

STRATEGIC PLAN GOALS
Health & Fitness Center
(Wellness Unit: Counseling, Health & Wellness, Recreation)
FY2009

- = example of objective

Engaged Learning

Assessments will demonstrate that students receive wellness information on the health-risk behavior areas as defined in Healthy Campus 2010 or in campus wide initiatives. (eg. Sustainability, ATOD)

- Food For Thought Series – Evaluations will demonstrate 50% of participants are learning information that is helpful in understanding the relationship between Wellness and Sustainability.
- Workshops once per semester (e.g. Tobacco use prevention, Injury prevention and safety, Dietary behaviors and nutrition, Fitness and men's issues) will demonstrate students are learning wellness/health behaviors that are relevant to personal success.
- Peer Education/Training student evaluations/grades will demonstrate competency (e.g. HRK students, Internships, and Practica) delivering wellness/health-risk information.
- Learning outcomes for partnerships with Wellness Unit and Academic Affairs (e.g. HRK Exercise Science Students working in Health&Fitness Center) will be achieved. (e.g. student will be able to deliver fitness prescription and recipient evaluation will demonstrate behavior/exercise was changed/learned)
- Through Outdoor Education Activities 10 student groups will participate in Leadership, Teamwork, and Communication initiatives.

Distinctive Impact

- *Counseling, Health & Wellness, and Recreation services will reduce symptoms that interfere with academic performance (baseline surveys: Healthy Campus 2010/NCHA, Wellness Surveys /student record data will be used to target / monitor symptoms) through Integrated Depression Project.*
- *Flu immunizations for students will be increased by 20% in 2009.*
- *Increase the proportion of college students who engage in physical activity at least 3 days per week by 2% (as defined in Healthy Campus 2010 and NCHA data)*
- *Decrease Re: smoking 30 days or less by 2%*
- *Establish annual "Welcome Back Wellness Fair" utilizing Longwood NCHA data to plan and evaluate event.*
- *Pilot Wellness Incentive program with campus partner(Police for 2009) to develop potential University-Wide Wellness Initiative.*

Responsible Stewardship

Intentional collaborative efforts within the Wellness Unit and with Student Affairs & Academic Affairs will be evaluated.

- Evaluations of *Religious Pluralism and Globalization* 3rd American Democracy Grant Project will demonstrate 70% of the participants agree the program provided a different way of thinking about sustainability.

Superior Performance

Maintain Accreditation by the International Association of Counseling Services

Affiliation with related National/State organizations/standards (CAS, ACHA, NIRSA etc.)