

2017-2018 Assessment Final Report

Department: Recreation Services

Health and Wellness Behavior Assessment

Introduction

Assessment Project Description

Students identified the various health and wellness behaviors that they have attained through activities at the Ambler Student Recreation Fitness Center. Participants wrote health and wellness benefits that they had gained by participating in activities within the Ambler Student Recreation Fitness Center. A bulletin board was provided in which participants had the ability to identify components of health and wellness that they have attained through behaviors and/or programs. The bulletin board utilized was 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...

- Identify skills and behaviors that contribute to their overall health and wellness.

Population/Sample:

129 students participated in voluntarily providing their feedback.

Assessment Method(s):

A bulletin board on the 1st level, high traffic area of the ASRFC was available for students to post/write health and wellness behaviors they have attained when utilizing the ASRFC or participating in programs. The bulletin board was a blank piece of white paper with a marker on each side and a headline of “Hey KU Students... What activities at the ASRFC keep you a #WellJayhawk?” where they wrote their answers. Students were able to post their behaviors over a 2 week window during the Fall and Spring semesters. These posts were then be collected and coded based by the Associate Director of Programs regarding behaviors for the year.

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Summary of Key Findings/Results

129 students provide 132 behaviors and program feedback on the bulletin board. There were 2 individuals that provide more than 1 behavior and/or program.

The top 3 behaviors and/or programs were as follow:

1. Strength Training
2. KU Fit
3. Cardiovascular Training

The findings did answer the reason for the assessment.

Programs		
	Number of Responses	Percentage of Responses
Personal Training	1	0.8%
KU Fit (Group Fitness Classes)	19	14.5%
Sport Clubs	4	3.1%
Intramurals	3	2.5%
Activities		
	Number of Responses	Percentage of Responses
Boxing	2	1.5%
Sauna*	1	0.8%
Strength Training	26	19.8%
Cardiovascular Training	12	9.2%
Basketball	8	6.1%

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Use the Track	11	8.4%
Soccer	4	3.1%
Stretching	3	2.5%
Swimming	3	2.5%
Volleyball	3	2.5%
Table Tennis	1	0.8%
Racquetball	3	2.5%
Rugby	1	0.8%
Climbing	1	0.8%
Other		
	Number of Responses	Percentage of Responses
Heart Health	3	2.5%
Social	8	6.1%
Stress Management	1	0.8%
Endorphins	1	0.8%
Body Image (esthetics)	8	6.1%
Depression	4	3.1%
Food	1	0.8%

*The ASRFC does not have a sauna.

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Conclusions

Impact of Assessment

The results show that two items of the top 3 are activities and not programs. This information identifies that behaviors of those using the ASRFC are more important to current students than programming for those that responded. Recreation Services should incorporate more education to students on how to utilize more equipment or develop workouts to showcase strength and cardiovascular training. Also, marketing mediums should be focusing on the social aspect of utilizing the ASRFC and programs which may recruit and motivate others that are not currently participating.

Lessons Learned

There was interaction between responses that were encouraging such as an individual wrote, "Getting out of a chronic state of depression" and another individual drew an arrow and wrote "+1 hang in there!" Also the diversity of behaviors/programs that students valued and identified as keeping them well shows the importance of offerings to recruit additional student interests.

The challenges faced were regarding derogatory behaviors and also personal information such names and social media handles as jokes. Staff had to check the board throughout the day for such items and crossed off any information that didn't answer the posed question.

Another limiting factor is that there was a small sample size, so the data could be skewed to just those that voluntarily chose to participate. Also the location of the bulletin board is right next to the space where students complete Strength and Cardiovascular Training workouts. It is high traffic, to all areas as well.