Campus Recreation provides inclusive recreational experiences that inspire student success and lifelong well-being.

UH Campus Recreation aspires to create a culture of:

Engagement, by providing opportunities for involvement through the utilization of extraordinary facilities, programs, and services.

Connection, by uniting individuals through recreational activities and programs to foster a sense of belonging.

Learning, by creating experiential learning opportunities that meet the needs of the diverse UH community.

VALUES
SERVICE - INTEGRITY - EMPOWERMENT - FUN - SAFETY - INCLUSION

DEPARTMENTAL POINTS OF PRIDE
Registered Dietitian
“Exercise is Medicine”
Employee Wellness
“Whole Student Initiative”
Campus Recreation Leadership Academy
USA Swimming Make A Splash Grant
Increase Student Employee NIRSA Involvement

VIRTUAL PROGRAMS:
- ACE Courses
- NIRSA Rec Movement
- “Return to Rec” learning
- Virtual Job Fair and New Hire Orientation

EVENTS
The Cat’s Back
John Lucas Basketball Camp
Houston Rockets Power Dancer Auditions
Texas Open Tae Kwon Do Championships
Special Olympics Powerlifting
Western Athletic Conference Championships
Texas Association of Private and Parochial Schools Regional Meet

PARTNERSHIPS
- UH Athletics
- Dean of Students
- UH Student Life
- Health & Human Performance
- Health & Well-Being Portfolio
- Harris County Houston Sports Authority
- Human Resources
- Campus Outreach
- Bridge Bats Swim club
- Incarnate Word High School
- St. Thomas Episcopal School

NAPSA CONSORTIUM - RECREATION AND WELLNESS BENCHMARK SURVEY

<table>
<thead>
<tr>
<th>Metric</th>
<th>2016</th>
<th>2020</th>
<th>% change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respect for others</td>
<td>68%</td>
<td></td>
<td>14.60%</td>
</tr>
<tr>
<td>Communication skills</td>
<td>53</td>
<td></td>
<td>11.88</td>
</tr>
<tr>
<td>Developing friendships</td>
<td>58</td>
<td></td>
<td>10.92</td>
</tr>
<tr>
<td>Time management</td>
<td>72</td>
<td></td>
<td>9.58</td>
</tr>
<tr>
<td>Sense of Belonging</td>
<td>66</td>
<td></td>
<td>5.01</td>
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<tr>
<td>Self Confidence</td>
<td>82</td>
<td></td>
<td>2.53</td>
</tr>
<tr>
<td>Overall well-being</td>
<td>91</td>
<td></td>
<td>2.13</td>
</tr>
<tr>
<td>Quality Sleep</td>
<td>73</td>
<td></td>
<td>1.27</td>
</tr>
<tr>
<td>Academic</td>
<td>69</td>
<td></td>
<td>0.99</td>
</tr>
<tr>
<td>Overall Health</td>
<td>92%</td>
<td></td>
<td>0.73</td>
</tr>
</tbody>
</table>

% change - by participating in 18 programs, students indicate they have definitely or somewhat improved.
* Indicates more than two standard deviations away from the norm

PROGRAM AREAS
AQUATICS
Registered Activity Participation: 83
Safety Course Participation: 137

FITNESS
Registered Participation: 1,020
Group Fitness Participation: 12,831
Personal Training Participation: 1,470

SPORT CLUBS
Unique Participation: 885
Total Participation: 8,790
Number of Clubs: 23

OUTDOOR ADVENTURE
Trips Participation: 90
Climbing Wall Participation: 3,952
Registered Participation: 4

INTRAMURAL SPORTS
Total Participations: 11,342
Number of Teams: 524
Spectators: 5,060

OPERATIONS
Unique Participants: 20,559
Total Participation: 337,680
Total Student Participation: 38,607
Total Faculty & Staff Participation: 11,137
Total Alumni Participation: 436
CRWC Facility Tours Participation: 482
CRWC Rental Attendance Total: 9,649

MEMBER SERVICES
- Memberships: 1,479

VIRTUAL PROGRAMS
- March 18 - August 31, 2020
- RecSports: 1,857
- Fitness: 7,152
- Total Participations: 18,549

AWARDS & RECOGNITION
SPORT CLUBS
- Women’s Volleyball: 2nd Place UT-Dallas Tournament
- Men’s Ultimate Frisbee: Tournament
- Men’s Soccer: advanced Premiere Division
- Water Polo: 3rd Place Texas Division of the Collegiate Water Polo Association League
- Jacob Doxy: 2020 MVP, Lone Star Lacrosse Alliance Division III

CAMPUS RECREATION STAFF
- Cody Rickards
- DSAES Student Employee Award of Excellence
- Norma Lara Caneseros
- Administrative Assistant
- DSAES Diversity & Inclusion Award
- Joseph Secrest
- Assistant Director, Leadership & Assessment, and DSAES Student Success Award
- Courtney Roerig
- Fitness Coordinator
- DSAES Excellence in Programming Award
- Andrew Jones
- Assistant Director, Fitness
- Sustainability Champion | UH Office of Sustainability

social media outreach
- Facebook: 4,675
- Twitter: 3,817
- Instagram: 5,180

CAMPUS RECREATION
Strengthening the Pride 2019-2020

March 18 - August 31, 2020