

Assessment: Annual Report

Operational (Acad Affairs) - Fitness Center

GBC Mission: Great Basin College enriches people's lives by providing student-centered, post-secondary education to rural Nevada. Educational, cultural, and related economic needs of the multicounty service area are met through programs of university transfer, applied science and technology, business and industry partnerships, developmental education, community service, and student support services in conjunction with certificates and associate and select baccalaureate degrees.

Unit Mission: The mission of Great Basin College Physical Education and Exercise program is to provide a natural extension of academic programs, enriching the lives of students, faculty, staff, and community members with the opportunity to participate in an individual or group fitness program, emphasizing safe and effective workouts and the importance of maintaining good health.

<i>Outcomes</i>	<i>Assessment Measures</i>	<i>Results</i>	<i>Actions</i>
<p>Personal wellness beyond physical fitness - Fitness center provides opportunities for personal wellness beyond physical fitness.</p> <p>Outcome Status: Active</p> <p>Assessment Year: 2017-2018, 2021-2022</p> <p>Start Date: 01/08/2018</p>	<p>Internal Tracking - Internal tracking and student satisfaction surveys. Review of course offerings and activities.</p> <p>Criterion: At least 5% of fitness center activities address aspects of wellness other than physical fitness.</p> <p>Notes: Weekly recipes, Facebook posts, blood drives, instructor videos on health and wellness</p>	<p>Reporting Period: 2017-2018</p> <p>Criterion Met: Yes</p> <p>Weekly recipes are posted on a large white board in the Fitness Center. Recipes are selected based on the quality and healthfulness of the ingredients. Gluten-free and vegetarian recipes are also incorporated into the weekly rotation.</p> <p>Each recipe is posted to the Fitness Center's Facebook page. The recipe posts routinely perform 90% better than other posts. The users interact with the post by sharing it with their own friends on Facebook, enabling the Fitness Center to reach a greater audience.</p> <p>In the last year, the Fitness Center Facebook page has more than doubled its amount of 'likes.' Many of the gym users follow and comment on page posts, especially posts of healthy, well-balanced recipes.</p> <p>My interpretation of the data collected is that the sharing and posting of healthy weekly recipes encourages Fitness Center users to pursue health and wellness beyond physical fitness. Students, staff, and faculty use the Fitness Center to pursue their physical fitness goals. However, by sharing nutritious, healthy, and easy-to-prepare recipes gym users</p>	<p>Action: I am continuing to encourage Fitness Center users to try our recipes and to like our Facebook posts. The recipes are selected based on seasonal ingredients as well as students' requests for gluten-free or vegetarian options. (05/23/2018)</p> <p>Follow-Up: My student workers and I have received positive verbal feedback from students, staff, and faculty regarding the weekly recipes.</p> <p>When I assess this outcome again in 2021-22, I would like to conduct a student satisfaction survey to learn what other personal wellness options students would like to see the Fitness Center offer in a live classroom setting and via social media. Another follow-up action I would like to take is to assess the effectiveness of</p>

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		are encouraged to pursue personal wellness outside of the gym. (05/23/2018)	instructor videos posted to social media and WebCampus. By utilizing a multimedia platform, instructors can share weekly tips with students on health and wellness related topics. (05/23/2018)