
Department of Recreational Sports

Annual Report

2011 - 2012





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Letter from the Director

The Department of Recreational Sports' year in review is highlighted by the success we experienced in providing health, wellness, recreation, leisure, and developmental opportunities to the OSU community.

Our aim is to provide outstanding service with our programs and facilities, to develop and cultivate leaders, and to contribute to the overall wellbeing of the campus. Our greatest asset is our 400+ student employees who are given significant responsibilities and leadership opportunities to deliver nearly all of our programs and services. The focus of this annual report is to share with you the compelling and unique learning opportunities afforded to our student employees and volunteers, and their impactful contributions to our community in building a healthy campus environment for all.

We take great pride in our contributions to campus-wide initiatives and efforts through Student Affairs partnerships and relationships such as the Healthy Campus Initiative,

student orientation programs, sustainability initiatives, the Student Affairs Strategic Plan, Assessment Council, and marketing and communications efforts. We continue to expand our reach in a dynamic atmosphere with continued growth and change.

We also strive to create meaningful experiences through programming and services. Whether a student serves as an officer of a Sport Club, a leader for a rock climbing trip to Smith Rock through the Adventure Leadership Institute, or a participant in Intramural Sports, he/she directly benefits from involvement with Recreational Sports. We create experiences that supplement the classroom education, develop leaders, and promote wellbeing.

With this annual report, I invite you to become acquainted with the contributions the Department of Recreational Sports makes in creating a healthier community at Oregon State University. I invite you to learn more by participating in our many programs and services.

Thomas Kirch

Thomas Kirch
Director, Recreational Sports



Our Foundation

Department Vision

Through staff passion, innovation, and steadfast commitment to creating dynamic learning experiences, the Department of Recreational Sports has established itself as an essential campus partner in student wellness, a healthy campus, and the success of students and campus alike. OSU RecSports is recognized as a leader and source of best practices in the growing and evolving field of recreation.

Mission Statement

Supporting Student Success – We create engaging environments for student growth and success. We inspire healthy living by providing quality recreational and educational opportunities for the OSU Community.

Guiding Principles

We make a difference through opportunities.

We are committed to supporting the OSU community by providing experiential learning, physical activity, and social connections that foster a fun and welcoming environment where individuals thrive.

We serve as educators.

We create meaningful learning experiences through our collaborations, programs, services, facilities and employment, which support student success and enhance the student experience.

We believe each person has worth and dignity.

We recognize, understand and encourage celebration of the human differences that surround us and ask you to participate in fostering this spirit. Expression of bigotry, hatred, prejudice or disrespect is inconsistent with the ideals of preserving human dignity and contradicts the values of healthful living and fair play promoted by Oregon State University and our staff.

We serve as stewards of our resources.

We are committed to using our financial, human and physical resources in a responsible manner in meeting current and future needs. Recognizing students as a key resource, we are committed to involving them in decision making. Decisions will be based on being responsive, sustainable and consistent with our mission, guiding principles, values and vision.

117

Hours facilities are open for activity in an academic week

3,372

Number of first-year students and parents at RecSports START Nights

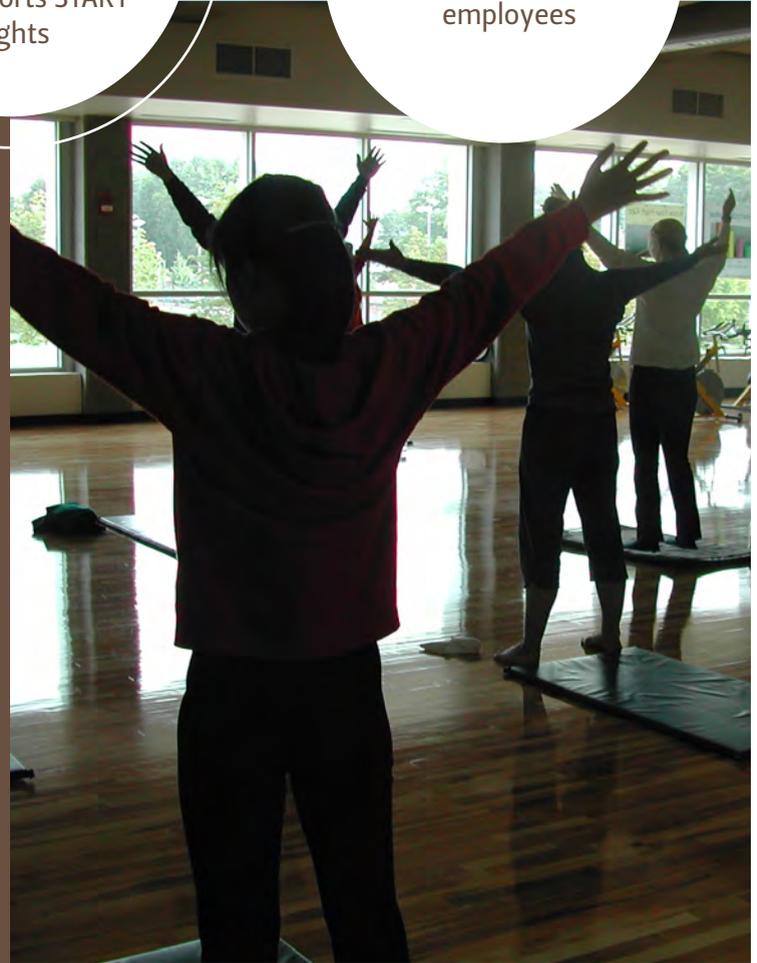
\$1,150,000
Wages paid to student employees

Vision Statement

Through staff passion, innovation, and steadfast commitment to creating dynamic learning experiences, the Department of Recreational Sports has established itself as an essential campus partner in student wellness, a healthy campus, and the success of students and campus alike. OSU RecSports is recognized as a leader and source of best practices in the growing and evolving field of recreation.

Team Values

Our culture is one of teamwork, mutual respect, accountability and pursuit of a common vision. We encourage learning, strive for excellence, work collaboratively, and seek balance between our personal and professional lives. We celebrate our differences and successes and act with integrity. We are committed to shared responsibility in providing a welcoming, safe, and fun environment that is a centerpiece of campus life where social and physical interactions can flourish.



Healthy Campus

“It’s about investing in oneself, increasing potential and expanding possibilities.”

Recreational Sports is more than just physical activity programming. Recreational Sports is a vital resource for our students, faculty, and staff to manage life balance, healthy relationships, civic engagement, and improved mental and physical wellness. A major venue for cross-cultural interaction, Recreational Sports also helps students refine interpersonal skills, practice teamwork and collaboration, and develop self-discipline. Recreational Sports supports the academic mission of the University by ensuring students’ comprehensive health and well-being while cultivating their leadership abilities.

Being one of the most visible and widely enjoyed units within Student Affairs, Recreational Sports has a significant positive impact on campus life and academic pursuits. Research indicates that active engagement with campus programs positively correlates to student retention and graduation rates. Recreational Sports programs and services provide opportunities for students to gain social and physical enrichment that complements classroom discussions and activity.

Wellness isn’t just about getting in an hour at the gym. It’s about investing in oneself, increasing potential, and expanding possibilities. Recreational Sports reinforces the mind-body balance essential to becoming an engaged and productive citizen. Diverse programming and student development opportunities are intended to motivate individuals to take part in the bigger picture, improving themselves and the world around them.

The Department of Recreational Sports remains committed to providing facilities, equipment, and programming in flexible formats to help initiate and maintain an active lifestyle.

63.3%

Registered students
swipe their IDs in
RecSports facilities

15,000

Average annual
mileage on cardio
bikes

20%

Eligible OSU
employees who
purchase RecSports
membership



Learning Laboratory

“We continue to align our aspirations and daily activity with the mission of the institution.”

One of the very underpinnings of the department values is the establishment and nurture of a compelling learning environment. We identify, target, develop, and promote learning opportunities to foster personal growth, professional preparation, and student success; and we do this through a variety of methods and forums. The OSU Learning Goals for Graduates [LGG] provide us with focus, as we continue to align our aspirations and daily activity with the mission of the institution. The goals of Competency & Knowledge in Multiple Fields, Critical Thinking, Pluralism, Collaboration, Social Responsibility and Sustainability, Communications, Self-Awareness & Life-Long Learning are embedded in all of our undertakings and can be identified and measured in our assessment.

Experiential Learning

The ‘feet on the ground’ approach of experiential learning is known to be a powerful means to applying acquired skills and knowledge. Participation in such programming can increase adaptive capacity to solve problems, foster the establishment of identity, contribute to developing intellectual, physical and interpersonal competence, and clarify an individual’s purpose, values and integrity. Whether they are teaching safety certification classes, leading a sport club, facilitating group team building, assisting white water rafting guide instruction, or managing the operation of Dixon Recreation Center, our student employees and participants gain confidence through training and practice in the experiential learning model.

Academic Programming

The Adventure Leadership Institute partners with the College of Public Health and Exercise Science to offer over 1,100 credit hours a year: theory-based educational offerings in Exercise Science, and outdoor adventure skill development in Physical Activity Classes. Students apply what they learn in ‘field work’ experiences based on the ‘challenge and support’ model.

1,189

Credit hours earned from Adventure Leadership programming

23

Interns and Practicum Students placed within Athletic Training and Fitness Programs

1,700

Hours that student safety staff spent teaching life-saving skills

Career Development

As leaders within the Department of Recreational Sports, students have the opportunity to learn, grow, and provide excellent service to others. Whether specific to a career path or general job experience, on-the-job training in recreational programs develops professional and personal skills that are not only transferable to future employment, but also aligned with OSU's Learning Goals for Graduates.

The Department of Recreational Sports ensures that students are prepared to serve the campus with skills of communication, teamwork, leadership, and customer service. Some Recreational Sports programs, such as Aquatics, Fitness, and Adventure leadership Institute, require specialized certifications demonstrating their program-specific knowledge, emergency preparedness, and safety awareness. In addition, numerous practicum and internship contracts are instigated and fulfilled in partnership with academic programs such as Athletic Training, Exercise Science, Business, Graphic Design, Education, and Engineering.



Getting Active

“It seemed that OSU leadership was making physical activity an issue of attention and concern, and maybe I should, too.”

Eileen Kaspar has identified her own brand of fun in physical activity – she finds enjoyment in biking, hiking, yoga, and Pilates. Maybe that is why an invitation to a FUN Project got her attention in Winter 2012. FUN is a loosely-applied acronym for Physical Activity for U Now, a collaborative campus effort to move inactive staff/faculty to activity. In Eileen’s case, that meant subsidized access to Dixon Recreation Center – a place that made a positive difference in her health practices.

As an employee in OSU Graduate Programs administration, Eileen has a deep-seated customer service commitment – a value that affects all she does, even her exercise regimen. “It can be difficult to attain a work life balance and maintain

it throughout the academic year,” she explains. The FUN invitation, however, changed the way she weighed her priorities. “It seemed that OSU leadership was making physical activity an issue of attention and concern, and maybe I should, too.” So, knowing that she would be in the company of colleagues making similar commitments, she signed up to get active. In reflection, Eileen reports, “Timing was critical. For me, it is best to be active in the middle of the day, because so often there is no energy left when the day is over; but it is nice to have options when something at work affects my workout schedule.” Open 117 hours per week, Dixon Recreation Center enables people to be flexible with their activity. Eileen flexed her schedule when necessary and became one of the most frequent FUN visitors at Dixon Recreation Center.

Today, Eileen reports a feeling of accomplishment as she keeps to her regimen. She knows she is building stronger bones and better health for the future and notes, “It’s easier to keep going than it is to get started.” Her success story is now helping others in her sphere of influence get started. It would seem that healthy priorities are contagious.

The Department of Recreational Sports remains committed to providing facilities, equipment, and programming in flexible formats to help initiate and maintain an active lifestyle.

241

Faculty/Staff opted
in to a pilot project to
reduce inactivity

12,013

Participants in
intramural sports
leagues

2,100

Group fitness
classes provided



Professional Certification

"The KIEP program is something that I owe my current success to, and I will continue to use the program and the fundamentals further in my career."

My name is Andrew Sanchez and I am a current senior at OSU in the Exercise Science program. I was just selected in the top 5 out of 150 qualified applicants by Athletes' Performance in Phoenix, Arizona, to complete an internship for the fall semester. I can honestly say that I owe this amazing opportunity to my mentor, Guido Van Ryssegem. With his guidance and the knowledge I have gained from him through the KIEP program and certification, I am well prepared for this opportunity and for a successful career in the strength and conditioning field.

I started my studies at San Diego State University and transferred to OSU where I completed my BA in Exercise Science. Over the past five years I have learned a great deal about the human body and felt I had the experience and knowledge to be successful. I was lucky enough to meet Guido about a year and a half ago. I started the KIEP certification and was amazed at the level of knowledge and professionalism he was offering. I quickly realized that I had only scratched the surface and there was so much more for me to learn. The KIEP program offers information and theories that just are not being taught in the EXSS curriculum at either university, and the information is highly valuable for any EXSS student.

The KIEP program is something that I owe my current success to, and I will continue to use the program and the fundamentals further in my career. I just wanted to let you know how extremely valuable Guido and his KIEP program has been for me and how it can benefit future students who are willing to put the time and effort into the program. The work Guido is doing and continues to do for the KIEP program is a special asset to OSU and is helping increase the level of knowledge for students coming out of the program and making an excellent reputation for OSU.

350+350

Training hours (Field & Classroom) for a Level 3 Trip Leader Certificate in the ALI

194

Sports Officials Trained

1,702

Certified in life-saving response



Developing Job Skills

“Teaching is the one aspect of the job that has most changed me. I have become much more confident in my abilities, and nothing beats the feeling of really connecting with students during a class.”

“If you let it, this job will change you for the better.” As Brennan Weber reflects on her year of employment with the Department of Recreational Sports, she recognizes her own growth. Working in the Safety program presented her with responsibilities that were challenging and meaningful and she credits the development of new skills and strengthened character to that experience.

Brennan was hired in May 2011 and assigned to teach her first class the next month. “I remember getting so nervous before my first few instructional classes that I would consider

chickening out and asking for a substitute to take my shift.” RecSports Safety Instructors are required to teach according to department and American Health Association standards, ensure a safe learning environment, evaluate participant skill and knowledge, and document learning. One hundred sixty-five classroom hours later, Brennan is pleased to have been pushed (and supported) out of her comfort zone, and actually enjoys classroom. “Teaching is the one aspect of the job that has most changed me. I have become much more confident in my abilities, and nothing beats the feeling of really connecting with students during a class.”

As a Safety Auditor, Brennan was required to drop in on her own peers and test their knowledge on emergency response protocol. It takes courage to hold your friends and colleagues accountable, but she knows that her job is important to the community. “The education and skill training I provide has the potential to save lives - something truly powerful,” she relates. She also recognizes that she is a part of a larger team with a shared purpose. “Every single person working here has something unique to contribute; and, despite our various backgrounds, we are all here for the same purpose of furthering the Recreational Sports mission.”

400+

Student employees
at RecSports

1,260

Hours of training
provided to aquatics
staff

300

Facilitation
opportunities
for Adventure
Leadership staff

“As a ‘safety staffer’, I strive to contribute to the bigger mission of RecSports by being a leader in fostering healthy and creative living through educating members in a friendly, dynamic approach. Whether encouraging a student to feel confident in their CPR skills during an instructional class or explaining an accident to paramedics, I keep the guiding principles of the mission of RecSports in mind.”

Brennan graduates this year and turns her energy and attention to the pursuit of medical school. She counts public speaking skills, emergency response competence, and personal friendships as the most significant take-away from her RecSports experience. She also leaves her mark on RecSports; and, she leaves a message for those who follow. “My advice for the next generation of RecSports employees is to take advantage of all that this job has to offer. If you go into it with the attitude that it is more than just a job, you will be rewarded with much more than just a typical job experience. Get involved in all facets of your work and strive to make each shift a positive one for yourself, your co-workers, and all of the people you interact with. Not only will you be happier, RecSports as a whole will



Our Aspirations

In four short years we will be celebrating 100 years of recreational sports programming and services to the OSU community. As one of the oldest programs in the country, we have a legacy of innovation, expertise, advancement, and contribution to the efforts of supporting the success of students. We aspire to broaden our scope, strengthen our impact, and enhance our contributions to student success through a comprehensive set of innovative programs, services, and experiences. To do so, we must stay attuned to our changing landscape, extend and grow our partnerships and collaborations, and effectively respond to our environment. To that end, we have identified a number of underpinnings from which to build for the future.

Enhancing the Community

The demographics of the campus and community are expected to change considerably. We will likely see changes in the age range of users, the number of international students, and increasing numbers of students from culturally diverse backgrounds and socioeconomic statuses. We also anticipate an increased number of people with disabilities, sedentary lifestyles, veterans and distance learners. This will provide us with the opportunity to expand our offerings to accommodate the increased diversity and needs of our users.

We will assess our constituents to ensure the primary needs and interests of emerging special-interest populations are addressed.

Promoting Wellness

As our campus continues to grow, our programs and services are instrumental to enhancing and supporting a healthy community. While our organization has a diverse set of offerings that contribute to multiple aspects of wellness, our signature contributions to a Healthy Campus are physical activity and social connectivity. Recreational Sports plays an integral part in the OSU educational experience, and we are well-positioned to affect the wellness beliefs and behaviors of individuals and groups in the OSU community. We will continue to collaborate with key campus partners to ensure campus wellness needs are being met for a healthy university community.

We will deliver curriculum, events, and activities that contribute to the Healthy campus Initiative by promoting physical activity and community building.

Effective Communications

The department has many different ways in which to engage with the university community. We must develop effective

2012

Establish date of Our Little Village on-site, drop-in daycare

900,000

Entries into RecSports facilities

2012

NIRSA Award Recipient for Outstanding Facility: McAlexander Fieldhouse Renovation Project

and dynamic communication approaches in which we can relay awareness and educational information that others will benefit from. Through an effective communication plan we can connect with specific communities, provide needed information in a more focused and proactive manner, and enable students and others to better plan and make decisions about their involvement with our programs and services.

Establish messaging that effectively promotes facilities, programs, and services and establish delivery points for the OSU community that connects the department with specific communities and positively influences individuals, organizational, and environmental behaviors.

Learning Outcomes

We are committed to promoting student success by facilitating and fostering their educational success, life-long learning, and engagement. With our alignment with the university Bacc Core and Learning Outcomes for all graduates, we will be strategic in all planning efforts defining learning outcomes for our staff and participants while utilizing assessment, evaluation, and metrics to demonstrate our impact to the OSU graduate.

We will regularly identify and articulate the learning of our student employees, practicum/internships, and program participants in alignment with institutional learning goals, compare ourselves to best practices, and industry standards to guide our department development.

Enhancing Facilities

We understand the importance of how spaces can facilitate a welcoming and safe environment for those that participate or gather. As the campus community grows and becomes more diverse, a strategy that will be affected by emerging trends will require us to be mindful of our existing facilities and the development of future renovations. Construction of new facilities will be vital to meeting campus recreational program and service needs. We are embarking on a Feasibility Study for the department to identify the potential solutions to our space needs.

We will be sustainable in our development of facilities through the use and potential for leveraging of our resources, the design of facilities, and the operational effectiveness in the delivery of access, use, programs and services.

Our Challenges and Opportunities

"We are open to refocusing our efforts, prioritizing our work, and discovering new strategies."

In our journey to achieve excellence and building of our relevance, we are at times confronted with challenges that may redirect our work. It is important we are open to refocusing our efforts, prioritizing our work, and discovering new strategies that allows us to embrace new and different opportunities. Coupled with a rapidly changing campus landscape we must be sensitive to and aware of those factors that impact our ability to effectively serve the institution.

Managing Program Growth and Changing Campus Demographics

The demographics of the campus and community are rapidly changing. We are experiencing an aging student

population, with increasingly more international students, and increasingly more students from culturally diverse backgrounds and socioeconomic statuses. We also see an increased number of people with disabilities, sedentary lifestyles, veterans, and distance learners. We will be challenged to identify special interest populations' needs and to find new delivery models to meet these needs. In addition, we will need to be more creative, find new partners, and leverage our existing assets with others.

System Relationship Changes

The decoupling of the Oregon University System from the State of Oregon through the passing of Senate Bill 242 raises many issues as the process of removing the institutional entanglement is implemented in the Senate. The discussions of safety, risk management, contracting, human resources, insurance, benefits, assessments and many more are already beginning to impact our delivery of programs and services and may increase our cost of doing business. The speed in which these conversations are taking place leaves us, at times, with the inability to provide important information, influence decision making, or be thoughtful in implementation. It is too early to fully understand these impacts; but, by judging the progress so

2,383
Likes on Facebook
(and counting)

18.34%
Increase in sport-
club participation
from last year

1,300
Challenge Course
participants from
local schools,
other universities,
businesses, and
non-profits

far, we will be challenged to stay informed and ready for any change that may occur. Conversely, SB 242 will provide great opportunity, for example, to improve the health benefits approach by providing incentives for improving health behavior, allowing for more effective capital resource management and other infrastructure, and stabilizing our future financial condition.

Stewardship of Campus Resources

Students have been very supportive in allocating incidental fees to the department. With that trust, these resources are effectively used to deliver those programs and services desired by the student populations. Operating budgets are sufficient, working capital and reserves are at necessary or required levels, and generated revenues are well balanced and attainable. It will be imperative for the department to responsibly manage its resources, both human and financial, as it supports the continual and rapid growth of the campus, and for us to effectively support the success of students.

Partners and Collaborations

Partnerships allow for a sharing of resources and increased efficiency, while being mutually beneficial. They are

supportive of the vision and mission of the division and campus, and enable us to be seen as ever central to the academic mission and success of students. This will include on-campus divisional and academic partners as well as appropriate off-campus organizations. It is anticipated that increasing numbers of students, staff and faculty may live at a distance from campus. The potential for remote programs, facilities and services may emerge. In response to these trends and needs, we will pursue collaborations with both traditional and innovative partners.

Professional and Student Development

We are committed to promoting student success and developing students in a broad sense to facilitate and foster their educational success, life-long learning, and engagement. The Department is also dedicated to supporting the professional success of staff by promoting their learning broadly and within areas of expertise and encouraging staff to be leaders in national organizations. In response to these trends and needs we will develop community, foster diversity, and promote global citizenship skills, through our unique participatory environment and numerous employment and leadership opportunities.

Collaborations and Partnerships

In our efforts to leverage our resources and expertise and maximize our efforts, we seek and build relationships across the campus and into the Corvallis Community. We use the following principles to guide us in building and maintaining these relationships:

We Respect and Believe in Others

We Enhance Relationships through Interactions

We Development Others through Education

We Enrich through Collaboration and Diversity

Following is a representative list of our partners and those projects in which we collaborate.

Campus Partners

- Provided lifeguards to PAC programs, Faculty staff Fitness programs, Kid spirit programs, Impact and motor fitness programs, OSU women's swim team, Special events, Rentals from OSU community as well as Corvallis community.
- Organized a 5K and wellness fair with CAPS, SHS, Healthy Campus Initiative, UHDS, and Orange Rewards.
- Customized outdoor programming with Academic Success Center, September Scholars Bridge Program, INTO, Student Support Services TRIO program, and the College of Engineering for new students.
- Developing Emergency Preparedness training with Environmental Health and Safety.
- Hosted eight "After Dark" events, in partnership with

UHDS, SEAC, MUPC, RHA, and the Student Alumni Association, as healthy activity options for Friday evenings.

- Finding creative ways to market collective campus amenities to outside groups with UHDS, LaSells, Alumni Center, Athletics, and the Memorial Union.
- Augmented Reality Art Tour with staff from Technology Across the Curriculum for one percent for art on campus
- CONNECT Week Task Force: Continual improvement of CONNECT week. Continue to be a part of the Beaver Orientation Team.

Partners in the Profession

- Contributed to the development of best practices and training protocols for the following national outdoor training organizations: PCIA, SOLO, ACCT, ACA
- Partner with American Heart Association for training and community outreach. We partnered with the training center Education for Life for our activity and preparation to become a training center.
- Collaborations with the Athletes Performance Institute and the Core Performance Institute involving student internships/mentorship programs.
- Serve as a major regional training hub for the Professional Climbing Instructors Association (PCIA), and supporter of the organization.



Governance

Board of Recreational Sports

The Board of Recreational Sports is the primary governing body for all aspects of the student fee funded Department of Recreational Sports. The Board is responsible for making recommendations to the department administration in the operation of facilities and the delivery of programs and services for Oregon State University. This body reviews use policy, the development and implementation of new programs and services, makes recommendations for requests of student funding, monitors the financial activity, and participates in long range strategic planning.

The Board is comprised of seven students appointed by student government, five faculty or staff selected by the Vice Provost of Student Affairs [to include representatives from Intercollegiate Athletics, College of Public Health and Human Sciences, and Student Affairs along with two at-large members] and an ex-officio member from the Department of Recreational Sports. The Board's guidance and council has been critical in the development of facilities and the implementation of new programs and services.

Students

Sokho Eath	Political Science
Nicole Garton	Exercise and Sport Science
Jared Haddock	Human Development & Family

Science

Priscilla Macy	Business
Kesh Phillips	Music
Jeanette Stager	Interior Design
Andrew Struthers	Finance and Business Information

Faculty/Staff

John Cheney	Intercollegiate Athletics
Steve Lawton	School of Business
Shannon Quihuiz	Student Conduct and Mediation
Karen Swanger	College of Public Health and

Ex-Officio

Thomas Kirch	Recreational Sports
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Sport Clubs Committee

The Sport Clubs Committee is the primary governing body for the Sport Clubs program. The Committee is responsible for establishing and reviewing policies related to the operation of the program, evaluating and reviewing budget requests, allocating individual club dollars, and allocating money to clubs from the national travel fund account. The Committee is also responsible for evaluating requests for new club membership, responding to inquiries and issues concerning club activities, and making recommendations regarding club and individual member status when disciplinary or conduct issues arise.

The Sport Club Committee consists of five sport club student members elected by the Sport Club Association [which consists of one representative from each club], and three faculty or staff members appointed by the Vice Provost of Student Affairs. One staff member from the Competitive Sports and Special Events area serves as an ex-officio member to the Committee.

Students

Nicole Garton	Exercise and Sport Science
Phil Grenz	Men's Lacrosse Club
Jeff Hickman	Sailing Club
Nichole Miller	Rifle Club
Janelle Rychlick	Women's Lacrosse Club
Kassie Simmons-Yager	Women's Ultimate Disc

Faculty/Staff

Jackie Babich	Intercollegiate Athletics
Dan Hough	OSU Administration

Ex-Officio

Joe Schaffer	Recreational Sports
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The logo for Oregon State University, featuring the words "Oregon State" in a large, bold, white sans-serif font, with "UNIVERSITY" in a smaller, all-caps, white sans-serif font directly below it. The logo is centered within a large orange rectangular area that has two white curved lines on either side, resembling a stylized 'S' or a pair of parentheses.

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