

Physical Activity Sub-Committee
Wednesday, October 03, 2007
Meeting Minutes

In attendance: Justin Burcham, Erica Choutka & Jennifer Gay

Agenda Item #1

Conducted a review and discussion of physical activity offerings at USC, listed on worksheet A (Worksheet A was initially created in June 2007 by Jennifer and Erica). Physical Activity offerings at USC change quite a bit from semester to semester (i.e. campus recreation programs, wellness seminars, F/S wellness promotion programs). Other physical activity offerings on campus we, as a committee, don't know much about (i.e. Physical Education, Dance Department). Each sub-committee member is charged with researching the campus office/departments that offer physical activity programs/services: statistics, trends, goals, initiatives, spaces used, student needs, staffing, needs, etc. This information will be used to create a more detailed report of physical activity programs/services and each program's history, stats, contact persons, etc.

Erica

- Campus Recreation (will compile stats and elaborate on programs/services)
- Department of Dance

Justin

- Weight Watchers
- Department of Physical Education:
(New) Physical Activity Coordinator - Douglas Gary Nave -Gary is from University of Florida and was just hired in August 07 to focus on Physical Activity classes at USC.
- Also new! Urban Fitness Walking Paths ('08) and online Fitness Buddy program ('08)

Jennifer

- Preventative Exercise Program (Department of Exercise Science)
- Get Fit Lab (Public Health building)

Agenda Item #2

Sub-committee members looked at NCHA statistics (pages 12 & 13). Statistics about self reported exercise and BMI are most relevant to our chosen objective and can be highlighted. Jennifer will look at USC compared to national data and state data.

Agenda Item #3

Lastly, sub committee members brainstormed some initial concepts and ideas for the health marketing campaign that will be the focus for January/February.

- “Exercise More Than Your Brain”
- USC stats....how many students do we have? How many participate in PE classes? How many participate in IM Sports? How many visits to both campus recreation facilities?
- Use the buddy concept / workout partner
- Stats about drop out rates