at KU and beyond.

#### **Description of Service/Program**

KU Recreation Services offer facilities for all recreational needs, whether it is working out at the [Ambler Student Recreation Fitness Center](#), using field space at the [Shenk Sports Complex](#), engaging in the Challenge Course at the [Adams Campus Outdoor Education Center](#), or swimming in [Robinson Center](#).

Our goal is to provide at least one quality recreational facility that will appeal to all KU students, faculty, and staff. Once you find one place which fulfills your needs, we hope you take the opportunity to experience all of our facilities! We pride ourselves in providing the highest quality facilities to meet all of your needs!

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Participants will display health and wellness benefits that they have gained by participating in activities within the Ambler Student Recreation Fitness Center. A bulletin board will be provided in which participants will have the ability to identify components of health and wellness that they have attained through behaviors. The bulletin board utilized is in a prime location with lots of foot traffic.

### **Service/Program Student Learning Outcome(s)**

Students that utilize the Ambler Student Recreation Fitness Center and are involved with programs will be able to...

1. identify skills and behaviors that contribute to their overall health and wellness.

### **Divisional Student Learning Outcomes:** *Check all that apply*

- Knowledge Acquisition
- Cognitive Complexity
- Intrapersonal Development
- Interpersonal Competence
- Humanitarianism & Civic Engagement
- Practical Competence

### **Project Specifics**

**Project Title:** Health and Wellness Behavior Assessment

**Purpose of the project:** Students will identify the various health and wellness behaviors that they have attained through activities at the Ambler Student Recreation Fitness Center.

**Assessment method(s):** A bulletin board on the 1<sup>st</sup> level, high traffic area of the ASRFC will be available for students to post/write health and wellness behaviors they have attained when utilizing the ASRFC or participating in programs. The bulletin board will be a blank piece of white paper and a headline of “#WellJayhawks- what keeps you a #WellJayhawk here at the ASRFC” where they will write with a marker. Students will be able to post their behaviors for 2 weeks during the Fall and Spring semesters. These posts will then be collected and coded based on behaviors for the year.

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**Timeline/frequency:** 2017-2018 academic year both fall and spring semesters.

**Population/Sample:** The sample will be students, but the exact number of students participating in the posting is unknown, dependent on participation in the activity. Ambler has up to 3500 participants per day utilizing the facility.

**Special challenges to this assessment:** Whether participants are willing to or feel comfortable enough to stop and participate in the bulletin board activity could limit participation. Limitation of the visibility of the bulletin board location. Individuals making appropriate comments. To combat these challenges, we will need to market the assessment prior to implementation, provide directional signage, monitor postings and staff to encourage participants to be engaged. Since there are other participants besides students that utilize the ASRFC and programs, we will need to develop a system to differentiate student responses. One way would be to ask those posting to write S for Student or N for Non-Student next to their post.

**Use to inform current practice:** The health and wellness behaviors identified would allow Recreation Services staff to develop future programs or offerings for student learning opportunities.

**Plans for reporting results:** We will be presenting the findings at the end of the academic year and share with Recreation Services professional and student staff, Student Affairs staff, Annual Report, publish on Recreation Services website and social media.

**CampusLabs Used:**  Yes  No