

John A. Wilson Physical Education Complex

Facility Usage Projection Report

AY 2008-2009

Background

The John A. Wilson Physical Education Complex is the pride of the Department of Exercise and Sport Sciences (ESS), at New Mexico Highlands University. Built in 1986, the Physical Education Complex includes faculty offices, state-of-the-art teaching laboratories, classrooms enhanced with technology, and the NMHU Wellness Program. Additionally, the complex offers modern facilities for physical education, exercise science, athletic training, sports administration, and health education instruction, as well as student and faculty research. The NMHU Wellness Program enables students to obtain practical experiences in fitness testing and individualized exercise prescription with clients from the NMHU and Las Vegas communities. Additionally, this program supports a cardiac rehabilitation program (CHEER) for members of the community, in which NMHU students gain valuable experience working with diseased populations.

The Department of Exercise and Sport Sciences oversees the usage and scheduling of the Physical Education Complex. The primary usage of the complex is for academic courses, laboratories, and practical experiences. Additionally, the NMHU Athletic Department schedules usage of our facility for athletic practices and contents, in times coordinated with our academic unit. Other groups schedule and use the facility, including the NM Senior Olympics, the North/South All Stars, the Stu Clark Basketball Tournament, the NM Mesa Conference, and the Northern Regional Science Fair.

Academic Usage

Appendix A shows the usage of the John A. Wilson Complex, by semester from the Fall 2002 through the Spring 2008, by the Department of Exercise and Sport Sciences. As the appendix indicates, academic usage in the facility has increased since 2002. In the Spring of 2008, over 1147 duplicated and 671 unduplicated students were taking classes in the complex throughout the semester. Classes in the department are scheduled between 1 and 3 times per week, indicating that, on average, 2300 duplicated students attend classes, per week in the complex. This includes 65 classes offered during the semester. We project the usage in the Wilson Physical Education Complex for the AY 2008-2009 will be consistent with this past year, indicating over 4600 duplicated students attending over 130 classes in the fall and spring semesters, in the

complex. For the Fall of 2008, over 70 classes are scheduled, throughout the day, in the complex. These reports do not include academic usage from the summer sessions.

ESS Academic Programs that Utilize Wilson Complex

The Department of Exercise and Sport Sciences offers a variety of majors, minors, graduate, and teacher content area licensure programs. The following is a breakdown of our academic programs:

Undergraduate

Human Performance and Sport

- Exercise Science

- Physical Education

- Leisure Services

- Athletic Training

Health

- Health Education

- Health Promotion and Wellness

- Pre-professional Health (physical therapy school preparation program)

Minors

- Human Performance and Sport

- Health

- Coaching

Graduate

Human Performance and Sport

Sports Administration

Teacher Education

The Department of Exercise and Sport Sciences recently completed a program review of all of its academic offerings. For the AY 2008-2009, the department plans on the following:

1. To create a new Athletic Training undergraduate B.S. degree and M.S. degree. This program will be a 3-2 program and is currently under creation/revision. Our goal is to have our program accredited by the National Athletic Training Association (NATA) by Fall of 2009. After this program is created, NMHU will be one of two programs in the state with Athletic Training, and the only university in the region with a graduate program. In New Mexico, athletic trainers must be certified by the NATA, in order to work in our P-12 schools. There is a great need to train/prepare more athletic trainers in New Mexico.
2. To revitalize our Leisure Services undergraduate major, in conjunction with the School of Business. Last year, several meetings took place between the School of Business, NMHU Administration, and the ESS Department. We anticipate that the revisions will create a double major in Business/Leisure Services for students interested in the field of recreational management. In the future, we anticipate adding a golf course management emphasis in this program, also in conjunction with the School of Business.

These two changes will increase the academic usage of the John A. Wilson Complex.

NMHU Wellness Program

The NMHU Wellness Program offers a site for practical experiences for students from the Department of Exercise and Sport Sciences. With state of the art laboratory equipment and a beautiful fitness facility, the program offers a unique practical experience in the preparation of students in our academic programs. Most of the departmental majors require students to complete practical experiences before the completion of their academic program. The NMHU Wellness program offers real-life experiences in the areas of fitness testing, individualized exercise prescription, personal training, facility administration, and community outreach. Appendix B includes the annual report from the NMHU Wellness Program for the AY 2007-2008. Because of the date of this request, it does not include information from August 2008, therefore, it includes only 11 months of usage. As indicated, the NMHU Wellness Program provides services to over 7000 persons per year, with all work provided by

students in the academic unit, overseen by the Program Director. This invaluable experience prepares our students for the job market, after graduation. We project that usage of this part of John A. Wilson Complex will remain constant for the AY 2008-2009.

Group and Athletic Usage of the PE Complex

During the AY 2007-2008, several other activities were held in the Wilson Complex. Attendance estimates for the activities are as follows:

<u>Activity</u>	<u>Attendance</u>
North/South All-Star Game	4000
NMHU Men's Basketball Camp	150
NMHU Women's Basketball Camp	75
NMHU Volleyball Season	3000
NMHU Men's/Women's Basketball Season	6000
Wrestling Season	2000
Stu Clark Basketball Tournament	7500
Mesa Conference	750
Northern Regional Science Fair	650
NMHU Intramurals Program	300 per day
Graduation	4500
General Public Usage	200 per day
Student Body/Faculty/Staff Usage	1000 per day

We anticipate the usage of the John A Wilson Complex for the AY 2008-2009 to be very similar to this year.

Appendix A

Usage of John A. Wilson Complex

Student Enrollment and Class Information by Semester

Fall 2002- Spring 2008

Fall 2002 Totals

Spring 2003 Totals

Individual Areas

	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				
Undergrads	376	138	20	18.80
Grads	68	39	6	11.33
Health	64	47	5	12.80
Leisure	1	1	1	1.00
GenPE	414	349	29	14.28

Individual Areas

	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				
Undergrads	352	162	18	19.56
Grads	67	38	7	9.57
Health	55	45	3	18.33
Leisure	9	9	1	9.00
GenPE	451	377	26	17.35

Total of all Students	Duplicated	Unduplicated	Classes
	923	574	61
Individual Students = 494			

Total of all Students	Duplicated	Unduplicated	Classes
	934	631	55
Individual Students = 532			

Fall 2003 Totals

Spring 2004 Totals

Individual Areas	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				
Undergrads	319	156	15	21.27
Grads	87	44	6	14.50
Health	58	40	4	14.50
Leisure	5	5	1	5.00
GenPE	404	349	25	16.16
Total of all Students	Duplicated	Unduplicated	Classes	
	873	594	51	
Individual Students = 528				

Individual Areas	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				
Undergrads	314	141	15	20.93
Grads	71	30	7	10.14
Health	78	55	3	26.00
Leisure	17	17	1	17.00
GenPE	531	413	32	16.59
Total of all Students	Duplicated	Unduplicated	Classes	
	1011	656	58	
Individual Students = 546				

Fall 2004 Totals

Spring 2005 Totals

Individual Areas	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				

Individual Areas	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				

Undergrads	247	116	16	15.44	Undergrads	337	142	16	21.06
Grads	68	30	6	11.33	Grads	100	49	10	10.00
Health	89	64	6	14.83	Health	94	78	3	31.33
Leisure	0	0			Leisure	0	0	0	
GenPE	480	377	38	12.63	GenPE	526	407	34	15.47
Total of all Students					Total of all Students				
	Duplicated	Unduplicated	Classes			Duplicated	Unduplicated	Classes	
	884	587	66	13.39		1057	676	63	16.78
Individual Students = 502					Individual Students = 573				

Fall 2005 Totals

Spring 2006 Totals

Individual Areas

	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				
Undergrads	384	160	19	20.21
Grads	107	52	5	21.40
Health	72	54	4	18.00
Leisure				
GenPE	418	356	19	22.00
Total of all Students				
	Duplicated	Unduplicated	Classes	
	981	622	47	
Individual Students = 537				

Individual Areas

	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				
Undergrads	371	139	19	19.53
Grads	111	65	7	15.86
Health	65	53	3	21.67
Leisure				
GenPE	530	433	31	17.10
Total of all Students				
	Duplicated	Unduplicated	Classes	
	1077	690	60	
Individual Students = 602				

 Fall 2006 Totals

 Spring 2007 Totals

Individual Areas

	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				
Undergrads	383	177	19	20.16
Grads	112	60	7	16.00
Health	69	48	6	11.50
Leisure	0	0	0	
GenPE	483	412	31	15.58

Total of all Students

Duplicated	Unduplicated	Classes
1047	697	63

Individual Students =

613

Individual Areas

	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				
Undergrads	377	138	20	18.85
Grads	90	49	10	9.00
Health	67	63	3	22.33
Leisure	0	0	0	
GenPE	563	453	29	19.41

Total of all Students

Duplicated	Unduplicated	Classes
1097	703	62

Individual Students =

 603

Fall 2007 Totals

 Spring 2008 Totals

Individual Areas

	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				
Undergrads	289	139	20	14.45
Grads	135	70	8	16.88
Health	72	48	4	18.00
Leisure	0	0	0	
GenPE	493	452	27	18.26

Individual Areas

	Duplicated	Unduplicated	# Classes	Ave # St/Cl
HPS				
Undergrads	350	142	19	18.42
Grads	135	70	12	11.25
Health	63	48	4	15.75
Leisure				
GenPE	599	490	30	19.97

Total of all Students	Duplicated	Unduplicated	Classes
	989	709	59
Individual Students =	624		

Total of all Students	Duplicated	Unduplicated	Classes
	1147	750	65
Individual Students =	671		

Appendix B

Usage of John A. Wilson Complex

NMHU Wellness Program Report

AY 2007-2008

To: Dr. Kathy Jenkins, Department Chair

From: Everett B. Delgado, HU Wellness Program Director

Subject: Yearly Report September 2007-July2008

The following yearly report is based on an eleven month period as August is unaccounted for due to the time of request. From September 2007 through July 2008 the HU Wellness program assessed seventy-eight employees, nine employee dependents, seventy-three Fit For Life students, two hundred and nine regular students, one CHEER participant, and two hundred and five community members. The HU Wellness Program also administered seventy employee consultations, seven employee dependent consultations, sixty-three Fit For Life consultations, one hundred and fifty-nine student consultations, one hundred and ninety-seven community consultations, and administered twelve presentations. The following is a breakdown of the HU Wellness program effort from September 2007- July 2008.

Assessments Consultations Presentations

Employees	78	70	2
Employee Spouse/Dep	9	7	0
Fit For Life	73	63	0
Students	209	159	5
CHEER	1	0	0
Community	205	197	5
Total:	575	496	12
Grand Total:	1,083		

The following is a breakdown of the HU Fitness Center effort from September 2007- July 2008.

Participation numbers on monthly basis:

	<u>Students</u>	<u>Employees</u>	<u>Athletes</u>
September	277	139	20
October	391	173	30
November	363	160	40
December	146	62	11
January	276	123	32

February	698	183	21
March	515	118	31
April	858	214	30
May	130	45	6
June	259	88	10
July	348	128	7
	Total: 4,261	1,433	238
Grand Total: 5,932			

The HU Wellness Program and HU Fitness Center combined effort are as follows:

HU Wellness Program Total: 1,083

HU Fitness Center Total: 5,932

Grand Total: 7,015

The HU Wellness Program and HU Fitness Center had a very successful year and continue to complement each other extremely well as the numbers demonstrate. These two learning environments allow our students to enhance their laboratory skills, social skills, hands-on skills, and to develop a work ethic that will allow them to thrive in “real world” situations as they venture out into the job market. The students help with and/or administer physiological assessments on our employees, students, and community members on a daily basis; and are then instructed on how to write “Individualized Exercise Prescriptions” based on the client’s “results and ratings”, abilities, and then finally their goals.

Our students are then required to sit down with the client and actively discuss the results and ratings. Many times the information is quite sensitive and can signify a harsh reality for the client, but it is information that needs to be discussed none the less; and it is up to our wellness consultant to explain the

information with tact, respect, a sense of compassion, and most importantly professionally. Also, all students working in the Wellness Program are Adult CPR/AED certified. The unique learning environment that the wellness and fitness center create allows our students a social and academic environment that other institutions can't offer.

The students within our Exercise and Sport Sciences Department assess the following physiological components; flexibility, percent body fat, flexibility, muscular strength, muscular endurance, and cardiorespiratory endurance. Again, our students then write "Individualized Exercise Programs" for our participants. The close proximity of both programs is an advantage as the students (wellness consultants) are able to witness first-hand whether or not the exercise prescription worked or failed. In this manner, our students can then adjust or tailor the exercise prescription accordingly. The one-to-one relationship created between the student and participant is a definite and powerful social skill tool.

Students working within the HU Wellness Program and HU Fitness Center are also given the responsibility of maintaining an environment that is conducive to the pursuit of health and physical fitness goals. This means that our students are also responsible for knowing how to interpret what resting and exercise blood pressures mean; how hypercholesterolemia, impaired fasting glucose levels, cigarette smoking, and obesity can impact the participants daily exercise and goals. Ultimately the student eventually learns how to become a "wellness consultant" in order to best serve the client. By learning these skills and encompassing all of the academic knowledge within our department our students can compete in the job market thus; they leave with a degree but most importantly they complement their degree with quality hands-on knowledge.

The HU Wellness Program and Fitness Center had four Graduate Assistants/Teaching Assistants work five hours per week each throughout the semester. Based on the fall and spring semester the graduate assistants contributed 600 hours of work within the HU Wellness and Fitness Programs. The HU Wellness program and HU Fitness Center also had nineteen Wellness Leadership Class students actively work forty-five hours each during the fall 2007 semester. These students worked a combined eight-hundred and fifty five hours. Three practicum students also worked during the fall semester and all combined contributed a total of three hundred hours of work. During the spring semester seven students worked a combined seven hundred and twenty hours within the wellness and fitness programs. During the months of June, July, and the first two weeks of August the HU Wellness Program and HU Fitness Center also hired Nichole Duran and Ray Griego to help with the day to day operations within both programs. Both of these individuals have prior service within our programs. Ms. Duran and Mr. Griego both worked a combined total of four hundred and fifty four hours.

These graduate assistants/teaching assistants, students and work studies helped with and/or administered physiological assessments, administered individual consultations, helped maintain the fitness center, and actively interacted with participants on their health and/or physical fitness goals. The following is a break-down of the effort put forth by these individuals;

<u>Fall semester</u>	<u>Total Hours</u>
Graduate Assistants (4) @ 20 hours per week x 15 weeks	300 hours

Wellness Leadership Class (19) students x 45 hours each 855 hours

Three practicum students:

Two students (ea. 1 credit unit) 120 hours

One student (3 credit units) 180 hours

Total: 1,455 hours

Spring semester

Graduate Assistants (4) @ 20 hours per week x 15 weeks 300 hours

Seven practicum students:

Three students (ea. 1 credit unit) (3 x 60) 180 hours

Three students (ea. 2 credit units) (3 x 120) 360 hours

One student (3 credit units) (3x 60) 180 hours

Total: 1,020 hours

Summer Session

Nichole Duran (work-study) 194 hours

Ray Griego (work-study) 260 hours

Total: 454 hours

Grand Total: 2,929 hours

The HU Wellness Program assessed the following number of students from September 2007 through July 2008 period. The distinction made on these students is based on the specific class in which they were enrolled in. Remember these numbers are already included in the grand total previously mentioned.

<u>Class</u>	<u>PE 160 Wellness Class</u>	<u>Regular Students</u>	<u>Fit For Life</u>	<u>Community</u>	<u>First Year Experience</u>
Sep.	14	22	13	55	0
Oct.	4	17	7	1	0
Nov.	1	15	14	0	3
Dec.	0	2	6	1	1
Jan.	21	28	2	32	1
Feb.	13	29	4	2	0
Mar.	3	25	8	73	0
Apr.	0	48	18	28	0
May	0	2	1	10	0
June	12	12	0	0	0
July	0	9	0	2	0
	Total: 68	209	73	204	5

Grand Total: 559

The following is a numerical breakdown of the HU Wellness Program Community Outreach effort for the August 2007 through July 2008, fiscal year. These numbers include events at which our students, employees, athletes, and community members were either assessed and/or presented health-related information. These numbers are also included in the grand total previously mentioned. I am merely making a specific distinction as to the target population and what if any community outreach was done.

<u>Date</u>	<u>Target Population</u>	<u>Number of individuals Assessed</u>
9/15/2007	Alta Vista Regional Hospital	52
9/17/2007	Mora High School presentation	20
10/02/2007	First Year Experience	9
10/24/2007	First Year Experience	12
10/25/2007	First Year Experience	13
10/30/2007	MESA presentation	8
11/19/2007	First Year Experience	4
1/28/2008	NMHU Library employees	10
1/29/2008	NMHU College Nights	32
3/12/2008	Senior Trek to Healthy Fitness (Española, N.M.)	47
3/12/2008	Exercise Conditioning Class	9
3/28/2008	First Year Experience	4
3/31/2008	Robertson High School Fitness Gram	26
4/18/2008	Luna Vocational Community	10

4/25/2008	Robertson High School Presentation	14
4/28/2008	Robertson High School Fitness Gram	16
4/30/2008	Robertson High School Fitness Presentation	16
5/07/2008	Robertson High School Fitness Gram	<u>10</u>

Total: 312

The HU Wellness Program was also utilized by students in the Exercise and Sport Sciences Department for classroom assignments. These classes include Exercise Physiology, Kinesiology, Wellness Leadership, Measurement and Evaluation, Theories and Principles of Exercise Stress Testing, and Fit For Life. These classes utilize our laboratory, fitness center, blood pressure equipment body fat analyzers, and skin-fold calipers. The following is a breakdown of HU Wellness laboratory use by some of the above-mentioned classes.

<u>Date</u>	<u>Class</u>	<u>Number of tests administered</u>
May 2008-June2008	Stress Testing	48
July 16, 2008	Designs for Fitness	<u>11</u>

Total: 59

The HU Wellness and Fitness Center are academic environments that allow our students to learn skills that will ultimately make them more competitive in the job market. Our students learn how to assess blood pressure, flexibility, percent body fat, muscular strength, muscular endurance, and cardiorespiratory endurance. Based on the assessments results and ratings our wellness consultants then write "Individualized Exercise Programs" based on the client's fitness levels and ultimately their health and/or fitness goals. Also, our students realize the significance of how hypertension, hypercholesterolemia, cigarette smoking, obesity, and sedentary lifestyles can affect ones' exercise program and overall health.

Thus, our wellness consultants develop their consultation skills by individually consulting with each client and relaying all this information in a tactful, respectful, compassionate, and respectful manner. The information at times can be sensitive and the wellness consultant eventually enhances his/her consultations skills to the point that social interaction is second nature to them.

The community outreach work administered by the HU Wellness Program also utilizes these wellness consultants and their skills to assess and deliver the same type of information to individuals within the community. This is a significant contribution to the community as many of these individuals are given vital information that they might otherwise never be exposed to. My honest opinion on the HU Wellness Program and Fitness center are that our students, community, and the university itself are extremely fortunate that these programs exist and continue to thrive as ultimately everyone involved benefits.