

# Recreation & Wellness

## Purpose/Mission

Our mission is to enrich the quality of life for students, faculty, and staff by providing a broad range of recreation, wellness, and student engagement opportunities that complement the academic experience.

## Learning 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:

- Through direct experiences as an Adventure Trip Leader (ATL), students will learn to bridge gaps and break various barriers to include all individuals on Outdoor Adventure Center trips and events.
- Participants of Intramurals & Club Sports will have a sense of belonging and association. Students will experience a connection to the staff, fellow students, and the University while feeling welcomed, supported, and safe.
- Wellness interns will be able to plan and implement events with diverse topics to reach broad audiences.
- Student staff will have engaging experiences and access to leadership opportunities which will help enhance and develop their personal and leadership skills.
- Students who work within Intramurals will be able to identify meaningful transferable skills between what they learn through their IM sports employment and how it relates to future professional careers after graduation.

## 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, 3 Basketball Courts, Multi-Activity Court, Fitness/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. Climbing Clinics and climbing gear available for rent.

**Intramurals.** Students involved with Intramurals enjoy fun and competitive leagues including, Basketball, Soccer, Flag Football, Volleyball, Softball, Pickleball, Spikeball, Bowling, Futsal, Disk Golf, Badminton, and Ping Pong.

**Club 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.** 26 Student-Athletes who compete in the Rocky Mountain Region.

# 322 EVENTS

RECREATION & WELLNESS EVENTS  
2022 ANNUAL REPORT

**+1,918**

INCREASE IN  
SLWC MEMBERSHIPS

**\$493,954.50**

TOTAL DEPARTMENT  
REVENUE

**9**

COLLEGE  
NATIONAL RODEO  
FINALS QUALIFIERS

**2,489**

ATHLETIC  
TRAINING  
ENCOUNTERS

THE OUTDOOR ADVENTURE CENTER

**82**

EVENTS

**1,755**

PARTICIPANTS

**365**

CLUB SPORTS  
STUDENT  
ATHLETES

**1,354**

INTRAMURAL GAMES  
PLAYED

**3,718** PARTICIPANTS

**7,295**

OAC  
ENGAGEMENT  
HOURS

**26,067**

WELLNESS PROGRAMS  
PARTICIPANTS

**13,114**

PARTICIPANTS  
AT THE PROJECT  
CLIMBING WALL