

DATA GALA

Campus Recreation: Virtual Group Fitness (Spring 2020)

Well-Being

- Well-Being
- Resilience
- Sense of Belonging

EDUCATION, INTERVENTIONS & IMPLEMENTATION

Purpose of Assessment

- Evaluate effect of Virtual Group Fitness Programming during COVID-19 Pandemic on the Well-Being Learning Goal, specifically Resilience and Sense of Belonging

Specific outcome targets

- sense of accomplishment related to personal growth
- confidence in seeking new experiences
- belief in oneself
- preparedness to overcome challenges
- ability to maintain or foster positive relationships
- connection to the Ohio University Community

Audience

- Ohio University Students, Faculty/Staff, Alumni, and Community Members

Notes

- Program delivered in partnership with WellWorks
- Data was collected via a pre and post participation mixed methods Qualtrics survey

EVIDENCE

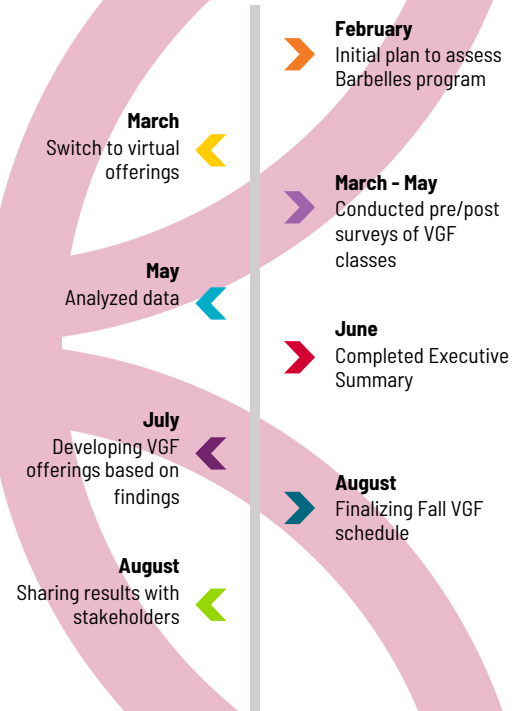
Responses: Pre = 192 ; Post = 27

- Sense of accomplishment = +16.8%
- Confidence seeking new experiences = +2.7%
- Belief in self = +3.9%
- Preparedness overcoming challenges = -2.2%
- Ability to foster positive relationships = -16%
- Connection to Ohio University = +13.5%
- Common Qualitative Responses supported:
 - Sense of community
 - Staying physically active
 - Stress relief

ANALYSIS

- Overall, Virtual Group Fitness programming efforts had a positive impact
- Positive impact
 - possessing a sense of accomplishment
 - connection to the Ohio University community even as this service is migrated into a virtual format
- Negative impact
 - preparedness to overcome challenges
 - maintaining positive relationships
- Anecdotes
 - negative impact is expected due to virtual programming vs in-person setting
 - patrons often build strong rapport with a particular instructor and are not attending class in a group setting

TIMELINE



IMPLICATIONS & NEXT STEPS

Overall, recommended to continue to provide virtual group fitness programming as a means of supplementing in-person activities as the university reduces people on campus for 2020-2021

- Key Focus Strategies:
 - strategize programming elements emphasizing sense of accomplishment, confidence/belief in oneself, connecting to Ohio University community
 - increase opportunities for patrons to digitally build relationships with instructors, and/or other attendees
 - better recognize overcoming adversity; Provide opportunities for patrons to be more prepared to overcome challenges

TEAM MEMBERS

- Tony Gregory, Assitant Director, Well-Being & Fitness

