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THE WELL 2014-2015 ASSESSMENT REPORT

MISSION

The WELL is Sacramento State's state-of-the-art fitness, recreation and wellness facility, and the home of Student Health and Counseling Services and PEAK Adventures. The WELL is committed to providing a wide variety of outstanding and cutting-edge programs, services, facilities, and equipment to the Sacramento State campus, in pursuit of its mission to encourage a lifetime habit of wellness in the campus community through education, innovation, and collaboration.

GOALS

- Provide opportunities for students, staff, and faculty to engage in WELL programs and activities in order to become active members of the Sacramento State community
- Train, mentor, and develop WELL student employees to best serve WELL clientele, and to foster skills that enable academic and career success
- Increase healthy lifestyle behaviors of WELL members
- Increase awareness of the WELL's programs and services

DEPARTMENTAL DASHBOARD

WELL Staffing

- Student Employees
 - Total: **195**
 - Number of different positions: **19**

WELL Access

- Building Hours of Operations (July 1st, 2014 – June 30th, 2015)
 - Total # of days open: **352**
 - Total # of hours open: **5,199.5**
- *Activated Student Members*
 - 2014-2015: **22,357**
 - Growth from 2013-2014: **+365 (2%)**
- Member Entries
 - 2014-2015: **498,188**
 - Growth from 2013-2014: **7786 + (1.6%)**
 - Average Entries per Day (Monday – Thursday)
 - Fall '14: **2,446**
 - Spring '15: **2,466**
- *Unique Members*
 - Unique members accessing The WELL **≥15** times per semester

- Fall '14: **4,963**
 - Growth from Fall '13: **+233 (5%)**
- Spring '15: **5512**
 - Growth from Spring '14: **+308 (6%)**
- The “average member” visits The WELL (if ≥1x per semester):
 - Fall '14: **12 visits per semester**
 - Growth from Fall '13: **±0 (0%)**
 - Total Members with ≥ 12 visits: **5,931**
 - Spring '14: **14 visits per semester**
 - Growth from Spring '13: **±0 (0%)**
 - Total Members with ≥ 12 visits: **6,449**

WELL Programs

- 5K Fun Run
 - Registered Participants: **568**
 - Race Day Volunteers: **272**
 - 5K Professional Staff: **12**
- Intramural Sports (2014-2015)
 - Intramural Sports Teams: **551**
 - Intramural Sports Participants: **4,909**
 - Intramural Sports Unique Participants: **2,526**
 - Intramural Sports Participations: **17,684**
- Group Fitness (2014-2015)
 - Total Group Fitness Passes Sold
 - Semester Pass: **989**
 - Total Attendance
 - **17,678**
- Informal/Open Recreation (July 1, 2014 – June 30, 2015)
 - Equipment Check-Out/Rentals
 - Total # of equipment rentals performed: **260,422**
 - Racquetball Court Reservations Totals
 - Total # of reservations: **534**
- Aquatics/Pool (2013-2014)
 - Swim Lessons: July 1, 2014 – June 30, 2015
 - Swim Lessons: **118**
 - Open Swim Participation: **7,552**
- Climbing Wall (2014-2015)



- # of Climbers
 - General Climbers: **13,185**
 - Belay Certified Climbers: **669**
 - “Mile-High Climb” participants: **141**
 - “Halloween Hangout” participants: **25**
 - “Movie Night” participants: **10**
 - Level-Up (Two Semesters) participants: **45**
 - Collegiate Climbing Series Competition participants: **76**
- WELL Event Services (2014-2015)
 - Total Reservations: **631**
 - Total Registered Attendance: **11,251**

POINTS OF PRIDE

- The WELL Staff hired 6 full time positions and completed a staff reorganization to meet the growing demands of the Sacramento State community.
- The WELL implemented a safety training program for all part time staff who are certified in First Aid/CPR/AED. Staff were tested on their skills twice during the spring semester with mock emergency situations.
- Intramural Sports continued to see growth in its programming again this year. Overall participation grew by over 500 (11.7%) participants, and our unique participants (individuals only counted once) grew by 332 (15.1%). Our sports offering continues to diversify, and relationships on campus are providing us with opportunities to try new sports.
- The staff development program offered 10 workshops for part time staff over the course of the year. These workshops were designed to enhance the work and education experience WELL Staff received.
- The Union and WELL staff partnered to host 2 “Yoga Nights” in the Union which had 225 participants.
- The AIR program (All Inclusive Recreation) hosted 10 events while partnering with the City of Sacramento Access Leisure program and the Stockton Sting Rays Beep Baseball team.

ASSESSMENT ACTIVITIES 2012-2013

Student Learning Outcome 1

Students who attended Frosh Night at The WELL (hereafter referred to as “Frosh Night students”) will demonstrate high utilization of The WELL by recording five or more turnstile check-ins than the average WELL member in Fall 2014.

Methods and Measures



The WELL's Member Services Manager collected names and email addresses of Frosh Night students following the conclusion of the Frosh Night event at The WELL in August 2014. The WELL staff utilized the CSI Member Management system to calculate the average number of facility entries by Frosh Night students during Fall 2014 and compare the findings to the average number of facility entries performed by the WELL membership.

Findings

This student learning outcome was not met. The WELL successfully ran three installments of "Frosh Night at The WELL" in July and August, 2014, where a total of 277 First-time Freshman students participated in a variety of recreational activities provided by The WELL Staff.

The 277 Frosh Night students averaged 14 turnstile check-ins (or "visits") to The WELL in Fall 2014. The average WELL member recorded 12 visits during the equivalent semester, resulting in Frosh Night students averaging 2 more turnstile check-ins than the average WELL member in Fall 2014. Additionally, 97 of the First-time Freshmen who successfully activated their WELL membership in Fall 2014 had a total of 17 turnstile check-ins or more including one student with 91 visits.

Conclusions/Status

Although the learning outcome of an increased 5 or more turnstile check-ins was not met, Frosh Night participants were found to utilize the facility an average of two more times a semester than the general WELL member. WELL Staff acknowledges that new students have many different options for activities to pursue on campus which may have contributed to a smaller increase of turnstile check-ins than were originally anticipated when compared to the general WELL member.

The WELL Staff expanded "Frosh Night at The WELL" this past year by scheduling an additional frosh night, resulting in a total of three. The information gathered in this assessment has allowed The WELL to continue to express the value of its participation in Frosh Nights. The WELL is committed to host three Frosh Night events during the summer orientation program in 2015.

WELL Staff intend to transform this assessment into a longitudinal study by tracking the WELL utilization rates of the 2013 and 2014 Frosh Night student cohort as they progress in their academic careers, as well as benchmark these findings with future assessments of the Frosh Night program.

Program Objective 1

Contribute to student success by providing quality programs where students can relieve stress, build relationships on campus and increase their overall well-being.

Methods & Measures

In the 2014-2015 school year we administered a survey to our current Intramural Sports participants. In the Fall 2014 semester the survey was sent to 1,592 participants and received 121 responses, yielding a 7.6% response rate. In the Spring 2015 semester they survey was sent to 1,697 participants and



received 251 responses, yielding a 14.8% response rate. The survey link was emailed directly to current Intramural participants in addition to being available through social media. Both the Fall and the Spring responses were analyzed separately and then compiled into one annual document to strengthen the numbers.

Findings

91.1% or 9 out of 10 respondents (out of 291 total responses) claim that “Intramural Sports provides them with opportunities to make new friends and increase social interaction”. 89.2% or 9 out of 10 respondents (out of 333 total responses) agree that “participating in Intramural Sports helps them reduce stress”. 86.8% or nearly 9 out of 10 respondents (out of 333 total responses) agree that “participating in Intramural Sports contributes positively to their overall well-being”.

Conclusions/Status

The data collected in these self-reported surveys indicates WELL members acquire multiple benefits by participating in Intramural sports. The benefits of stress reduction, social connection and overall wellbeing tie directly in to The WELL’s mission of “Lifetime Wellness”. Participants are experiencing rewards in the physical, emotional and socio-cultural dimensions of wellness contributing to their overall health and well-being. The WELL is committed to its mission of “Lifetime Wellness” and the Intramural program continues to be an integral vehicle in providing valuable opportunities to the Sacramento State community to achieve a healthy lifestyle.

PLANS FOR THE COMING YEAR

- To implement a more comprehensive assessment process across all of our departments to better gauge our member satisfaction, areas for improvement and contribution to student success.
- The WELL will assist in collecting data for the NIRSA/NASPA Assessment & Knowledge Consortium. This data will help provide Union WELL Inc. and CSUS with “actionable campus-specific and benchmarking data to shape and enhance programming inside and outside the classroom.”
- The Intramural Sports program has set a specific goal of collecting at least 500 survey responses from participants throughout the year.

ATTACHMENTS