

RECREATION & WELLNESS

Purpose/Mission

Our mission is to contribute to academic persistence and retention by providing a broad range of recreation, wellness, and student engagement opportunities to students and the UVU community that complement the academic experience.

Outcomes

We actively promote the pursuit of a balanced, healthy lifestyle to our diverse university community. Students that engage in our programming will be able to do the following:

- Students will take an active role in leadership by mentoring Adventure Trip Leaders, OAC shop employees, and Project climbing wall employees to create a strong Outdoor Adventure Center community.
- Students will experience teamwork and an increased engagement on campus through Intramural participation.
- Students participating in Competitive Sports will improve their communication skills and experience an increased engagement with campus.
- Wellness interns will attain entry level skills and qualify for employment in a wide range of health and wellness opportunities.
- Students will improve their understanding of personal well-being and develop healthy behaviors through participation in wellness program activities and events.
- Rodeo Team athletes actively participating on the Rodeo Team will persist from one semester to another.
- Students participating in fitness classes will improve their well-being and overall fitness level.

Programs and Services

We create curricular and co-curricular learning experiences to engage and empower students within the Recreation & Wellness department. WE contribute to their academic persistence, retention, and completion, as well as to the vibrancy of their communities and their personal and professional lives. Some of our programs and services are listed below:

Student Life & Wellness Center

175,000 sq. ft. building that includes a 1/8 mile indoor track, three basketball courts, multi-activity court, fitness and dance rooms, weight room, cardio equipment, bowling alley, and gaming center.

The Project Climbing Wall

40 ft tall climbing surface featuring over 10,000 holds and 3,000 sq ft of climbing surface, climbing clinics, and climbing gear available for rent.

Intramurals

Students involved with Intramural enjoy fun and competitive leagues including but not limited to: basketball, soccer, flag football, volleyball, softball, pickleball, spikeball, bowling, futsal, disc golf, badminton, and ping pong.

Competitive Sports

Esports, men's hockey, men's lacrosse, women's lacrosse, men's ultimate, men's soccer, women's soccer, men's volleyball, women's volleyball, men's rugby, women's rugby, and climbing club sport teams.

Wellness Programs

Offers a selection of student wellness programming including health coaching, health risk appraisals, classroom presentations, recliner massage chairs, stress reduction room, healthy cooking classes, walking group, internships, and scholarships.

Outdoor Adventure Center

Offers high impact programs through excursions, retail, rental offerings, and leadership opportunities.

UVU Rodeo Team

20-30 Student-athletes who compete in the Rocky Mountain Region.

RECREATION & WELLNESS

2025 IMPACT REPORT

170,503

DAILY GYM ENTRIES

976 FITNESS CLASSES

→ A 49.6% INCREASE

40,351

TOTAL OAC ENGAGEMENT HOURS

446 EVENTS

2,434

ATHLETIC TRAINER ENCOUNTERS

70

CLIMBING WALL MAX CAPACITY DAYS



83

OAC TRIPS

21 EMPLOYEE GRADUATES

STUDENT EMPLOYEES 114

4,013 INTRAMURAL PARTICIPANTS

680 PERSONAL TRAINING SESSIONS

A 423% INCREASE →

10 CNFR QUALIFIERS

249 DIETITIAN SESSIONS

WELLNESS PRESENTATIONS 42



85% OF USERS SAW IMPROVEMENT USING THE STRESS REDUCTION ROOM

10 SCHOLARSHIPS

\$60,000 RAISED FOR RODEO

\$789,992 TO SUPPORT STUDENT EMPLOYEES

TOTAL DEPARTMENT REVENUE

\$597,652.53