

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

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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 allowing students the means to apply their knowledge and attain 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. The HU Wellness Program is staffed with 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 students allows the participants' needs, physical abilities, and overall goals to be addressed on an individual basis. These students (Wellness Consultants) are competent in exercise prescription, nutritional strategies, and physiological testing specific to the Guidelines for Exercise Testing and Prescription as recommended by the American College of Sports Medicine (ACSM).

Intended Audience: The NMHU Wellness Program is a wellness-based program that is accessible to all students. The program is under the direct supervision of the Wellness Program Director. Work-study and practicum students from within the Exercise & Sport Sciences Department help with the daily functions. 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 tools to work in professional environments like cardiac rehabilitation: physical therapy, occupational 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 three work-study students during the Fall 2018 & Spring 2019 semesters. During the Fall 2018- Spring 2019 semesters 2,263 students, 1,187 employees, 62 athletes, and 2,001 community members accessed the NMHU Wellness Program. Also, 31 employees, 52 Fit for Life students, 136 regular students, 21 athletes, and 61 community members were administered physiological assessments. During this same period individual consultations were administered to 40

employees, 49 Fit for Life students, 60 regular students, and 70 community members. The hours of operation for Fall 2018 & Spring 2019 periods 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. 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
<p>1. A majority of the work-study students worked 20 hours per week as wellness consultants during the Fall & Spring semesters.</p>	<p>Mastery of content knowledge.</p>	<p>Time sheets</p>	<p>Fall 2018 & Spring 2019</p>	<p>80% or more of the work-study students worked 20 hours per week during the Fall 2018 & Spring 2019 semesters</p>
<p>2. A majority of the work-study students earned an 80% or better on their employee performance evaluations.</p>	<p>Mastery of content knowledge</p>	<p>Wellness Consultant performance evaluations from Fall 2018 & Spring 2019 semesters</p>	<p>Fall 2018 & Spring 2019</p>	<p>100% receive an 80% or better on their employee performance evaluations</p>
<p>3. Work study students supervised 5,513 students, faculty, and staff during the Spring & Fall semesters at the NMHU Wellness Program.</p>	<p>Mastery of content knowledge</p>	<p>Daily attendance roster for the HU Wellness Program Fall 2018 & Spring 2019 semesters</p>	<p>Fall 2018 & Spring 2019</p>	<p>5000 attendance or higher for Fall 2018 & Spring 2019 semesters</p>

4.				
5.				
Student Learning Outcome:	Assessment Measurement Results	Outcome Achieved? (0= No, 1= yes)	Plan for Improvement	
<i>1. A majority of the work study students worked 20 hours per week as wellness program consultants during the Fall 2018 & Spring 2019 semesters</i>	3 out of the 3 wellness consultants worked 20 hours per week during the Fall 2018 & Spring 2019 semesters	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.	
<i>2. A majority of the work study students earned 80% on their employee performance evaluations</i>	90% of the students earned an 80%. The average score was 80% on the evaluation.	1	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>3. Work study students supervised 5,513 students, faculty, and staff for the Fall 2018 & Spring 2019 semesters at the NMHU Wellness Program.</p>	<p>During Fall 2018 & Spring 2019 semesters 2,263 students, 1,187 employees, 62 athletes, and 2,001 community members used the HU Wellness Program. Physiological assessments were administered to 31 employees, 52 Fit for Life students, 136 regular students, 21 athletes, and 61 community members. Individual consultations were administered to 40 employees, 49 Fit for Life students, 60 regular students, and 70 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>
<p>4.</p>			
<p>5.</p>			