

2012-2013 SAF Annual Application

Alison Greenwood

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Program/Service Title

Recreation and Wellness

Campus Department

Student Life

Contact Person

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Executive Summary of Your Proposal

Please provide a concise overview of the program, activity, or service for which you seek funding.

Recreation and Wellness is one functional area in the Office of Student Life. Recreation and Wellness encompasses: recreation activities including sporting events and other recreation activities, wellness programming, prevention programming, fitness center, fitness classes, and employs UW Bothell students to work as peer health educators and recreation assistants. Recreation and Wellness strives to meet the diverse needs and interests of the UW Bothell community by providing programs and facilities that are current, inclusive, and superior in quality. To promote the maintenance of good physical and mental health, Recreation and Wellness inspires individuals to pursue an enhanced quality of life through positive models of recreational and wellness activities.

We propose continued funding for these aspects of our program and are seeking additional funding in order to meet the needs and demands of UW Bothell students.

Need for this Program/Service

In 150 words or less, please describe the need for this program or service. Please include any data that might support your proposal (e.g., the number of students who have participated in your service or program in the past). If your program is currently funded by SAF, please indicate how you have used the money to help your organization meet its goal(s).

We know there is a need for recreational activities

on campus because over 90% of 505 students surveyed during Winter quarter 2011 reported they would like to or are more interested in playing sports with the new Sports Field on campus. We will not just be expanding our sports leagues but increasing programming for ping pong, badminton, jenga, trivia, and ski and snowboard. By the end of this year we anticipate having 685 participants involved in recreational programming; during 2012-13 our goal is to increase that number to 2320 participants.

Because we knew that students were wanting more programming on health and wellness topics stress/anxiety, fitness, nutrition/diet, school/work balance, and lack of sleep (these were the 5 areas identified by 505 UW Bothell students) the HEROs have done a great job addressing these needs with the very limited funding they have. We are asking for an increase in funding to be able to do more outreach, promotion, and prevention to ensure a safe and healthy campus. The HEROs want to expand programs in all 5 areas of wellness-social, intellectual, spiritual, emotional, and physical. We have increased the number and frequency of fitness classes to meet the student demand for those services. We have seen an increase in the desire for faculty and students to teach fitness classes, so we are asking for additional funding to support that.

The equipment in the Fitness Center still functions properly but there are more damages and repairs than in years past, thus we are asking for additional funding to maintain the safety of the machines and our students.

How do you plan to assess the program or service?

How do you plan to track the effects of this program or service?

For example, how would track how the event/program/service went? How would you track how successful it was and what you could change in the future?

One way that the success of the Recreation and Wellness Program will be assessed is by the number of participants in each area. We will continue to evaluate, via HuskySync, the total number of unique participants registered in each area. We will also continue to record how many participants attend every event.

The Assistant Director and the Program Manager will continue to work closely together to implement area-specific assessment tools. This will include evaluating the Recreation Supervisors and the HEROs every quarter through observation and face-to-face interviews and final exit interviews at the end of the academic year (this is currently implemented for the HEROs and will be implemented when the Recreation Supervisors are hired). The Recreation Supervisors will be trained on how to assess the Recreation Officials. The Officials will be observed and assessed during every game to ensure effectiveness and safety. The HEROs are trained on how to conduct needs assessments, write learning outcomes for wellness programming, and how to survey students at the end of every wellness program.

Additional assessment will consist of the evaluations of student participants in both wellness programming and recreation sports. Surveys of fitness center users and fitness classes will be conducted periodically throughout the year to determine successes and identify areas for improvement.

Estimate number of students that will benefit from your proposed program/service

In 150 words or less, estimate how many currently enrolled students will likely benefit from your proposed service or program. Please estimate the number of other individuals (and indicate their affiliation) that might benefit from this service or program. Finally, please indicate other sources of financial support.

We are seeing record numbers of students participating in on-campus fitness classes this Fall 2011. We have expanded our fitness classes by adding Pilates, Personal Training, Hip Hop and Kickboxing. Students continue to love Zumba and Yoga with record-breaking attendance during Fall quarter with 18 students in Zumba classes. Over 611 students participated in all of the fitness related activities offered during Fall quarter.

We project to have 2320 students participate by the end of the 2012-13 academic year in recreational programs (with over 756 teams). The demand to play on an intramural sports team is apparent as only 16% of 505 students surveyed during Winter quarter 2011 indicated having no interest in joining an intramural team at UW Bothell.

The HEROs programmed their first quarter of Wellness events with over 630 participants during fall quarter. These numbers will continue to grow as

the quarters progress with the assurance that students are desiring to learn. Of the 505 students surveyed, over 75% have attended wellness programming on campus and/or would like to attend wellness programming in the future. Currently, there were 2,812 registered users of the Fitness Center, up from last years 2,705 users. Recreation and Wellness employs a large number of students. Currently we have 4 HEROs and will be hiring 2-4 Recreation Supervisors in the next week. During the 2012-13 we need to hire at least 14 students to work in the area of Recreation and Wellness in order to meet the needs of the students.

Benefits to Participants

In 150 words or less, please describe the benefits that participants are likely to gain by attending or participating in this program or service.

The Recreation and Wellness Program allows students to attend to all five areas of their physical, emotional, spiritual, social, and intellectual needs without ever leaving UW Bothell. This promotes life-long recreation and wellness and helps keep students healthy and engaged. Research indicates that student involvement in recreational sports programs, facilities, and [wellness] services plays a significant role in recruiting new students, supporting the learning environment, integrating students into the social community of the campus, enhanced recruitment and retention of students; higher grade point averages; greater student satisfaction with their overall college experience (J. Turman, Planning Principles for University Recreation Facilities).

Research also shows that college is the time in which many life habits are formed, such as eating behaviors and fitness routines. The Recreation and Wellness Program will ensure that UW Bothell students graduate with knowledge in and tools to maintain stress/anxiety, finances/debt, nutrition/diet, school/work balance, and fitness (these 5 areas were identified by current UW Bothell students as the campus biggest health concerns in a survey taken by over 520 students during Winter quarter 2010).

Additional Information

Please include any other information you feel is relevant to your request. (There is no character limit on this field.)

Salary/Wages

Describe the funds you are requesting in detail below.

Please put total dollar amount of salary/wages in the

bottom of this box.

Assistant Director \$52,000.00
Program Manager \$45,000.00
HEROs \$26,400.00
Recreation Supervisors & Officials \$46,080.00

TOTAL \$169,480

Benefits

Describe the funds you are requesting in detail below.

Benefits paid to regular employees working at least .50 FTE should be calculated at 33.4% of earnings.

Benefits paid to hourly employees should be calculated at 14.9% of earnings. Benefits are required if you are requesting salary/wages above.

Please put total dollar amount of benefits in the bottom of this box.

Benefits (Director) \$17,368.00
Benefits (Program Manager) \$15,030.00
Benefits (HEROs) \$3,933.60
Benefits (Rec) \$6,865.92

TOTAL \$43,197.52

Honoraria

Describe the funds you are requesting in detail below.

i.e. Payment to speakers

Please put total dollar amount of honoraria in the bottom of this box.

Facilities Rentals/Set-Ups

Describe the funds you are requesting in detail below.

If you require facilities rentals/set-ups, please indicate it here. Take into account custodial fees and clean up.

Please put total dollar amount of facilities in the bottom of this box.

\$20,000.00

This includes items like field grooming, annual decompaction, and custodial/sanitation.

Telecommunications

Describe the funds you are requesting in detail

below.

Telephone equipment should be estimated at \$35 per handset, per month (this includes only one extension).

Please put total dollar amount of telecommunications in the bottom of this box.

\$2,300.00

This includes cellular phones and charges to ensure safety on field and off-site locations for recreational and wellness activities.

Security

Describe the funds you are requesting in detail below.

If you would like an estimate, please contact UWB Security.

425-352-5359

Please put total dollar amount of security in the bottom of this box.

Printing & Photocopying

Describe the funds you are requesting in detail below.

Please put total dollar amount of printing/photocopying in the bottom of this box.

Transportation

Describe the funds you are requesting in detail below.

Please put total dollar amount of transportation in the bottom of this box.

Meals and Lodging for Travel

Describe the funds you are requesting in detail below.

Please put total dollar amount of meals and lodging in the bottom of this box.

Office Supplies

Describe the funds you are requesting in detail below.

Please put total dollar amount of office supplies in the bottom of this box.

Food/Refreshments

Describe the funds you are requesting in detail below.

Please put total dollar amount of food/refreshments in

the bottom of this box.

Review the food policy/food form for the University policies before asking for food. The Food Policy is below the food form in the link.

<http://www.uwb.edu/getattachment/admin/services/fuac/foodapprovalform.pdf>

Equipment Rentals/Purchase

Describe the funds you are requesting in detail below.

Please put total dollar amount of equipment rentals/purchase in the bottom of this box.

Recreation and Wellness Supplies \$10,000.00

This includes supplies for HEROs, Recreation Supervisors, Intramural Program, Club Sports Program, and Recreation and Wellness programs.

\$10,000.00

Other

Please include any other expenses that don't fall under any of the above categories in detail.

Please put total dollar amount of other in the bottom of this box.

Programming \$80,000.00

This includes programming dollars for HEROs, Recreation Supervisors, Officials, Intramural Program, Club Sports, Fitness Programs, promotional materials, workshops, presentations.

Trainings & Certifications \$10,000.00

This includes trainings and certifications for HEROs, Recreation Supervisors, Officials, Intramural Program, Club Sports, Fitness, American Red Cross.

Fitness Center \$6,600.00

Maintenance of machines and programs.

Utilities for Field \$46,200.00

44 weeks X 35 hours X \$30

Professional Development & Associations

\$11,000.00

Conference costs and professional development opportunities associated with professional staff and student staff.

Contingency \$20,000.00

As this will be the first year running the field and recreation operations, there will be unanticipated costs that arise.

Student Health 101 \$5,700.00

Continued subscription for campus and funding for a student intern.

TOTAL \$179,500.00

Total Amount Requested

Please take the time to carefully add all of your figures from above. Please note that adjustments will not be made to the total amount requested in the event of an error. Round your final total up to the nearest dollar.

TOTAL: \$424,478 However, SAF will not have to fund in full as there are additional funding sources.

Option: Fee-\$74,000, Excess Student Fee (450 students X\$30X3 quarters)-\$36,000, Long Term Funds-\$150,000 (# from last year's SAF decision, but this # can change based on SAF) = TOTAL REQUEST: \$164,478