Executive Summary (1600 character limit, approx. 250 words or less)

"The Fitness program is a flourishing and beneficial program for the student experience at UW Bothell. The Fitness team is a team of students who work to create an inclusive and welcoming fitness experience for students of all levels and all abilities. The Fitness program works to break the barriers that fitness often creates, by providing training on equipment usage for Fitness Center Attendants and by creating a welcoming environment. This funding supports a Student Program Coordinator, Student Program Assistant, promotional costs, uniforms for fitness program areas, and First Aid Certifications.

The fitness center is a high-risk area that is often ever-changing due to the participants' interest as well as the timeframe utilized. This makes it imperative for all ARC Fitness Center staff members to work in collaboration to ensure a safe environment. Participants are supported through check-in, using equipment, attending fitness classes, or general facility usage. These measures ensure a safe and inclusive environment for the campus community."

Need for Program (1600 character limit, approx. 250 words or less)

"Physical exercise determines biological and psychological effects that affect the brain and the cognitive functioning and promote a condition of wellbeing" (Mandolesi, L., et al. 2018). The need for this proposal allows the fitness center to remain open and therefore allows students to work on their physical health, which relates to performance in student success. Using data from 2018-2019 academic year (pre-pandemic) there were roughly 29,000 visits into the fitness center. Of those 29,000 visits, 2,416 were unique visits. Unique visits are defined as the number of individuals using the facility at least one time, showing that 27% of the student population visited the ARC Fitness Center.

Simply facility usage shows the need for the Fitness Program. We need to be able to efficiently manage the space, ensure safety, and develop students from the ground level to an experienced student leader. This funding covers one Student Program Coordinator and one Student Program Assistant to focus on training, collaborations, and support marketing to grow the program. Additionally, it will provide uniforms, incentives for the ARC Fit Challenge, as well as First Aid & CPR/AED training."
Is this a new request? No

What on your request is new or has changed?
Yes, the change is due to a change in student staff structure

Strategic Plan (1000 character limit, approx. 150 words or less)

Our main priority is to ensure that we are offering a safe and welcoming space in our Fitness Center as well as our Fitness programs. With additional support we will not only focus on maintaining safety standards but will focus on educating and bringing awareness to current and potential students of our facility and amazing recreational programs. As the campus continues to grow, the fitness center and fitness program areas will continue to see an increase in offerings. This position structure will provide more support and growth in engagement, collaborations, program offerings, extending evening and weekend programming. Furthermore, this will allow students additional leadership growth within the program. Students start by leading group fitness classes or ensuring a safe fitness center as a Fitness Center Assistant. As a Program Assistant, students take the skilled learned and their knowledge of the program participants and the campus community to build the program. This may include social media, content creation, staff communication, etc. Lastly, the Program Coordinator is typically a 2+ year staff member that has extended experience within the program. This allows them to advocate for the student staff while providing administrative support for the ARC Professional Staff.

Assessment (1600 character limit, approx. 250 words or less)

The Activities and Recreation Center is a dual institutional building that serves students from both Cascadia College and University of Washington Bothell, which totals about 9,000 students on campus. Based on the data from 2018-2019 academic year there were roughly 29,000 visits into the fitness center. Of those 29,000 visits, 2,416 were unique visits. Unique visits are defined as the number of individuals using the facility at least one time, showing that 27% of the student population visited the ARC. Looking into the 22-23 academic year we are projected to meet the same numbers. The impact of this position and program is to allow students to continue to have access to the fitness center and increase marketing of fitness center and fitness program by increasing tabling, marketing/flyering, etc.
Salary Positions

"The Program Coordinator is the lead student for the Fitness Program at the ARC. This student resolves escalated student participant issues and provides vital administrative assistance to the program manager. They will also lead or assist in marketing, training, collaborations, events, etc. The Fitness Program Assistant is responsible for helping with general tasks to promote the program's success. This will include task management, participant communications, disseminating marketing, assisting with program collaborations, etc."

Programming/Events

Group fitness offers free cutting-edge services for enrolled students at the University of Washington Bothell and Cascadia College. With many different class types offered throughout the week every quarter, there is something for everyone. Weekly Group fitness classes include modifications for all levels and all abilities to ensure that everyone can take a step toward meeting their fitness goals. Class offerings for the 2022-2023 academic year include: Bootcamp Fusion, Cardio Kickboxing, Core Conditioning, Dance Cardio, HIIT, Indoor Cycle, Slow Flow Yoga, Step Aerobics, Strength, Stretch, Yoga, and Yoga Fundamentals.

Professional Development

Fitness Staff will receive First Aid & CPR/AED training. This will be taught by ARC Pro-staff through the Red Cross training Program. This will prepare staff members for possible emergency situations that may occur.

Promotional Items

Promotional items are being requested to promote the fitness program areas. If students attend certain programs, they will be eligible for a specialized ARC giveaway.

Uniforms

Uniforms are being requested for group fitness instructors and fitness center attendants. This will be so that each employee has 1-2 uniform shirts to ensure everyone can always wear their uniform shirt for consistency and for new participants in the building to easily recognize a student staff member.
Total Amount (please note the total dollar value)
$12,523

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