



Partnering with Campus Recreation for Wellness Programs in the Library

ACRL NEC/NELIG *Finding the Balance* 2021 Conference (Virtual)

Sarah Hutton [shutton@umass.edu] *Head, Student Success & Engagement, UMass Amherst Libraries*



How I Found Out About the “Fit for Hire” Program



Fitness



Jill Isabelle

Assistant Director for Group Fitness

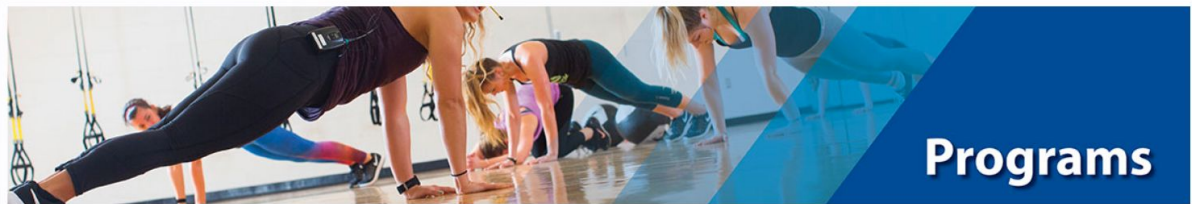
112C Recreation Center

413-577-0855

jisabelle@umass.edu

Campus Recreation

Home	About	Programs	Employment	Facilities	Schedules
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Programs

Aquatics

Fitness

Group Fitness

Personal Training

Nutrition Advising

Fit for Hire

Fit-for-Hire Class
Descriptions

Intramural Sports

Club Sports

Fit for Hire

We can teach your group!

Are you part of a UMass Amherst department, registered student organization (RSO, GSO), the Student Government Association (SGA) or Graduate Student Senate (GSS), residential area government, or Greek life? Too busy to work out? Looking for something different at your next meeting or event? Have a certified group fitness instructor come to you for a group fitness class.

Check out our menu of [available classes](#).

What you need to know:

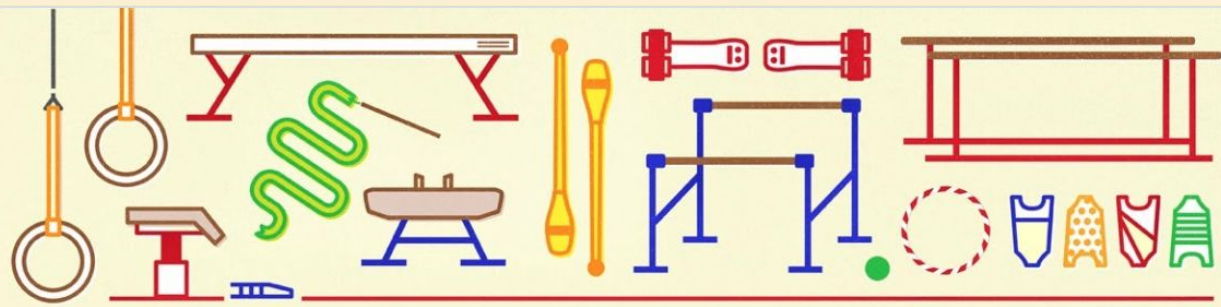
- To submit a request for a Fit-For-Hire class, complete [this form](#).
- You will be contacted within three business days of your request being received.
- Reservation requests must be submitted at least 30 days in advance of the requested event.
- Reservation requests are dependent on instructor availability.
- Fit-For-Hire classes are one hour in length (customized class options are available upon request and approval).

Pricing:

- Fit-For-Hire classes start at \$50 per hour/per instructor for up to 50 participants.
- An additional instructor or advisor is required for events over 50 participants.
- All payments will be processed as a recharge.
- You will be asked to provide your speedtype when you are contacted about your event.

Gauging Interest

1. Would you be interested in participating in FREE fitness classes offered in the Libraries?
2. Which Classes Are you Interested In [selected up to 6]?
3. What time of day would you be available to take a 1 hr fitness class (select all that apply)?



Fitness Classes for Library

Program description: <http://bit.ly/fitclassdescriptions>

* Required

Would you be interested in participating in FREE fitness classes offered in the Libraries? *

- Yes, sounds fabulous!
- No thanks, not for me.

SPARK

THE REVOLUTIONARY NEW SCIENCE OF EXERCISE AND THE BRAIN



Supercharge Your Mental Circuits to Beat Stress, Sharpen Your Thinking, Lift Your Mood, Boost Your Memory, and Much More

JOHN J. RATEY, MD

CORAUTHOR OF *DRIVEN TO DISTRACTION*

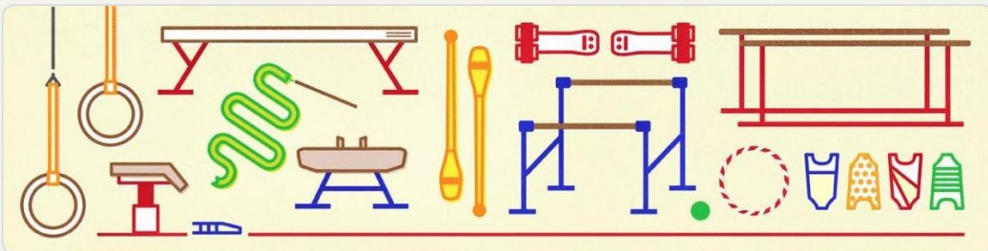
with **ERIC HAGERMAN**

Making the Pitch for Funding:

1. Value proposition: benefits of exercise to wellbeing and cognitive function
2. Program description and coordination
3. Integrated formative and evaluative assessment plan



Getting the Program Started



Feedback on Fit for Hire Session 6: Yoga

Thank you for joining today's session! Your thoughts and suggestions are welcome, and will be used to help improve and sustain this programming.

* Required

Email *

Your email

On a scale of 1 to 5, I found today's session to be: *

	1	2	3	4	5	
Unsatisfactory	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excellent

Survey Questions Following Each Session

1. Overall Satisfaction scale (Likehert)
2. Satisfaction with Instructor scale (Likehert)
3. Is there anything particular that you would like to share about the instructor, [name]? (Open-ended)
4. Is there anything you would have liked to change about today's session?
5. Do you have suggestions for future fitness or wellness programming? (Open-ended)
6. Any other comments on today's sessions or the 'Fit for Hire' library series overall? (Open-ended)

Survey Questions Following Full Program

1. If the Libraries were to support another semester of the Fit for Hire program, what sessions would you be the most interested in [link]?
2. Is there any programming NOT offered by Fit for Hire that you'd like to see offered in the Libraries?
3. If the Fit for Hire program is offered again, should registration be required (this would allow for sending out automatic reminders)?
4. If the Fit for Hire program is offered again, would you be willing to be the point person for at least one session (this would attending the session, making sure room setup is correct, sign-in sheet is filled out)?
5. Anything else you'd like to say?



Fit for Hire: Seeking Feedback and Looking Ahead

As someone who participated in Fit for Hire 2019 programming, your feedback will be incredibly useful in helping to keep this program going!

Your email will be recorded when you submit this form

Not shutton@umass.edu? [Switch account](#)

* Required

If the Libraries were to support another semester of the Fit for Hire program, what sessions would you be the most interested in (for full listing see: <https://www.umass.edu/campusrec/programs/fitnesswellness/group-fitness/fit-hire>)? *

Your answer



FIT FOR HIRE PROGRAM EVAL



DEPARTMENTAL
REPRESENTATION



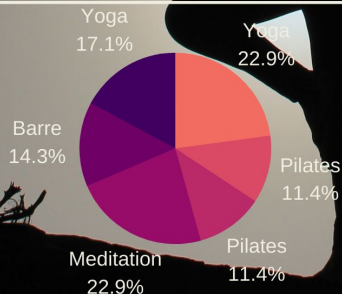
LIBRARY STAFF
RESPONSE RATE TO
INTEREST POLL



POLL RESPONDENTS
PARTICIPATED



SESSION PARTICIPATION



www.umass.edu/campusrec/programs/fitnesswellness/group-fitness/fit-hire

PREPARED BY SARAH HUTTON @ UMALIBRARIES

Evaluative Assessment

1. Library staff response rate to program participation inquiry
2. Departmental representation through program participation
3. Program preference
4. Qualitative feedback from final survey

Thank
You

The text "Thank You" is written in a black, cursive, handwritten style. The word "Thank" is on the top line and "You" is on the bottom line. The word "You" has a horizontal underline. Surrounding the text are several short, black, radiating lines of varying lengths and orientations, creating a sunburst or starburst effect around the words.

Images

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https://commons.wikimedia.org/wiki/File:Project_Yoga_Richmond_1.jpg

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#3: Image: (haburnu with colors changed by Amousey, CC0):

<https://commons.wikimedia.org/wiki/File:Thank-you-transparent.svg>