

**Texas A&M International University
Annual Institutional Effectiveness Review (AIER)
for Administrative or Educational Support Units**

Unit Name:

Recreational Sports Department

Unit Type:

Administrative Unit

Educational Support Unit

Assessment Period Covered:

January 1, 2008 to December 31, 2008

Unit Coordinator (Preparer of Report):

Jorge C. Juarez

List Other Report Contributors (if applicable):

Juan Garza

Denise Schuster

Steve Sayward

The annual review is directed at the following goals of the Texas A&M International University 2006-2010 Strategic Plan. Please list goals below:

Goal #3: SERVICE – 3.2 Provide service and outreach activities to the University service area in a professional, courteous, efficient and timely manner

Goal #6: PHYSICAL RESOURCES – 6.4 Operate, maintain, and renovate facilities to serve the needs of the University

Institutional Mission

Texas A&M International University, a Member of The Texas A&M University System, prepares students for leadership roles in their chosen profession in an increasingly complex, culturally diverse state, national, and global society ... Through instruction, faculty and student research, and public service, Texas A&M International University embodies a strategic point of delivery for well-defined programs and services that improve the quality of life for citizens of the border region, the State of Texas, and national and international communities.

Administrative or Educational Support Unit Mission

Recreational Sports Department provides opportunities for participation in a variety of fitness, recreational, and social activities designed to accommodate all ages, skill levels, genders, and sports interests for the University community. Recreational participation facilitates educational interaction outside the classroom among students, faculty, staff, and alumni. These activities promote leadership, development opportunities for students, and individual wellness.

Provide summary of the last cycle's use of results and changes implemented

This statement should specify if the outcomes addressed were a continuation of previous ones, new outcomes, or modified versions of previous outcomes. In addition, the statement should include a concise analysis of the assessment data collected during the previous year, a brief explanation of actions taken to address specific outcomes, an evaluation of how these actions contributed to the improvement of the unit,

and any recommendations formulated. Assessment data must be viewed and discussed by the unit during this process.

Recreational Sports is in its second year at the KWRC facility for TAMIU faculty, staff, and students. With the increase in students every semester, there is an increase of demand on services and equipment in the recreation center. Being pro-active, instead of looking for funds for a new pool, Rec Sports Department is identifying money for the replacement of older cardio equipment. This past year, we have partnered with a community dietitian to provide the TAMIU community an outreach for healthy eating.

List of unit-level outcomes

It is recommended that units rotate through their entire set of outcomes over a multi-year period. Units may focus on one or two outcomes each year, as deemed appropriate.

1. To remove the older cardio machines and replace with newer cardio machines
2. To help the TAMIU community with healthy eating seminars
- 3.
- 4.
- 5.
- 6.

Section I: Planning and Implementation

Outcome(s): *Identify the outcome(s) that will be focused upon this year.*

To remove the older cardio machines and replace with newer cardio machines
 To help the TAMIU community with healthy eating seminars

Methods of assessment to be used:

Identify and describe the type of assessment(s) that will be used and how the data will be obtained. During this assessment period, has your unit used any of the following measures for assessment of outcomes? Indicate “Y” if currently being used; “N” if not currently being used but interested in using; and “NA” if not applicable.

Type of Measure	Y	N	NA	Specify which type of measure was used and what outcome the measure was applied to:
<u>Volume of Activity:</u> (Number of clients served, circulation data, etc.)	XXX			This is our biggest area for monitoring our programs. Through the one card system for tracking members to number of participation through roll sheets. Also, the newer cardio machines have a “miles used” program to track use with each machine.
<u>Efficiency:</u> (Turnaround time for filling requests, timely service or prompt response, etc.)				
<u>Service Quality:</u> (Error rates, accuracy of information provided, etc)				
<u>Client Satisfaction Survey</u> (Student, employer,	XXX			Rec Sports (the facility and fitness/wellness) uses a satisfaction survey to keep up with the demands

alumni, customer, etc.)				of our member services.
<u>Feedback:</u> (Suggestion box, focus groups, evaluation forms, etc.)	XXX			Our healthy eating seminars will be implementing focus groups for healthy eating in the Spring 2009.
<u>Review of existing data:</u> (Routine records or reports, institutional data, audits, etc.)				
Staff discussions or evaluations of services to clients				
Standards/guidelines provided by professional associations	XXX			We, in Recreational Sports, are driven by industry standards and guidelines provided by American College on Sports Medicine (ACSM).
Standards set by federal, state, county, city or system regulations				
External evaluations or auditors				
Benchmarks or comparisons with peer institutions				
Other				

Criteria/Benchmark(s):

Specify, if deemed appropriate to assess outcome(s). Criteria/ benchmark(s) may be optional, especially if qualitative measures are used for data collection.

With the projected growth every semester, TAMIU will eventually have to expand the KWRC. With classes reaching 40+ students in Kinesiology activity classes. Recreational Sports cannot keep up with the demand and keep machines working. A good life expectancy for a new piece of cardio machine is 4.5 years. For TAMIU, the number is closer to 3.5 years. The Recreation Center is open for 88.5 hours a week for open recreation plus all the classes (including Early College High School) that use the cardio equipment during business hours, a very high demand, which is a good problem to have in the field of exercise.

Another program service we are trying to target is the obesity rate in Laredo. We have teamed with a dietitian from a local hospital to provide seminars for healthy eating habits for the TAMIU community.

Section II: Analysis of Results

What were the results attained?

Describe the primary results or findings from your analysis of the information collected. Were the results used to improve the unit services or operations? Please specify:

We had a professional from Precor (our cardio machine vendor) asses and do an annual maintenance on the cardio machines in the TAMIU Rec Center. The treadmills are the most widely used machines in the Rec Center. Some machines are pushing 4,000 miles per machine.

Also this past fall 2008, Rec Sports started seminars focusing on healthy eating habits. We started these seminars with students but now we have expanded to include faculty and staff.

What were the conclusions reached?

Include a brief description of the procedure used for reaching the conclusion(s) based on the evidence collected and describe the process used to disseminate the information to other individuals. For example, if the discussion took place during the annual retreat, include a summary from those deliberations using the Meeting Minutes template found on the Project Integrate web page at <http://www.tamtu.edu/integrate/docs/Minutes-Template.doc>. Once completed, submit the minutes to assessment@tamtu.edu.

After the maintenance report, Rec Sports can determine a rotation so that all machines are being used. Also, we can start setting a fund aside for maintenance cost and breakdowns. Rec Sports inherited some cardio equipment from the vendor Life Fitness. These cardio pieces are breaking down and are too costly to repair. The local Life Fitness repairman comes from San Antonio. On the healthy eating side - through surveys and word-of-mouth, staff members have approached Denise Schuster, Fitness/Wellness Coordinator, about starting food focus groups. Ms. Schuster located a local dietitian willing to assist the TAMTU community.

Describe the action plan formulated. (The plan may be multi-year in nature.)

Based on the conclusion(s), describe the action plan to be implemented to improve or maintain unit services and operations, including resources needed and a timeline for implementation.

Based on the maintenance reports, breakdown reports, and rotations, Rec Sports will be identifying funds to maintain the cardio room. With the growing student population, Rec Sports in the near future will be faced with machine problems based on the growing demands. Three new cardio pieces a year will allow for the growth in student population and the demand each machine will incur. On the healthy eating side, Rec Sports is still in the process of conducting and identifying our focus eating groups. These sessions will be one-on-one and small group (question and answer).

Section III: Resources

Resource(s) to implement action plan:

Describe the resources that will be needed to implement the action plan. Also indicate if the resources are currently available, or if additional funds will be needed to obtain these resources.

Funding

- New Resources Required
- Reallocation of current funds

Physical

- New or reallocated space

Other

- Primarily faculty/staff time
- University rule/procedure change only

Provide a narrative description and justification for requested resources (include linkage to Strategic Plan – or Compact, if relevant)

Under Goal #6 – Physical Resources (6.4) Operate, maintain, and renovate facilities to serve the needs of

the University. Taking care of cardio machines is a must for Rec Centers across the country. Here at TAMIU the cardio room (42 pieces of equipment) is the workout facility for Early College High School physical education (daily PE), all of TAMIU's College of Education classes, and open recreational time for the rest of the TAMIU community. The Rec Center is open for 88.5 hours weekly. The Department will joyfully continue to operate, maintain, and renovate facilities to serve the needs of the University. What Rec Sports would like to establish is a reserve (of funds) to maintain the facility in the years to come knowing that cardio machines are expensive and will not last forever.

Identify proposed outcomes for the next assessment cycle:

Continuation of present outcome(s) – (Indicate reason for continuation):

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New Outcome(s) – (List outcomes below):

Identify a way to track new participants within Department of Recreational Sports

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Modification of present outcome(s) – (Indicate reason for modification):

Healthy eating is a present outcome that will have a final survey and assessment in May, 2009. So more details will be available in next year's AIER report.

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Date Completed:

January 26, 2009

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Submit completed form to integrate@tamiu.edu.