



# Recreational Sports Programs

## **UW Standard of Excellence**

Recreational Sports Programs (RSP) provides opportunities for students and other members of the University community to participate in exercise, sports and fitness activities to maintain a healthy lifestyle. State-of-the-art facilities are available to encourage and motivate students and others to learn practical health and wellness activities for long-term benefits. Eighty different sports and fitness programs are offered to reach the wide interests of a diverse student population.

## **Academic Community**

Students attend the University to receive a first-class education. Out-of-classroom experiences contribute to overall student development and academic success. By understanding the importance of, and participating in, regular exercise through sports and fitness activities, students create lifelong habits for wise use of their leisure time. Participation in such activities also assists students in performing well in a demanding academic environment by encouraging balanced development of mind and body.

## **World Leaders in Research**

The Intramural Activities Building (IMA) has served as a laboratory for University research projects by students, faculty and staff.

The Department is committed to our supporting role in discovery and collaboration with our colleagues and students.

## **Celebrating Place**

We celebrate place and space available in an urban University setting. The reclaimed landfill provides space for sports fields to support both active and passive recreation activities for our students. RSP facilities are intentionally designed to contribute to the University ambiance in terms of space, volume and massing.

## **Spirit of Innovation**

RSP provides state-of-the-art facilities and equipment in keeping with the spirit of excellence at the University. Emerging technology is used to motivate users through fitness entertainment systems, ergonomically-designed free weights and cardio and weight machines, wireless technology, and innovative facilities such as the Indoor Climbing Center. All programs and activities are annually evaluated to meet the changing needs and interests of students, faculty and staff.

## **World Citizens**

Through RSP, students are provided the opportunity to develop sound health and wellness habits that they can integrate into their lives. Such habits will enable them to be successful world citizens.

About 97% of every health and wellness dollar is spent on health care, while only 3% is spent on prevention activities. Given concerns about global health, prevention should be at the top of the list. RSP is an important contributor toward that effort. Good habits of regular exercise will result in the reduction of rising health care costs and prevention of health problems.

## **Being Public**

Over 1.5 million visits are made to RSP-managed facilities annually. When possible, RSP facilities (Golf Driving Range and Waterfront Activities Center) are available for use by the general public. Summer groups and camps and sports event participants are invited to use RSP-managed facilities. Facilities are highlighted when recruiting prospective students, faculty and staff members. Experienced RSP staff routinely provide counsel and advice to outside parks and recreational entities.