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 self
• 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

February
Initial plan to assess Barbelles program

March
Switch to virtual offerings

March – May
Conducted pre/post surveys of VGF classes

May
Analyzed data

June
Completed Executive Summary

July
Developing VGF offerings based on findings

August
Finalizing Fall VGF schedule

Sharing results with stakeholders

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, Assistant Director, Well-Being & Fitness