

At NMHU, co-curricular activities are defined as out-of-class experiences that complement and extend the formal learning experience of a course or academic program. Co-curricular activities develop a student's social, intellectual, cultural, democratic, civic, and aesthetic domains. They are supervised and/or financed by the institution and facilitate the attainment of NMHU's four essential traits (or student learning outcomes). These experiences are voluntary, ungraded, and non-credited, although they may be compensated through student employment.

Four identified traits/student learning outcomes that the NMHU community of faculty, students and staff identified that our graduates are expected to display:

- Mastery of content knowledge and skills
- Effective communication skills
- Critical and reflective thinking skills
- Effective use of technology

Program Name: NMHU Wellness Program

Main Contact and Email: Everett B. Delgado, Room 133 Wilson Complex. (505) 454-3104, edelgado@nmhu.edu

**Program Mission:** The NMHU Wellness Program serves to provide an environment that is conducive to learning and maintaining one's overall health and wellness. The NMHU Wellness Program provides an academic environment and the necessary equipment that allows its staff the means to apply their knowledge and hands-on experience when administering physiological tests. The Exercise Stress Testing equipment, aerobic equipment, and resistance training equipment is the latest and of the highest quality. Students, employees, and community members will benefit when being physiologically tested because of the academic background and hands-on experience demonstrated by staff. The HU Wellness Program staff consists of students from within the Exercise and Sport Sciences Department. The physiological testing involves muscular endurance, muscular strength, flexibility, body composition, and cardiorespiratory endurance. Exercise prescription and nutritional recommendations are given based on the clients test results, physical abilities, and more importantly long-term goals. Individual consultations administered by knowledgeable staff allows the participants' needs, physical abilities, and overall goals to be addressed on an individual basis.

**Intended Audience:** The NMHU Wellness Program is a wellness based program that is accessible to students, employees, and community members. The program is under the direct supervision of the Wellness Program Director, a Graduate Assistant, and work study students from within the Exercise & Sport Sciences Department. These students help with and/or administer physiological assessments, individual consultations, supervise, maintain, and enforce all policies and procedures specific to the NMHU Wellness Program. These students attain the necessary knowledge and hands-on experience that will give them the necessary tools to work in professional environments like cardiac rehabilitation; physical therapy, wellness programs, and fitness centers.

Please include data on student utilization of the program over the past year (be sure to include online and Center students if part of your intended audience).

The NMHU Wellness Program employed one graduate assistant, 4 work study students, and one practicum student during the spring 2017 semester. During the spring semester 1,740 students, 752 employees, 1 athlete, and 589 community members accessed the NMHU Wellness Program. Also, during the spring semester 43 employees, 35 Fit for Life students, 86 regular students, and 22 community members were administered physiological assessments. During this same spring period individual consultations were administered to 57 employees, 31 Fit for Life students, 75 regular students, and 33 community members. The hours of operation for the 2017 spring semester were 8:00 a.m. to 6:00 p.m. Monday through Thursday and 8:00 a.m. to 5:00 p.m. on Fridays. The hours of operation during the evening were eventually extended to 7:00 p.m. on Monday thru Thursday as the need arose. These numbers reflect main campus individuals only.

Describe how you measure student satisfaction with your program and results for this year:

Student Learning Outcome:	University Trait(s) linked to which it is linked Learning Outcomes	Measures of Assessment	Timeline for Measurement	Threshold to Determine if outcome has been achieved
1. <i>A majority of the work study students worked 20 hours per week as wellness consultants during the fall semester.</i>	Mastery of content knowledge.	Time sheets	January through May 2017	80% or more of the work study students worked 20 hours per week during the semester.
2. <i>A majority of the work study students 3/4 earned an 80% or better on their employee performance evaluations.</i>	Mastery of content knowledge	Wellness Consultant performance evaluations from spring 2017	May 2017	100% receive an 80% or better on their employee performance evaluations.
3. <i>Work study students supervise 3,082 students, faculty, and staff each semester at the NMHU Wellness Program.</i>	Mastery of content knowledge	Daily attendance records for HU Wellness Program for the spring 2017 semester	January through May 2017	3000 attendance or higher for Spring 2017 semester.
Student Learning Outcome:	Assessment Measurement Results	Outcome Achieved? (0= No, 1= yes)	Plan for Improvement	
1. <i>A majority of the work study students worked 20 hours per week as wellness program consultants during the spring 2017 semester</i>	3 out of the 4 wellness consultants worked 20 hours per week during the spring 2017 semester.	1	This outcome was met and the 20 hours per week per work study student will be a continuing effort. This will provide the student with more hands-on experience and allow them to meet their own financial needs by fulfilling their 20 hours per week.	

<p><b>2. A majority of the work study students earned 80% on their employee performance evaluations.</b></p>	<p>90% of the students earned an 80%. The average score was 80% on the evaluation.</p>	<p>1</p>	<p>This outcome was met and continuing reviews throughout the semester will help them maintain the necessary skills allowing for rehire. Also, a modification to the performance evaluation was necessary and it strengthened the necessary skills needed for rehire.</p>
<p><b>3. Work study students supervised 3,082 students, faculty, and staff each semester at the NMHU Wellness Program.</b></p>	<p>During the spring 2017 semester 1,740 students, 752 employees, 1 athlete, and 589 community members used the HU Wellness Program. Physiological assessments were administered to 43 employees, 35 Fit for Life students, 86 regular students, and 22 community members. Individual consultations were administered to 57 employees, 31 Fit for Life students, 75 regular students, and 33 community members.</p>	<p>1</p>	<p>This outcome was met. However, as semesters and class schedules change the appeal for later closing hours will be satisfied by changing the hours of operation from 8:00 a.m. to 7:00 p.m. Monday through Thursday. This change will add one extra hour to the evening hours of operation. Each semester brings different needs and as such we will reevaluate accordingly.</p>