Mission Statement

The Campus Recreation Department strives to meet the dynamic needs and interests of students by providing programs and services that promote positive physical and mental health; encourage lifetime interest in active, healthy lifestyles; and provide student leadership opportunities that complement the academic experience. We promote an environment that values, embraces, and enriches individual differences by providing students, faculty, and staff with programs that reflect the diversity of San Francisco State University.

Rationale: The Campus Recreation Department is committed to providing programs and services that compliment university academics while emphasizing equality, social justice and diversity. Campus Recreation programs enable students, faculty and staff to achieve a greater understanding of campus life through sport, aquatic and wellness based activities.

Planning Goals

Goal #1: Provide students with programs and services that promote positive physical, mental and social health; encouraging a lifetime interest in active, healthy lifestyles.

Goal #2: Provide student leadership opportunities that foster physical and mental growth and professional development.

Goal #3: Continue to collaborate with university departments and programs to expand the awareness of students, faculty, and staff of the programs and services provided at San Francisco State University.

Student Learning Outcome #1

Campus Recreation student staff will achieve an average cumulative score of ninety-percent or better on written tests involving all aspects of the Campus Recreation Department.

Rationale

Student workers employed by Campus Recreation should be knowledgeable of all the programs, services and emergency protocols provided by the department. This is an important factor in providing effective customer service, program operations and a safe environment for all of our staff and participants. Essentially, the more informed and better trained our staff, the more likely they will be able to properly answer patron questions and become PROs (Professional, Responsible and take Ownership) of their job duties. To ensure consistency throughout the year on departmental policies amongst all of our staff, each month guidelines and procedures will be revisited with every employee.

Measures

Student employees will attend a 1-2 day training workshop at the beginning of the fall and spring semesters where they will receive instructions on department policies, emergency action plans, CPR & First Aid, customer service, and conflict management. Attendees will receive a written test at the end of the training workshops where they will have to score a passing grade of eighty percent (80%) or better on all departmental policies and one hundred percent (100%) on emergency related procedures. If students do not pass the required marks, they will have 1 month to retest.
Results
To be reported at the end of the 2011/2012 academic year.

Conclusion
To be reported at the end of the 2011/2012 academic year.

Student Learning Outcome #2

Intramural referees will achieve an average score of ninety-percent (90%) or better on their basketball and volleyball referee assessments using a standardized scoring rubric and direct observations. This objective will be attained prior to the conclusion of the regular intramural season. Additionally, referees will be involved in consistent meetings during the intramural season to help sustain a high quality performance record to assist them in maintaining their skills and improve the overall program efficiency.

Rationale
Campus Recreation is interested in providing all our students assistants with the tools necessary to attain their employee goals no matter what position or title they currently hold within the department. This is particularly true with our intramural referees. Staying true to the department mission statement, providing leadership opportunities, our referees need to be knowledgeable and proficient in understanding the fundamentals of league rules, referee mechanics and court positioning to be able to be leaders on the court. Ideally, if our referees apply the information gained from their tests and direct observations, it is anticipated that our officials will have the tools necessary to be proficient referees outside the confines of the intramural basketball program.

Measures
Students employed by the intramural basketball program will attend training sessions prior to the beginning of the intramural season. During trainings, referees will receive special training on how to become proficient and effective officials. At the conclusion of the training sessions, referees must pass a written rules test with a ninety-percent (90%) or better before they are allowed to begin working on the court. During the league season referees will be randomly evaluated twice using a standardized rubric focusing on the knowledge previously attained from the past training sessions, on court performance and overall game management. At the conclusion of each assessment referees will be debriefed. Each debriefing will include: critical analysis of performance, areas of improvement, as well as positive talking points. Referees will be assessed by a peer referee and the program manager at least once. The scores from each assessor will be combined and divided by the total number of assessments to achieve an average overall score. The goal is to have our referees score ninety-percent (90%) or better on all of their written and observation based assessments.

Results
To be reported at the end of the 2011/2012 academic year.

Conclusion
To be reported at the end of the 2011/2012 academic year.

Student Learning Outcome #3

Program participants involved in the Beginning Weight Training class will be able to safely and properly use multiple weight/exercise machines and/or free weights in the Strength & Conditioning Room by the completion of an introductory session with an instructor. The goal is to have one hundred percent (100%) of the participants who complete a training session to improve upon their overall score by twenty percent (20%) and achieve a ninety percent (90%) or better on their post exam.

Rationale
Providing Campus Recreation participants with activities that promote positive physical and mental health and lifetime interest in wellness is critical to the department’s overall mission. Inexperienced weight room
users can be intimidated by the equipment and functionality they provide. Offering a class that focuses on novice participants will help ease the fear factor associated with the Strength & Conditioning Room and transversely aid students in building their foundation of positive healthy living. Students will become knowledgeable of universal weight room rules, learn basic lifting techniques and understand how to use the stationary equipment.

**Measures**

Prior to the beginning of a thirty (30) minute training session, participants will be asked to take an introductory quiz to assess their base knowledge of using the Strength & Conditioning Room.

Participants will be asked questions on cardiovascular training and weighted equipment with categories ranging from basic muscles groups, proper lifting form and equipment usage.

At the completion of the introductory class, participants will be asked to complete a secondary quiz to evaluate their knowledge gained. The test will be comprised of a series of multiple choice questions regarding the information taught during their training sessions.

**Results**

To be reported at the end of the 2011/2012 academic year.

**Conclusion**

To be reported at the end of the 2011/2012 academic year.

**Program Objective #1**

Eighty-five percent (85%) of patrons surveyed who participate in the faculty/staff membership program will rate their satisfaction with Campus Recreation programs as a 3 or better on a 4 level Likert scale.

**Rationale**

Just as important as student participation, the faculty and staff members of Campus Recreation should enjoy their experiences. Evaluating the satisfaction levels of the faculty and staff will allow the department to adjust policies, procedures, and/or tailor programs to better serve their specific needs. Information learned from the survey will be taken into consideration when planning the next semester’s programming.

**Measures**

Campus Recreation will provide a survey to current program participants to evaluate existing programs and services at the end of each semester i.e. Fall, Spring and Summer. Surveys will be distributed using an online survey tool and the link will remain open for two weeks. Questions will include topics such as time, location and variety of classes offered, and program usage by activity area. The goal is to have a fifty-percent (50%) response rate.

**Results**

To be reported at the end of the 2011/2012 academic year.

**Conclusion**

To be reported at the end of the 2011/2012 academic year.

**Program Objective #2**

In direct response to the Intramural Sports Participant Survey, Campus Recreation will be developing new programming for the spring 2012 semester. Working with the Campus Recreation Student Advisory Board and student employees, a complete operational structure including budgets, staffing requirements, equipment needs, fee requirements and emergency protocols will be created for outdoor intramural leagues and Outdoor Adventure trips.
**Rationale**
The Intramural Program within Campus Recreation consistently has over eleven hundred (1,100) students participating in 5 intramural leagues [indoor soccer, basketball, volleyball, tennis and billiards] during each of the fall and spring semesters. Since 1998 the Intramural Program has turned away hundreds of students because of the demand posed by the students to participate in activities. Due to the Gymnasium being impacted by Kinesiology, Athletics and Campus Recreation programming, a pilot outdoor intramural league will be developed for implementation for the spring 2012 semester. When SF State students were

Surveyed during Fall 2011, students expressed a concentrated desire to participate in flag football forty-six percent (46%) (n = 268) and outdoor soccer twenty-seven percent (27%) (n = 159).\(^1\) Comparing our data against similar institutions, ranging in enrollment from 20,000 – 29,999 students, SF State data revealed our students want the same activities as other similar sized institutions. According to the NIRSA assessment, ninety-five percent (95%) of campuses sponsored flag football while 83% programmed outdoor soccer.\(^2\) These sports were ranked amongst the top seven leagues offered on large college campuses across the country with eighty-five percent (85%) of Recreational Departments offering these activities to their students.

**Measures**
Campus Recreation will measure the success of this student outcome by designated bench marks established by the Campus Recreation Student Advisory Board. A program timeline including campus partnerships, policies, operations, marketing strategies and budget requirements will be created.

**Results**
To be reported at the end of the 2011/2012 academic year.

**Conclusion**
To be reported at the end of the 2011/2012 academic year.

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\(^1\) Intramural Sports Participants Survey. (2010). A. Byrd, M.A., E. Rosegard, Ph.D.