

Valuing Health & Wellbeing in Collegiate Recreation

Questions to Think about for Your Programs

PHYSICAL

taking care of the physical body • exercise and overall fitness

- Do you encourage staff members to practice healthy exercise and nutrition behaviors?
- Do your resale items encourage healthy physical behaviors? (i.e. sale of water versus energy drinks)
- Do staff members know and practice safety rules and regulations to ensure patrons' physical safety during fitness and sporting activities?
- Does departmental policy reflect standard ethic of care and/or national guidelines for participants' physical safety and wellbeing?

SOCIAL

equity, inclusiveness • justice • diversity • communityfitness

- Is your programming inclusive and appealing to diverse participants?
- Have you purchased equipment to support equal and inclusive access?
- Do you use the human capital in your department to engage in service projects in your community?
- Do you have policies and programs in place to lower barriers or negotiate constraints AND encourage participation by all populations? (i.e. LGBTQA, differently abled, people of color, international students, varied religious practices)
- Have you had a conversation about if/how your department can make reasonable accommodations for all sorts of inclusiveness (physical, religious, gender, sexual orientation)?
- Do you have a public statement about diversity and/or inclusion?

SPIRITUAL

values • practice

- Does your department have procedures to support the students' personal spiritual practice?
- Does your department practice equanimity and inclusivity towards all spiritual practices?
- Does your department provide opportunities for all to engage in the Five Qualities of Spiritual Health (internal locus of control, sense of meaning, hope, connectedness, and forgiveness/empathy/compassion)?
- Does your department encourage altruistic values and practices within student development and programmatic efforts?

ENVIRONMENTAL

natural resources • nature

- Do you facilitate and encourage recycling in your facility? Composting?
- Do you try to reuse products and look for those that are made with recycled content?
- Do you use environmentally-friendly cleaning products in your facility?
- Does your facility have water fountains with bottle fillers?
- Do you have low-flow toilets and waterless urinals in your facility?
- Do you track your use of resources or waste (electricity, water, energy, recycled/landfill) and set organizational benchmarks?

FINANCIAL

cost savings • budgeting • resource management

- Does your department have a long-term financial plan with sufficient reserves?
- Do you consider the long-term needs and growth of your department when budgeting?
- Do you have a thorough understanding of how employee benefits impact your budget?
- Do you offer financial literacy development opportunities to both professional and student staff?
- Do you obtain quotes from multiple businesses in order to get best price for services and equipment?
- Have you sought alternative funding sources to minimize fee increases?

OCCUPATIONAL

gainful employment • job satisfaction • career

- Does your department encourage professional development opportunities for current professional and student staff?
- Are job descriptions and duties congruent with the department's mission, values, and strategic goals?
- Do your hiring processes help recruit diverse and qualified candidates?
- Does your department hire and train student staff to recognize and build transferable career/job skills?

PSYCHOLOGICAL

emotional wellbeing • mental health

- Does your staff understand the correlation between physical activity and emotional wellbeing?
- Does your department communicate those correlations in marketing materials and during program implementation?
- Does your department provide opportunities for students to be proactive in their mental and emotional self-care?
- Has your department collaborated with mental health providers on your campus and in the surrounding community?

INTELLECTUAL

creativity • new ideas • critical thinking

- Is your department open to innovation in concepts and ideas?
- Does your department look for ways to be creative with existing and new programming and services?
- Does your department implement time for critical thinking, stimulating mental activities?
- Does your department encourage professional and student staff to engage in various problem-solving techniques?