

Question	Response
Program/Service Title	Recreation and Wellness Program
Campus Department	Student Life
Contact Person	Alison Greenwood
E-mail	agreenwood@uwb.edu
Campus Phone	2-3686
<p data-bbox="188 499 581 567">Executive Summary of Your Proposal</p> <p data-bbox="188 571 568 714">Please provide a concise overview of the program, activity, or service for which you seek funding.</p>	<p data-bbox="641 441 1432 772">The Recreation and Wellness Program allows Student Life to complement a broad array of programs at UW Bothell. Recreational sports, wellness programs, and fitness facilities encourage healthy lifestyles and promote an enriching experience in our campus community. We propose continued funding for these aspects of our program and seek additional funding in order to meet the demands of UW Bothell students, such as the addition of the Sports Field and the need for increased wellness programming.</p>
<p data-bbox="188 1104 561 1209">In 150 words or less, please describe the need for this program or service.</p> <p data-bbox="188 1213 618 1541">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 goals.</p>	<p data-bbox="641 781 1432 1507">Currently, the functional area of Recreation and Wellness is run by 1 full-time professional staff member, funded by SAF. However, with the approval to implement a new Sports Field on campus during Fall 2011, the need for an additional full-time professional staff member is essential. This new position would assume the role of Recreation Programs Manager and would manage the recreation programs both on campus and on the Sports Field. This would include creating, running, scheduling, and marketing the new Intramural and Club Sports Program; hiring, training, supervising, and assessing 2-4 Student Recreation Coordinators and 10-12 Student Recreation Referees; creating and marketing alternative recreation programs, such as video game tournaments and rock climbing challenges. There is a need for recreational sports on campus; over 90% of the 505 students surveyed reported they would like to or are more interested in playing sports with the new Sports Field on campus. Similarly, the current demand to participate in recreational sports teams has grown so much that multiple teams in the same sport are being registered.</p> <p data-bbox="641 1545 1432 1860">The current position funded by SAF in Recreation and Wellness would continue with some slight modifications. This position would assume the role of Assistant Director of Recreation and Wellness and would direct all wellness programs, activities, and future initiatives as well as supervise the Recreation Programs Manager. This position would be in charge of conducting needs assessments on the health and wellness issues that UW Bothell students face and would be charged with the role of creating preventative</p>

	<p>educational programs on campus. The need for this position is supported by the fact that 505 current UW Bothell students reported wanting more education and programming on health and wellness topics; stress/anxiety, fitness, nutrition/diet, school/work balance, and lack of sleep were identified as the top five areas that students want more programming on. The Assistant Director of Recreation and Wellness would continue expanding Sexual Assault Awareness Month and also create new wellness programs such as Healthy Relationships Week, Healthy Body Image Week, De-Stress and Nutrition Workshops, and Fitness Programs. This position will create, advise, and manage the new Peer Health Advisory Council, a team of students who are trained in a myriad of health and wellness issues. The Council will conduct research in and create programs on the 5 areas of wellness – social, intellectual, spiritual, emotional, and physical.</p> <p>We have increased the number and frequency of fitness classes to meet the student demand for those services. The equipment in the Fitness Center is still new and is being maintained regularly, so we do not anticipate a need for increased funding.</p>
<p>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.</p>	<p>Currently, 2,705 UW Bothell students are registered users of the Fitness Center, up from 1900 students last year. Participation in fitness classes for Fall 2010 and Winter 2011 averaged 6-10 students per session. Participation in recreational sports programs showed similar highs with 8 teams with approximately 90 players during Winter 2011. We are on track for 15 sports teams with upwards of 140 players for Spring 2011. Recreational sport team numbers will only continue to grow once the Sports Field completes construction.</p> <p>The demand to play on an intramural sport team is apparent as only 16% of 505 students surveyed indicated having no interest in joining an intramural team at UW Bothell; 84% of those surveyed can benefit from the new Intramural and Club Sports Program. Of the 505 students surveyed, over 75% have attended wellness programming on campus and/or would like to attend wellness programming in the future.</p> <p>The Recreation and Wellness Program at UW Bothell will employ a large number of students. Research shows that the most effective way for college students to receive and retain information is through peer-to-peer interaction. Thus, the</p>

	<p>student staff will serve as role models of health to their peers and stand as leaders in recreation and wellness. The demand to be involved in recreation and wellness is apparent, as 293 students reported the desire to be involved in recreation sports in the future and 104 students reported the desire to be a part of the Peer Health Advisory Council.</p>
<p>How do you plan to assess the program or service?</p>	<p>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 the online registration system, the total number of unique participants in each area, as well as the average number of activities each participant attends within the area.</p> <p>The Assistant Director of Recreation and Wellness and the Recreation Programs Manager will work closely together to implement area-specific assessment tools. This will include evaluating the 2-4 Student Recreation Coordinators and the Peer Health Advisory Council every quarter through observation and face-to-face interviews and a final exit interview at the end of the academic year. The Student Recreation Coordinators will be trained on how to assess the 10-12 Student Recreation Referees. The Student Recreation Referees will be observed and assessed during every game to ensure effectiveness and safety. The Peer Health Advisory Council will be trained on how to conduct needs assessments, focus groups, write learning outcomes for wellness programming, and how to survey students at the end of every wellness program.</p> <p>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.</p>
<p>In 150 words or less, please describe the benefits that participants are likely to gain by attending or participating in this program or service.</p>	<p>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 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</p>

	<p>Principles for College and University Recreation Facilities”).</p> <p>The tools and skills that the Recreation and Wellness Program offers to students are beneficial. Research 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 (505 students identified these five areas as UW Bothell students’ major health concerns).</p>
Salary/Wages	<p>1. Assistant Director of Recreation and Wellness (1.0 FTE) \$52,000 (SAF currently funds 45,000 + benefits [at 32%] for this position, asking for additional \$8,512)</p> <p>2. Recreation Programs Manager (1.0 FTE) \$45,000</p> <p>3. Student Wages 2-4 Student Recreation Coordinators @ \$12/hour 10-12 Student Recreation Referees @ \$10/hour 4 Peer Health Advisory Council @ \$1000 stipend/quarter; \$12,000/year \$63,400</p> <p>TOTAL \$160,400</p>
Benefits *Benefits paid to regular employees working at least .50 FTE should be calculated at 32% of earnings. Benefits paid to hourly employees should be calculated at 13.9% of earnings.	<p>1. Benefits for Assistant Director of Recreation and Wellness calculated at 30.6% \$15,912</p> <p>2. Benefits for Recreation Programs Manager calculated at 36% \$16,200</p> <p>3. Benefits for Student Wages calculated at 13.9% \$7144.60</p> <p>TOTAL \$39,256.60</p>
Honoraria	0
Facilities Rentals/Set-Ups	0
Telecommunications *Telephone equipment should be estimated at \$35 per handset, per month (this includes only one extension).	<p>Operational Costs for Sports Field Telecomm Supplies \$500 Cell Phone Charges \$1,800</p> <p>TOTAL \$2300</p>

Security	0
Printing and Photocopying	0
Transportation	Transportation (travel to conference) (Currently funded by SAF) \$500 Transportation 2nd staff member (travel to conference) \$500 TOTAL \$1000
Meals and Lodging for Travel	Conference (registration, lodging, food) (Currently funded by SAF) \$1400 Conference for 2nd staff member (registration, lodging, food) \$1400 TOTAL \$2800
Office Supplies	0
Food/Refreshments	0
Equipment Rental/Purchase	Wellness Equipment and Supplies (Currently funded by SAF) \$2,000 Sports Field Necessary Startup Equipment: Groomer/Sweeper \$10,000 Initial Athletic Supplies \$6,000 Initial Field Supplies \$5,000 Sports Field Necessary Operational Equipment Athletic supplies \$1,500 Field Supplies \$1,500 TOTAL \$26,000 PLEASE NOTE! (All items for the Start-up and Operational Expenses for the Sports Field will be split with Cascadia. While the whole dollar amount is listed in the request, the total funding we are requesting is actually \$60,012.50, and not \$120,025 - what it adds up to in the request.)
Other	Sport League Fees (Currently funded by SAF) \$11,000

	<p>Wellness programs and seminars (Currently funded by SAF) \$6,000</p> <p>Fitness classes (Currently funded by SAF) \$7,000</p> <p>Recreational outings and sporting events (Currently funded by SAF) \$2,000</p> <p>Maintenance of fitness room equipment (Currently funded by SAF) \$2,000</p> <p>Contingency for unanticipated operations of fitness center (Currently funded by SAF) \$2,500</p> <p>Peer Health Advisory Council Educational Trainings \$2,000</p> <p>Sports Field Additional Necessary Operating Expenses:</p> <p>Grounds Maintenance \$5,000</p> <p>Field Grooming \$5,000</p> <p>Custodial/Sanitation \$5,000</p> <p>Annual Decompaction \$5,000</p> <p>Utilities (44*35*30) \$46,200</p> <p>Training/Certification \$7,500</p> <p>Schedule Management System \$25</p> <p>Contingency \$20,000</p> <p>TOTAL \$126,225</p> <p>PLEASE NOTE! (All items for the Start-up and Operational Expenses for the Sports Field will be split with Cascadia. While the whole dollar amount is listed in the request, the total funding we are requesting is actually \$60,012.50, and not \$120,025 - what it adds up to in the request.)</p>
Total Amount Requested	\$297,969.10