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Fort Hays State University: Enhance Physical Wellness of Students, Faculty, and Staff

PROJECT | UPDATE | REVIEW

ACTIVE **VERSION 1.0**

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CREATE update for this project

Project Details

Title	Enhance Physical Wellness of Students, Faculty, and Staff	**Status**	ACTIVE
Category	4-Valuing People	**Updated**	
Timeline		**Reviewed**	
Planned Project Kickoff	01-01-2010	**Created**	03-19-2010
Target Completion	12-31-2011	**Last Modified**	03-19-2010

VERSIONS

VERSION 1.0

1: Describe this Action Project's goal in 100 words or fewer:

A: In 2006-2007, FHSU invested significant resources in the expansion of our Campus Wellness Center. At that same time, there was a grassroots effort established with the goal of improving the overall health and wellness of campus stakeholders: students, faculty, and staff.

2: Describe briefly your institution's reasons for taking on this Action Project now -- why the project and its goals are high among your current priorities:

A: This action project is seen as a strategic priority by the university because of the long-term impact on the health and quality of life of a wide segment of campus stakeholders. This goal has the potential to impact many of the traditional campus stakeholder groups, but involvement of virtual students has been encouraged as well. Notably, faculty and staff have taken great advantage of the initiative.

3: List the organizational areas -- institutional departments, programs, divisions, or units -- most affected by or involved in this Action Project:

A: The following units within the University are most impacted by this action project:

- College of Health and Life Sciences (Department of Health and Human Performance, Wellness Center)
- Personnel Office

4: Name and describe briefly the key organizational process(es) that you expect this Action Project to change or improve:

A: Two key processes that are impacted by this action project include the Campus Wellness Center and the HealthQuest project administered through the Personnel Office.

5: Explain the rationale for the length of time planned for this Action Project (from kickoff to target completion):

A: The timing for this action project align to the Kansas Board of Regents Performance Agreement cycle. Additionally, FHSU is undertaking a larger sustainability goal that will likely integrate some of the efforts realized from this goal to serve as its basis.

6: Describe how you plan to monitor how successfully your efforts on this Action Project are progressing:

A: FHSU will measure the success of this action project through five key performance indicators:

- Number of users of the Campus Wellness Center
- Percent of respondents satisfied with heatlh screening and educational programming
- Percent of seniors that often or very often exercised or participated in physical fitness activities (NSSE)
- Percent improvement of a faculty/staff group on five fitness-related measures

- Percent improvement of a student group on five fitness-related measures

7: Describe the overall "outcome" measures or indicators that will tell you whether this Action Project has been a success or failure in achieving its goals:

A: The following targets have been established relative to the key performance indicators:

- Number of users of the Campus Wellness Center (baseline = 26382, target = 60000)
- Percent of respondents satisfied with heatlh screening and educational programming (baseline = 80%, target = 90%)
- Percent of seniors that often or very often exercised or participated in physical fitness activities (NSSE) (baseline = 52%, target = 57%)
- Percent improvement of a faculty/staff group on five fitness-related measures (baseline = NA, target = 25%)
- Percent improvement of a student group on five fitness-related measures (baseline = NA, target = 25%)