



# Introduction

Recreational Services, Intramurals, and Wellness support the concept that leisure, physical activity, healthy living, and competitive activities are vital to an individual's total well being. McNeese Recreational Services is designed to provide a broad and diversified program of recreational, competitive, and wellness activities for the University's students, faculty, staff, and alumni. We encourage maximum participation by offering a wide range of activities and facilities to promote recreation, exercise, social interaction, healthy living, and stress relief.

# Performance Objective 1 To increase use of the recreation facility.

## 1 Assessment and Benchmark

Benchmark: Reach a minimum of 31,000 visits to the recreation complex per year.

Prior to 2019-2020, the benchmark was significantly increase use of recreation facility by students, faculty, and staff.

### 1.1 Data

Academic Year	# of participants within the rec complex	% change from previous year
2014-2015	34,200	—
2015-2016	35,200	+2.9%
2016-2017	34,111	-3.1%
2017-2018	35,333	+3.6%
2018-2019	30,794	-12.8%

Academic Year	# of visits to the rec complex	% change from previous year
2019-2020	23,511	-24%
2020-2021	2,505	-89%

#### 1.1.1 Analysis of Data and Plan for Continuous Improvement

2016-2017:

The following improvements been made:

1. Replaced several pieces of equipment in the cardiotheater.
2. Floors in arena have been stripped and resurfaced.
3. Received grant to replace the indoor track surface with Mondo surface (Olympic quality).
4. Implemented computer based method of registering for intramural events. Will make participation data much easier to gather.

2017-2018:

Benchmark met. Participation up 3.5%. Free rec complex membership for faculty and staff should also help increase this number in 2018-2019.

2018-2019:

- Previous benchmarks and assessment data were reported by report authors no longer associated with the department. There is skepticism regarding the accuracy of reporting.
- If the percentage change is indeed accurate, the decrease in student enrollment may have been an impact. Exclusive online enrollment is also a perceived impact.
- Participation will be encouraged through more communication to campus residents and commuters who spend significant time on campus.

2019-2020:

- The decrease in overall on-campus recreation is directly correlated with the COVID-19 outbreak and its subsequent lockdown.
- The recreation complex was closed for three consecutive months and has returned to opening with strict capacity measures for the months of June and July.
- While the recreation complex usage may be directly effected by future COVID outbreaks, usage will be promoted through online resources, such as a new Esports league for students and alumni.

- New reporting measures will be taken for events being held at intramural fields, as those are not taken into account currently in our data records.

2020-2021:

- The decrease in overall on-campus recreation is directly correlated with the COVID-19 outbreak and its subsequent lockdown, along with university closures due to Hurricane Laura, Hurricane Delta, construction time, the freeze and the flood.
- The recreation complex was closed for six consecutive months (September to March). These numbers are only reflected for inside the building, itself.
- The hours for the building will be different than previous years. We will be opening at 5:00 am and will remain open until 10:00 pm. We believe that this hour change will increase usage of the facility for students, faculty and staff.
- All record keeping of participants using the facility will now be logged in daily to a spreadsheet created specifically for usage of the facility.
- We also plan to restructure our memberships and advertise them.

## 2 Assessment and Benchmark

Benchmark: Host at least 60 events at the recreation complex annually (events with consecutive days of usage are considered one unit, and events that utilize multiple venues with the complex are considered one unit).

Prior to 2019-2020, the benchmark was significantly increase number of events held in the recreation complex.

### 2.1 Data

Academic Year	# of events	% change
2017-2018	57	—
2018-2019	58	+1.7%
2019-2020	42	-26%
2020-2021	23	-45%

[2020-2021 Events at the Rec. Complex](#) [XLSX 13 KB]

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#### 2.1.1 Analysis of Data and Plan for Continuous Improvement

2017-2018:  
Benchmark year.

2018-2019:

- Events with consecutive days of usage were considered one unit.
- Events that utilized multiple venues within the complex were considered one unit.
- The rec complex continues to be a viable option for campus events. Numbers in 2019-2020 may be impacted now that Memorial Gymnasium is no longer a venue primarily used by McNeese Athletics.

2019-2020:

- The decrease in the number of events offered at the Recreation complex is directly correlated with the COVID-19 outbreak and its subsequent lockdown.
- The document attached gives details about the events that took place, as well as events that were planned.
  - Overall, we were set to host over 80 events, as many of our events take place in the summer months.
- The events planned for 2020-2021 will be implemented if possible, based on the current government regulation regarding the COVID-19 virus at the time of each event.
  - We will continue to monitor the state of our parish and campus in order to keep our students and patrons safe.

2020-2021:

- The decrease in overall number of events held at the Rec. Complex is directly correlated with the COVID-19 outbreak and its subsequent lockdown, along with university closures due to Hurricane Laura, Hurricane Delta, construction time, the freeze and the flood.
- The recreation complex was closed for six consecutive months (September to March).
- All record keeping of events using the facility will now be logged in daily to a spreadsheet created specifically for events held at the facility.
- We also plan to restructure what we call "events" to make sure we are capturing correct data.

**Performance Objective 2 To provide a comprehensive and diverse intramural program allowing students to participate in a wide variety of competitive sports and activities.**

**1 Assessment and Benchmark**

Benchmark: 11% of the undergraduate student population will participate in the intramural program.

Prior to 2019-2020, the benchmark was increase the number of students that have participated in the recreational/intramural program by 5%.

**1.1 Data**

Academic Year	# of participants in recreational/intramural program	% change from previous year
2014-2015	659	—
2015-2016	830	+17.8%
2016-2017	1,021	+19%
2017-2018	2,473	+240%
2018-2019	852	-65.5%

Academic Year	Undergraduate students participating in intramural program		% change from previous year
	#	%	
2019-2020	824	12.3%	N/A
2020-2021	200	3%	-76%

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[export intramurals 637627175485762283](#) [XLS 377 KB]

[export intramurals 637627175485762283](#) [XLS 377 KB]

[IMLEAGUES Stats](#) [PDF 306 KB]

**1.1.1 Analysis of Data and Plan for Continuous Improvement**

2016-2017:

Up 55% from previous year.

We are now using electronic sign up and schedule format to track this data. 2014-2015 was the benchmark year.

2017-2018:

Largest increase. Benchmark met. We are now using an electronic sign-up and schedule format to track this data. Better data aggregation. Data files included.

2018-2019:

- Previous benchmarks and assessment data were reported by report authors no longer associated with the department. There is skepticism regarding accuracy.
- Improve the condition of outdoor facilities to make participation more attractive to students.
- Collaboration with other areas of student engagement will increase awareness of intramural sports.

2019-2020:

- Despite the early conclusion to spring intramural sports, the percentage goal was reached for the year.
- Total student number decreases in overall intramural sports participation is directly correlated with the COVID-19 outbreak and its subsequent lockdown.
  - Intramural sports were canceled with only one week into the soccer and softball seasons.
- Plans to incorporate an Esports platform within the intramural program should lead to increases in participation throughout campus.
  - The goal is to reach populations on campus who are not already involved in traditional sports and events previously offered in the program.
  - If COVID-19 regulations were to increase, the Esports platform will be vital in keeping intramural participation at the desired level.
- Working to offer a more diverse selection of leagues, sports, and events offered within the intramural program.

2020-2021:

- Participation this year was greatly affected by Louisiana Natural Disasters.
- The Summer and Fall 2020 seasons were completely cancelled due to COVID-19 and two fall hurricanes.
- We were able to host outdoor sports and events in Spring of 2021, but were limited due to lack of students on campus, as well as student worker staff.
  - Many of our students were travelling from out of town to play.
  - The snowstorm/freeze also shut us down during the spring semester for about a week, causing scheduling conflicts for the remaining of the intramural season.
- The ESPORTS League launching this Fall has been heavily promoted this summer and should aid in the increase of overall intramural participation.

## 2 Assessment and Benchmark

Benchmark: 65% of intramural participants will participate in multiple intramural sports and events.

Prior to 2019-2020, the benchmark was increase the number of student participants in multiple sports/events by 5% each year.

### 2.1 Data

Academic Year	# of participants in multiple sports	% change from previous year
2015-2016	1,355	—
2016-2017	1,399	3.2%
2017-2018	968	Benchmark
2018-2019	473	-51.1%

Academic	Participants in	% change
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Year	multiple sports		from previous year
	#	%	
2019-2020	461	44%	—
2020-2021	138	69%	-70%

[export intramurals 637298095460736838](#) [XLSX 452 KB]

[IMLEAGUES Stats](#) [PDF 306 KB]

[Intramural Normal Summary](#) [XLS 376 KB]

### 2.1.1 Analysis of Data and Plan for Continuous Improvement

2016-2017:

Increased 3.2% from previous years. Work harder on recruiting. Send notices to fraternities and sororities. 2014-2015 was the benchmark year.

2017-2018:

This is a benchmark year using this electronic program. Past aggregation could have counted participants more than once. This is an accurate number using a new program.

2018-2019:

- Previous benchmarks and assessment data were reported by report authors no longer associated with the department. There is skepticism regarding the accuracy.
- Encourage teams to compete for the "Apollo Cup". This is an award available to teams that compete in multiple leagues.
- Improve the condition of outdoor facilities to make participation more attractive to students.
- Collaboration with other areas of student engagement will increase awareness for intramural sports.

2019-2020:

- The inability to reach this benchmark was due to the COVID-19 outbreak and the subsequent lockdown.
- The data benchmark changed from collecting the total number of participants in multiple sports to the percentage of participants who play multiple sports.
  - This seems to be a more accurate indicator of our "unique" participants.
- The incorporation of the Esports platform should help to increase this statistic within our program.

2020-2021:

- While the total number of unique participants decreased, the benchmark was still met due to increased percentage of unique participants.
- Offering outdoor sports and events that were usually held during the fall semester at the same time as traditional spring sports aid in achieving such a high percentage.
- The overall numbers were less due too lack of students on campus.
- Increased programming and events should help to increase the percentage of participants in multiple sports or leagues.

## Performance Objective 3 Incorporate a comprehensive wellness program for students, faculty, staff, and alumni through awareness, education, health, and physical activity programs to create a healthy campus environment.

### 1 Assessment and Benchmark

Benchmark: Have at least 3,000 participations/visits in the wellness program throughout the year.

Prior to 2019-2020, the benchmark was increase by 5% the number of visits of wellness program participants.

#### 1.1 Data

Academic	# of visits	% change from
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Year		previous year
2013-2014	2,393	—
2014-2015	2,545	+6%
2015-2016	2,601	+2.1%
2016-2017	2,455	-5%
2017-2018	2,553	+4%
2018-2019	3,116	+22%

Academic Year	# of participants/ visits	% change from previous year
2019-2020	1,364	-66%
2020-2021	346	-75%

### 1.1.1 Analysis of Data and Plan for Continuous Improvement

2016-2017:

Although we did not reach the 5% increase, we will maintain this expected level of achievement. Future weight loss options will emphasize visitation to the Rec Center. Adding more visits from program nurses.

2017-2018:

Benchmark not met. We did not reach the 5% increase. We anticipate free recreational center membership for faculty and staff will significantly increase the number of active participants. Future weight loss options will emphasize visitation to the Recreational Center. Adding more visits from program nurses.

2018-2019:

- Visibility for the wellness program has improved and lead to greater participation.
- Free rec memberships for faculty/staff brought more potential wellness program participants to the rec complex.
- The wellness program contract has been modified and the wellness program director will be on campus two days per week. This may impact participation numbers on subsequent reports.

2019-2020:

- The wellness program visit numbers were directly affected by the COVID-19 quarantine.
- The wellness program coordinator position at McNeese is no longer filled.
  - The agreement between Christus St. Patrick's Workplace Wellness and McNeese has been further modified due to financial challenges for Christus and McNeese. There will no longer be a professional on campus. Employees will have to contact Christus and do wellness consultations off-site.

2020-2021:

- The decrease in overall wellness participation is directly correlated with the COVID-19 outbreak and its subsequent lockdown, along with university closures due to Hurricane Laura, Hurricane Delta, construction time, the freeze and the flood.
- The recreation complex was closed for six consecutive months (September to March). These numbers are only reflected for inside the building, itself.
- All record keeping of participants using the facility will now be logged in daily to a spreadsheet created specifically for wellness classes/programming.
- Although we no longer have a wellness coordinator, we have a new Director who will be reassessing the wellness program. We will be partnering with different departments on campus and re-establishing community partners for lunch and learns and other wellness events.

## 2 Assessment and Benchmark

Benchmark: Have at least 1,400 participants in wellness program exercise classes offered throughout the year (a person



may be counted more than once if they attend more than one type of class but attending the same type of class only counts as one unit).

Prior to 2019-2020, the benchmark was improve wellness program exercise class attendance by 5% from the previous year.

## 2.1 Data

Academic Year	Exercise class attendance	% change from previous year
2013-2014	2,592	—
2014-2015	2,807	+8.3%
2015-2016	2,921	+4.1%
2016-2017	3,031	+3.7%
2017-2018	2,999	-1%
2018-2019	1,443	-51.9%

Academic Year	# of participants in exercise classes	% change from previous year
2019-2020	820	-57%
2020-2021	346	-58%

[2020-2021 Wellness Classes](#) [XLSX 37 KB]

### 2.1.1 Analysis of Data and Plan for Continuous Improvement

2016-2017:

We will maintain 5% achievement level, although we did not meet the goal this year. Participation numbers continues to increase.

2017-2018:

Benchmark not met. We will still expect an increase in participation by 5%. Free faculty/staff membership coming in fall 2018 should produce results.

2018-2019:

- Previous benchmarks and assessment data were reported by report authors no longer associated with the department. There is skepticism regarding the accuracy.
- New instructors will be recruited to increase the variety of exercise classes offered.
- Opportunities for promoting to students and employees will be enhanced through resources provided by the Office of Student Services.
- Numbers may not increase due to the modification of the wellness program contract.

2019-2020:

- The decrease in exercise class participation is directly correlated to the COVID-19 virus and the decrease in access to the wellness coordinator.
- The recreation complex will continue to offer the exercise classes previously provided and will strive to add more instructors, as well as a more diverse group of classes.
- The classes may see a decrease in participation during the Fall of 2020 due to COVID-19 regulations and social distancing parameters.
  - The recreation complex will continue to comply with government regulations within our state and parish.

2020-2021:

- The decrease in overall wellness participation is directly correlated with the COVID-19 outbreak and its subsequent lockdown, along with university closures due to Hurricane Laura, Hurricane Delta, construction time, the freeze and the flood.
- The recreation complex was closed for six consecutive months (September to March). These numbers are only reflected for inside the building, itself.
- There were a total of five wellness classes that took place from January to March of 2020.
- All record keeping of participants using the facility will now be logged in daily to a spreadsheet created specifically for wellness classes/programming.
- Although we no longer have a wellness coordinator, we have a new Director who will be reassessing the wellness program and adding additional classes and instructors to increase the number of participants.

### 3 Assessment and Benchmark

Benchmark: Hold at least 20 events/program activities per year for our students and faculty.

#### 3.1 Data

Academic Year	# of events/ activities	% change from previous year
2019-2020	14	—
2020-2021	0	-100%

#### 3.1.1 Analysis of Data and Plan for Continuous Improvement

2019-2020:

- While the number of events did not reach the stated benchmark, 20 events were planned through the wellness program before the COVID-19 quarantine.
- Since there will no longer be an onsite wellness program coordinator, the rec complex staff will review this benchmark and consider adjusting the number of activities hosted. At this time, there will be an aim to hold 20 events this year.
  - The total number of events is dependent on the current COVID and social distancing regulations at the time of each event.
  - The rec complex will continue to monitor the situation in order to provide a safe environment for its students and employees.

2020-2021:

- The decrease in overall wellness participation and programming is directly correlated with the COVID-19 outbreak and its subsequent lockdown, along with university closures due to Hurricane Laura, Hurricane Delta, construction time, the freeze and the flood.
- The recreation complex was closed for six consecutive months (September to March). These numbers are only reflected for inside the building, itself.
- All record keeping of participants in the wellness program will now be logged in daily to a spreadsheet created specifically for wellness classes/programming.
- Although we no longer have a wellness coordinator, we have a new Director who will be reassessing the wellness program and adding additional classes/events to reach a larger group of students, faculty and staff.