Providing Wellness related services to current and future campus populations.
Collaborative effort

- Chris Fitzgerald, Assistant Athletic Director, Division of Athletics (Chair)
- Kathleen Golden McAndrew, Assistant Vice Chancellor, Division of Student Affairs; Executive Director, University Health Services
- Hasan Bailey, Health and Fitness Program Manager, Division of Athletics
- Linda Jorgensen, Wellness Program Manager, University Health Services
- Liliana Mickel, Director, Office of Undergraduate Admissions
- Debra Wein, Lecturer, College of Nursing and Health Sciences
- Jennifer Widener, Undergraduate Student, Student Athlete
- Terral Ainooson, Undergraduate Student, President, Student Senate
Role of Recreation in Higher Education

- **Enhances students critical thinking and problem-solving skills**

- **Enhances student retention**

- **Develops time management, leadership development, communication and finance skills**

- **Aids in recruitment of new students**
Documented research: Roll of Medical, Counseling, and Wellness Education in Higher Education

- Obesity rates are increasing on college campuses
  - “The Freshman Fifteen” refers to weight gain among college freshmen
  - Causes: poor diet, lack of physical activity, depression, stress
- Counseling needs for depression, stress, substance abuse, etc.
- Basic medical services and disease prevention
Assessing the need at UMass Boston

- Increased enrollment has increased the demand for services to beyond levels than currently suited for:
  - Beacon Fitness Center – excessive crowding during busy times; heavy equipment use increased number and cost of maintenance calls
  - UHS Department of Health Services – additional space is necessary to meet increasing demand on services placed by current and future student populations, including
    - Collaboration opportunities with educational components and community organizations
    - Medical, counseling, health education and other services
  - Intramurals – availability of suitable space for growing leagues, tournaments, recreational play, etc. is not suitable for increased demand for these activities

- New areas with modern equipment and technology to Enhance the benefit of the ongoing academic collaboration opportunities available
- Creation of a one-stop Wellness Center to better combine initiatives with similar goals.
- New, more modern wellness facility enhance the quality of student life, increase student retention, and serve as a recruiting tool for new students.
Description of current space:
Beacon Fitness Center

- 45,000+ workouts per year
- 50+ people per hour during peak times creates crowding
- Rise in maintenance costs due to excessive use
- Increase in programming including group exercise, activity-related student club use, academic classes and faculty research have added to the crowedness
- Additional student population and campus residences will increase participation
  - By comparison: UMass Dartmouth accommodates 8,500 students including 4,500 on-campus residents, and tracks greater than 90,000 workouts per year.
Description of current space: UHS Department of Health Services

- Medical areas insufficient by industry standards for professional practice
- Counseling areas do not meet industry standards for guaranteeing privacy
- Current spaces will not allow for growth with increasing demand
- Due to lack of sufficient space, have turned away practical student learning opportunities in:
  - Medical residencies
  - Post-doctoral fellowships in Clinical Psychology
  - Nursing and Nurse Practitioners
  - Research
    - Boston Medical Center – community health care
    - UMass Medical – Psychologic research on stress reduction
Current status of services, UHS
Department of Health Services

- Limited ability to accommodate students, Nurses and Nurse Practitioners
- Recently declined offers from local medical schools for General Medicine residents
- Limited ability to expand services through community partnerships
- Counseling center experienced 33% increase in demand in FY 08; expect more with increasing student enrollment
- Space limitations have forced UHS Department of Health Services to turn away potential intern and Post-Doctoral Fellows from the University’s Clinical Psychology program
Description of current space: Intramural and Recreational Sports

- Experienced 500% increase in participation in recent years
- Growth expected to continue with increasing student populations
- Addition of campus residences will lead to further increasing demands
- Shares programming space with 18 varsity sports and community programs
  - Limited space availability hinders potential growth of program and ability to accommodate current and future student populations
New collaborative programming

- Physical Therapy
  - Collaboration between UHS Department of Health Services, Division of Athletics Sportsmedicine component, and Mass General Hospital
  - Current space available not suitable for such a collaboration

- Internships
  - Collaboration between Exercise and Health Science and the Beacon Fitness Center

- Teaching
  - Use of coaches to teach within the coaching minor of Exercise and Health Studies
Need for growth

- The UMass Boston Strategic Plan identified short term objectives of increasing the student population to 15,000 students by 2010. Current enrollment projections show this goal being exceeded by Fall 2009.

- Long term goals include supporting a living learning environment.
  - Includes more availability for students to need services
  - Additional staff to manage residences and larger student body
Goal of Wellness Center

To create a larger, more comprehensive wellness facility as a “one stop” area for all health and wellness services. This facility should include:

- New Beacon Fitness Center to contain spaces and equipment that are more adequate and modern than currently available
- New UHS Department of Health Services area to contain more adequate space and modern facilities for Medical and Wellness Services than currently available
- Shared building space to better combine fitness and Health Education services
- Create indoor space for Intramurals and Recreation that is separate from the Intercollegiate Athletic area for better access to suitable facilities
- Enhance working and learning opportunities for students in academic areas where appropriate
- More capacity for partnerships with community organizations where appropriate
- More attractive facility and enhanced programming for better student recruitment and retention
Space needs for Wellness Center

- According to research done through industry organizations and consultations through colleagues at peer institutions, a new or re-modeled facility containing 76,700 square feet of space is needed to establish a comprehensive Wellness facility to include:
  - A new Beacon Fitness Center
  - General Medicine
  - Upgraded Athletic Training and Physical Therapy area
  - Adequate counseling area
  - Health Promotion and Wellness
  - 3-Multi-use courts with indoor running track
Space needs: 76,700 Square feet includes:

- 66,200 Square feet for Fitness and Recreation to include a new Beacon Fitness Center, an indoor run/walk track, additional group exercise space, exercise testing lab, locker room facilities, and multipurpose gymnasium
- 7,500 square feet for UHS Department of Health Services, including medical, counseling, Health Education and Wellness, and provide room to expand services and working and learning opportunities
- 2,600 square feet for shared space designated to Athletic Training and Physical Therapy, a collaboration between Athletics and UHS Department of Health Services
- 400 Square Feet for student teaching and evaluation, shared meeting and work/learn areas.
Potential locations for new Wellness Center

- Stand alone building with close proximity to both the Clark Athletic Center and expected campus Living Learning residential areas.
- Addition to the Clark Athletic Center to cover the “120” lot and extend into area currently utilized by the track in conjunction with the track reconfiguration noted in the current Master Plan.
- Retro-fit the Quinn Administration building as groups move out into new buildings during the campus development phase of the Master Plan.
- Stand alone building in a space made available through garage demolition.
Other considerations in planning

- While new center is being planned, budgetary considerations must be made for:
  - Modern Fitness Equipment
  - Modern Medical Equipment
  - Modern technology for appropriate research, meeting areas, testing, etc.
  - Additional sporting goods equipment to include floor hockey sticks, balls and pads; ice hockey equipment; small indoor nets and goals; table tennis tables.
End result of new Wellness Center

- New, modern, spacious one-stop area for students to address all wellness related needs
- New, more modern areas to enhance the academic working and learning experiences
- More and better space and equipment to add services through community collaboration
- New recreation area available to general student body during more suitable hours to enhance intramural and recreational opportunities
- Attractive wellness facility and recreation spaces to enhance student recruitment and retention
Next Step:

- Include with Master Plan, preferably in phase immediately following first two academic buildings and/or in conjunction with creation of living-learning residences
- Secure funding and planning
- Build or retrofit the Wellness Center