Recreation and Wellness Center

Department Vision and Goals

The UCF Recreation and Wellness Center strives to both set and stay ahead of the national standards for university recreational programs and facilities by offering unique and innovative student development and leadership opportunities, while seeking to be inclusive and adaptable to the needs of all UCF students. The RWC goals are to provide safe facilities and programs; cultivate diversity and inclusiveness; support healthy lifestyle choices; and, develop a collaborative and productive team.

RWC Best Retention Practices

- Hire and develop diverse and culturally competent student staff that reflects the diversity of our UCF community.
- Continuously strive to serve differently abled community members through adaptive programs and accessible facilities.
- Partner with Institutional Research to assess data on UCF student retention that provides information regarding RWC’s impact as well as areas for growth.
- Collaborate with multiple campus partners to promote diversity, social interaction, and leadership opportunities for students.

RWC Undergraduate Student Demographics

- 19,838 undergraduate students utilized the RWC in the Fall of 2011.
- Of the 19,838 students, 9,773 (49.26%) were female and 10,065 (50.74%) were male.
- RWC Undergraduate Users by Ethnicity:

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>UGRD Count</th>
<th>UGRD %</th>
<th>RWC Users Count</th>
<th>RWC Users %</th>
<th>UCF Total Count</th>
<th>UCF Total %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
<td>1,138</td>
<td>5.74%</td>
<td>2,759</td>
<td></td>
<td>5.52%</td>
<td></td>
</tr>
<tr>
<td>Black</td>
<td>2,134</td>
<td>10.76%</td>
<td>4,978</td>
<td></td>
<td>9.96%</td>
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</tr>
<tr>
<td>Hispanic</td>
<td>3,834</td>
<td>19.33%</td>
<td>9,471</td>
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<td>18.94%</td>
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<tr>
<td>White</td>
<td>11,877</td>
<td>59.87%</td>
<td>30,518</td>
<td></td>
<td>61.03%</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>855</td>
<td>4.31%</td>
<td>2,276</td>
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<td>4.55%</td>
<td></td>
</tr>
<tr>
<td>Total (ALL)</td>
<td>19,838</td>
<td>100.00%</td>
<td>50,002</td>
<td></td>
<td>100.00%</td>
<td></td>
</tr>
</tbody>
</table>

Student Quote

The Recreation and Wellness Center has given me an opportunity to grow and obtain a collegiate experience beyond academics. I would not be the student I am today had it not been for the services they provide for students, from yoga to women on weights I have used their programming nearly every semester and it has helped me develop a true plan for a healthy lifestyle.

-Jonecia Mahan
Recreation and Wellness Center

Evidence of Impact on Student Retention and Success

- 2010-11 RWC Summer-Fall Full Time FTIC Users had a First Year Retention Rate 6.6% higher than non-users. 4,597 out of 6,013 students used the RWC in their initial Fall semester term; 88.8% of the users were retained.

- 2010-11 Summer-Fall Full Time Direct Connect Transfer Users had a First Year Retention Rate 2% higher than non-users. 683 out of 2,248 students used the RWC in their initial Fall semester term; 84.5% of the users were retained.

- The average Spring 2011 GPA of RWC regular-users (20+ visits per semester) was 3.14 while the average GPA of non-users was 3.04.

Average GPA per Time of Visits for Spring 2011

RWC Highlights

One of the nine campus facilities with gender neutral restrooms
2011 Leadership in Energy and Environmental Design (LEED) Gold Certification
Diversity Week Recognition October 2009
2011 University Police Crime Prevention Award