

INTRAMURAL SPORTS

FALL 2011 Edition



Scan Me With Your Smartphone!



Intramural Recreational Sports



AWORDFROMSTEVE

Welcome Back To WKU!

The Intramural-Recreational Sports program provides students, faculty and staff an opportunity for participation in constructive recreational activities. This program consists of men's and women's competitive sports, co-recreational sports, faculty/staff activities, recreational free-play, outdoor recreation, sport club activities, instructional programs and fitness classes.

The intramural sports program provides you with the opportunity to participate in several different sports including some of our most popular sports like flag football, team handball, basketball, and volleyball.

The sport club programs help students develop a higher skill level in a particular sport or activity. Among the most popular are rugby, dodgeball, and soccer.

The WellU® program is a student wellness incentive program that is offered free to all WKU students. Incentives are given to those who participate in health and fitness related events and programs on campus.

A variety of cardio, toning, and mind/body group fitness classes are offered each semester by our fun but challenging instructors. Plus we offer a variety of instructional programs such as Big Red Bootcamp and certifications including ACE, Zumba, AFAA, and YogaFit.

The Outdoor Recreation Adventure Center (ORAC) offers a variety of outdoor programs for the university community for a minimal cost. These include the following programs: adventure trips, outdoor equipment rentals, skill clinics, and more.

So visit our facilities, enjoy the many activities we provide for you and take advantage of the many services that are available to you.

Sincerely,



Stephen Rey
Director, Intramural-Recreational Sports



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Students are important - they are the mission. I believe that this feeling exists within the Board of Regents, the President's office, the faculty, and the staff. There is a genuine interest in the welfare of all students.

RAYMOND B. PRESTON



MEETOURSTAFF

STEVE REY DIRECTOR	TODD MISENER ASSISTANT DIRECTOR HEALTH & FITNESS	LUKE BARTLETT ASSISTANT DIRECTOR PROGRAMS	BRAD STINNETT ASSISTANT DIRECTOR FACILITIES	ALISSA ARNOLD STUDENT WELLNESS COORDINATOR
LINDSAY THOMAYER FITNESS COORDINATOR	JAROSLAVA VORACOVA EXERCISE COORDINATOR	SEAN SHERWOOD INTRAMURAL COORDINATOR	JORDAN GARDNER SPORT CLUB COORDINATOR	JENNIFER FRANKLIN FACILITIES COORDINATOR
CODY WEAVER G.A. EXERCISE	MAGGIE SIMPSON G.A. FITNESS	DUSTIN BRAY G.A. MARKETING	SAMANTHA NEW G.A. WELLNESS	BEN RAMAEKER G.A. Challenge Course
TOBIAS ABEL G.A. SPORTS CLUB	BRANDON MACCALLUM G.A. INTRAMURALS	JACOB RAY G.A. FACILITIES	MARGARET STRINGER G.A. AQUATICS	DARRELL SHAW G.A. ORAC
BECKY SIMS OFFICE COORDINATOR IM-Rec Sports	SABRINA PATE OFFICE ASSOCIATE HEALTH & FITNESS LAB			

Contact Information: Office Phone - 270.745.6060 Office Fax - 270.745.2006

For More Information About Our Department & Services Visit Us On The Web: www.wku.edu/imrec

OUR FACILITIES



RAYMOND B. PRESTON HEALTH & ACTIVITIES CENTER

The Raymond B. Preston Health & Activities Center, on Western Kentucky University's campus, offers students, faculty, and staff one of the finest campus recreation facilities in the country. Constructed in 1992, the Preston Center added a new dimension to recreational activities, intramural sports, and open recreation for the university community. Many areas of the original facility, including the locker rooms, natatorium, and administrative spaces have been renovated. Additionally, a 14,000 square foot addition was opened in the Spring of 2010.

BILL POWELL NATATORIUM

The Natatorium includes a 25-meter x 25-yard swimming pool, which contains 350,000 gallons of water. The pool depth ranges from four to 13 feet and includes ten 25-yard lanes, as well as ten 25-meter lanes. The Natatorium contains an ADA compliant pool lift which makes it easily accessible for everyone. Another design feature of the Natatorium is the balcony, with seating for 400 spectators and an outdoor sun deck.

HATTIE L. PRESTON SPORTS COMPLEX

The Sports Complex, completed in 2000, added a new dimension to recreational activities, intramural sports, and open recreation for the community. The Sports Complex is located on the corner of Campbell Lane & Industrial Drive in Bowling Green, Kentucky. The Complex is comprised of 24 acres that was developed to create a state of the art outdoor sports facility. On these 24 acres are four regulation softball fields, seven flag football fields, two regulation soccer fields, two lacrosse fields, and one USA Rugby regulation rugby pitch. There is a state of the art irrigation and lighting system for the Complex as well.



FALL 2011
FACILITY HOURS

Monday-Thursday	6:00 A.M - 11:00 P.M
Friday	6:00 A.M - 8:00 P.M
Saturday	9:00 A.M - 8:00 P.M
Sunday	1:00 P.M - 8:00 P.M

FITNESS CENTER

The 14,000 square foot Fitness Center is equipped with a wide variety of state-of-the-art equipment, including:

- 64 cardiovascular pieces with TV and iPod capabilities
- Life Fitness selectorized and plate loaded strength lines
- Cybex wheelchair accessible equipment and functional trainer
- Star Trac multistation and Human Sport functional training equipment
- Technogym stretching machines
- Free weight area



EQUIPMENT ISSUE

Equipment Issue: The Preston Center provides equipment for recreational use in the facility. Equipment is available for check-out at the Control Desk. Member ID's are required for equipment check-out and check-in. Equipment available for use includes, but is not limited to, the following: basketballs, racquetballs, volleyballs, wallyballs, and eye guards.

KEY LOCKERS

Key Lockers: Large and small lockers are available for daily use by checking out a locker key at the Control Desk. A member ID is required for key check-out and check-in purposes. Please **DO NOT** leave items unattended. The Department of Intramural-Recreational Sports strongly encourages the use of lockers. **PLAY IT SAFE - LOCK IT UP!**

LOCKER RENTALS

Rental lockers are provided in each locker room for facility members. For more information please contact The Department of Intramural-Recreational Sports at 270.745.6060.

TOWEL SERVICE

A towel service is available to facility users at the Control Desk. A member ID is required for towel check-out and check-in.

Health & Fitness Lab



Consultation:

One on One professional discussions on topics that concern you, such as exercise, toning, getting off a plateau, stretching, and weight loss.

Fitness Incentive Program:

The Health & Fitness Lab offers many types of fitness incentive programs throughout the year. Some are one day events, like our Poker Walk and Big Red Bench Off. Others are longer events such as our Fall into Fitness and Suit Up for Spring Break programs. All programs are free or charge a nominal fee. This is a great way to get into shape, reward yourself with prizes, and continue your healthy lifestyle.



Instructional Programs:

Every semester we offer a variety of instructional programs such as Cycling, Yoga, and Big Red Boot Camp. These are pre-registered programs that meet 6-8 weeks at a time and require a nominal fee. All instructional programs are offered to the WKU and Bowling Green community.

Group Fitness Programs:

All group fitness classes take place in the Preston Center dance studio and the Bill Powell Natatorium. There is a new schedule that is programmed every semester and offers a variety of cardio, toning, and mind/body classes. The classes are 20-75 minutes long and are FREE to Preston Center members. Our instructors are trained and certified and will lead you through a fun and challenging workout. We encourage you, if you are new to the class, to inform the instructor and also bring water and a towel.



Connected

Get In Shape & Get

Free Walk-in Services

- The Health & Fitness Lab offers three methods of body composition assessment, which include:
 - Skin fold measurement with calipers
 - TANITA body fat analyzer
 - OMRON body fat analyzer
- Blood Pressure
- Circumference Measurement

Free Fitness Center Equipment Orientation:

This free service is a 45 minute long introduction to cardio and strength training equipment in the fitness center. It provides you with a demonstration on how to use equipment safely and effectively. You will also receive a general strength training program and tracking sheet.

Basic Fitness Assessment:

The Basic Fitness Assessment is our most popular assessment package. Clients are evaluated in six areas to determine their current level of fitness. Each area is compared to national norms to identify the clients strengths and to determine areas that require more attention. Clients receive a computer printout of their results which can be tracked over time. This is an excellent way to get started with a fitness program or to measure fitness gains.

Personal Wellness Profile:

A health risk appraisal, which includes a detailed wellness questionnaire and a basic fitness assessment. You receive a detailed individualized report.

Beginner/Advanced Weight Training Orientation:

An individualized one time personal fitness consultation leading to the design of a personalized fitness program. Each client will be led through each component of the fitness program providing ample opportunity to ensure program comprehension. Clients will receive a written individualized fitness program including a tracking sheet where they can monitor their progress and adherence to the program.

Kick Start Program:

A comprehensive individualized introduction to weight training and/or exercise. The first session will consist of a consultation and exercise prescription designed to meet your individual goals. The following two sessions will involve detailed supervision/instruction through your workout. This service is an extension of the Beginner/Advanced Weight Training Orientation service, adding more sessions of instruction to ensure comprehension of your prescribed fitness program. It will also ensure that all of your questions and concerns are addressed.

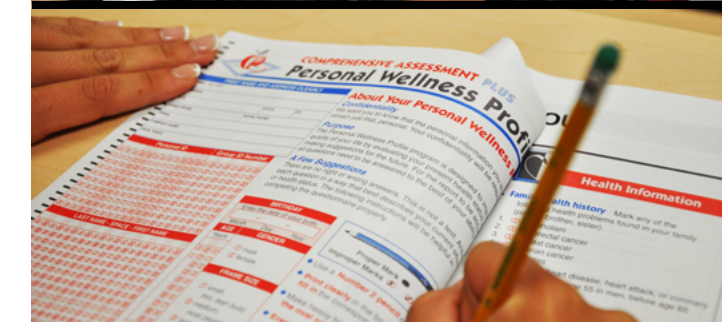
Total Fitness Package:

Is a combination of two services into one (Basic Fitness Assessment & Kickstart). In the first session, clients are evaluated in six areas to determine their current level of fitness. Each area is compared to national norms to identify the clients strengths and to determine areas that require more attention. Clients will also receive a computer printout of results. The second session is a comprehensive individualized introduction to weight training and exercise prescription designed to meet individual goals. The following two sessions will involve detailed supervision/instruction through the workout. Semester long weight tracking will be done at each personal training session. The final session is a follow-up basic fitness assessment, which re-evaluates the six areas and is done primarily to gauge improvements.

Personal Training:

Your trainer will provide you with the confidence and knowledge you need to achieve your fitness goals! All trainers hold a national certification in personal training supported by an educational background in health and fitness.

This service includes a free pre & post comprehensive fitness evaluation of height and weight, resting blood pressure, body composition, cardiovascular endurance, muscular strength & endurance, and flexibility.



www.wku.edu/healthfitnesslab // 270.745.6531

sweatbreathstrength



group

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ZUMBA

THE GROUP FITNESS PROGRAM

These non-credit group fitness classes can provide a fun and motivating alternative to your workout. All of the classes offered in either the Preston Center Dance Studio or the Bill Powell Natatorium are free of charge, but it's first come, first serve, so it's advised that you arrive early. There are a variety of classes offered to satisfy anyone, from those new to working out, to any veteran exercisers, so check out a bunch of classes! Over 25 classes are usually offered every semester with shorter schedules during the summer and winter breaks, providing opportunities to participate year-round.

Stop by a class for a motivating and challenging workout. All we ask is that you sign-in, bring water, be on time, and prepare to sweat! Popular classes include Hip Hop Cardio, Awesome Abs, Power Pump, Cycle Fit, Yoga, and MORE!

INSTRUCTIONAL PROGRAMS

WKU Preston Center offers a wide variety of instructional programs to enhance your fitness experience. Instructional programs are not only offered to the WKU community but the outside community as well. These fee-based programs are offered in 6-8 week sessions and take place in the Preston Center. One of our most popular programs is Big Red Boot Camp. Come out and challenge yourself!

CERTIFICATION

We currently offer many nationally recognized fitness certifications throughout the year to train current and potential fitness instructors/trainers. There are a variety of training companies that are represented each year for group fitness instruction and personal training. These companies include YogaFit, American Council on Exercise, and Aerobic Fitness Association of America.

MASSAGE THERAPY

The Health & Fitness Lab offer 30 minute and 60 minute massages during the week. All massage appointments must be made at least 24 hours in advanced and are available to students, faculty, staff, and community members.



Official Program
Visit: www.wku.edu/awellu

Swedish

Hot Stone

Deep Tissue



Gift Certificates for massages are available in the Health & Fitness Lab during business hours.

ORAC

outdoor recreation adventure center

Welcome to the Outdoor Recreation Adventure Center at Western Kentucky University. ORAC offers a variety of outdoor programs for students and faculty/staff at WKU for a minimal cost. These include the following programs:

- Adventure Trips
- Outdoor Equipment Rental
- Skill Clinics
- Outdoor Resource Library
- Bike Shop

ORAC's Mission Statement

ORAC is dedicated to providing the following: educational outdoor activities, high-quality customer service, interactive programs, an environmentally friendly approach to learning, and above all, safe outdoor based programs for the campus community.

Adventure Trips

Trip registration takes place at the ORAC. Trips are open on a first come, first serve basis. To reserve your spot on a trip, you need to pay a deposit upon registration. Unless otherwise noted, trip costs are all inclusive with the exception of meals.

Skills Clinics

Interested in learning a new skill? ORAC offers a variety of skill clinics for the campus community. No previous experience is needed to participate in a skills clinic. Pre-registration is required at the ORAC for some clinics; check the ORAC brochure or website for details.

Equipment Rental

ORAC has all your equipment needs in one stop! Stop by and see what we have to offer, from tents to canoes. All equipment must be returned on time to avoid a late charge. It must be returned dry and clean with all of the items intact. Let ORAC get you the gear you need to get out and enjoy the outdoors!

Resource Library

ORAC offers a resource library filled with numerous outdoor related books and DVDs. If you're planning a trip of your own, stop by and see if we have a resource to aid in your trip planning. All books and DVDs can be rented free of charge.



Dix River



Appalachian Trail

Bike Shop

The ORAC bike shop's fully trained and experienced service department can handle all of your bike repair and service needs. We service and repair any brand of bicycle. Don't let a simple mechanical problem prevent you from enjoying the fun of cycling. Bring your bike in today for quick and competent service. **Stop by today!**

Pro Shop

The Pro Shop offers a variety of goods and replacement gear to meet the needs of patrons. Items range from batteries, swim caps, fitness gear, Big Red t-shirts, and other assortments of goods.

Contact Us

The ORAC is located just across from the first basketball court in the Preston Health and Activities Center; we're open Monday through Friday from noon to 6 PM. To find out more information about any of our services, contact us at 270.745.6545. Find us on the web at www.wku.edu/orac or join our Facebook group, WKU ORAC.



WKU CHALLENGE COURSE

In collaboration with: **Dept. of Agriculture // College of Health and Human Services
Dept. of Kinesiology, Recreation & Sport // Office of the Provost**



Vision Statement:

The Challenge Course will be a leading force for WKU and surrounding communities for group and individual development through experiential endeavors focusing on interpersonal skills, team work, and sense of self in a supportive and enjoyable learning environment.

Mission Statement:

The WKU Challenge Course provides a safe, fun, and nurturing environment for the WKU campus and surrounding communities by delivering experiences that provide a sense of accomplishment and develop leadership, communication, and problem-solving skills for individuals and groups.

How to reserve a time:

To make a reservation or get more information please contact Ben Ramaeker at:
Phone : 270.745.6060 // E-mail: benjamin.ramaeker664@wku.edu

Step 1. Get your group together and discuss the goals you wish to accomplish during your time at the Challenge Course.

Step 2. Figure out 2 or 3 dates that your group will be able to attend. Please notify us of your desired dates and times at least 3 weeks in advance.

Step 3. Have everyone in your group complete all of the necessary forms. All forms must be turned in at least 2 weeks before scheduled date.

Step 4. Ask any questions you or your group may have about your day at the Challenge Course or refer to the FAQ section of our website for more information.



“Leave all the afternoon for exercise and recreation, which are as necessary as reading.”

- Thomas Jefferson





2011

CO-REC SOFTBALL DODGEBALL VOLLEYBALL

FOOTBALL SKILLS CHALLENGE

FLAG FOOTBALL HOLIDAY TABLE HOOPS TENNIS

PRO PICK'EM PICKLEBALL

TURKEY TROT BADMINTON SINGLES MYSTERY EVENT



JOIN H.O.A.
Interested in becoming an Intramural Sports Official?
Contact Brandon MacCallum
270.745.6060
www.wku.edu/intramurals

INTRAMURAL SPORTS



Western Kentucky University has a long and proud tradition of exciting and innovative intramural activities dating back over 60 years. The intramural staff is devoted to making Western Kentucky University intramurals safe, fun and fair. Our mission is to involve as many people from the Western Kentucky University community as possible through a wide range of intramural sports/ events. To this end, the Intramural staff is always searching for events that are fun and will challenge the WKU community.

Spring 2011 Recap

During the Spring 2011 semester, Intramural Sports once again saw the All University Point race come down to the last games. Kappa Alpha came from behind and retained their trophy with clutch wins in the softball playoffs. The women of Kappa Delta blew away the competition and won the women's race. The Intramural Sports blog grew this year, with a new blog weekly. Also, the advances in video and podcasts have allowed the participants to share their experiences with friends and family. During basketball 3 officials traveled

to Mississippi State and MTSU to officiate regional championships. All of these officials received great feedback and did well at the tournaments and will now be able to teach younger officials here at WKU. Overall, the spring semester went well and we are looking forward to the fall semester for more fun and excitement. Remember to check the website, www.wku.edu/intramurals, for information on how to get involved.

What to look for in the Fall of 2011

The Fall 2011 semester will see new changes in the sports offered, as well as the format in which they are played. Volleyball will now be a league sport, joining flag football and basketball as the only sports with four guaranteed games. Also, dodge ball has received a promotion from tournament to a mini-league and will be played in October. Do not be discouraged when you see that Team Handball is not on the sport list for the fall, we have simply moved it back to the spring to make room for volleyball and dodge ball. We will still be using imleagues.com for all of our scheduling and online registrations for the spring so visit that website to sign up!

Sign-Up!

For more information and to sign-up for intramurals go to our website: www.wku.edu/intramurals. Get out and play!



get out & play

WESTERN KENTUCKY UNIVERSITY

SPORT CLUBS



Contact Jordan Gardner
or Tobias Abel

270.745.6060

WANNA PLAY?



Welcome to the Western Kentucky University's Sport Club Program! Sport Clubs are a proud component of the Intramural-Recreational (IM-Rec.) Sports Department at WKU. The Sport Club Program offers a wide variety of sporting activities including team sports, individual sports, and martial arts. There are currently 21 Sport Clubs at WKU.

Previous experience is not a prerequisite for membership. Sport Clubs may be competitive, instructional, and/or social-recreational in nature. All Sport Clubs are recognized student organizations, designed to bring together students, with similar sporting interests. Sport Clubs, unlike varsity sports, are run by students for students with a NO TRY-OUT policy. Faculty/staff are both allowed and encouraged to participate as players, advisers, or coaches, but the administrative duties remain in the hands of the students.

How to Start a Club:

To qualify as a registered Sport Club at WKU, a club must have the following items on file with the Office of Student Activities, Organizations, and Leadership:

- Club Constitution
- Adviser's Letter
- Officer's List

Recognition as a Sport Club at WKU is granted for one year only. Each club must register at the end of the Spring Term, their intent to return as a Sport Club for the following year.

How do Sport Clubs differ from Varsity Sports:

Sport Clubs are student organized and student led with a "No Tryout" policy. Participants cannot be excluded because of skill level. However, playing time in game situations for individual players is left to the decision making of each club's leadership.

Funding & Fundraising:

The WKU IM-Rec. Sports department has funds to be used to supplement each clubs fundraising efforts. The funding cycle occurs at the beginning of each academic year.

The department is able to provide some financial support, however, the funding of club activities is primarily the responsibility of Sport Club members. Some suggested methods of generating funds include:

- Charity Events
- Club Dues
- Alumni Donations
- Concert/Athletic Concessions

The Sport Club Coordinator must pre-approve all fundraisers.

Who Can Participate:

- Undergrad Students - Full Time (12hrs)
- Part Time Students - (3hrs) + Be a member of the Preston Center OR pay the Sport Club participation fee of \$35 per semester.
- Faculty & Staff - Both full time and part time faculty and staff are eligible, however, they must be members of the Preston Center or pay the Sport Club participation fee of \$35 a semester.

2011-2012 SPORT CLUBS

Badminton

Hilltopper Officials Association

Soccer-Men

Bowling-Co Rec

Lacrosse-Men

Soccer-Women

Brazilian Jiu Jitsu/Judo

Lacrosse-Women

Tae-Kwon Do

Disc Golf

Paintball

Tennis

Dodgeball

Racquetball

Triathlon

Fencing

Rugby-Men

Ultimate Frisbee

Field Hockey

Rugby-Women

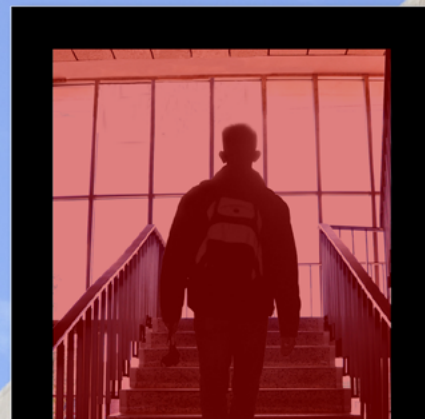
Volleyball-Women



WWW.WKU.EDU/SPORTCLUBS



Student **Wellness** Program



Program Mission:

The mission of the WellU® program is to unify student health promotion efforts within and between WKU divisions that promote healthy lifestyle behaviors among WKU students.

Program Description:

The WellU® program is a Student Wellness Incentive Program, designed to encourage student participation in health related programs, services, and events on campus, by providing incentives for participating.

The WellU® program is also an online program that provides registered students a complete calendar of health programs and events scheduled on the WKU main campus.

By registering for the WellU® program, students will be able to log in to their own personalized website where they can:

- view program calendars
- register for events
- view a list of health related services
- submit questions to a registered dietitian
- track their progress toward earning an incentive prize
- view the leaderboard
- track their own biometrics throughout the academic year
- watch fitness & health related videos

Program Eligibility:

The WellU® program is a free program for all full-time WKU students. Students may register online for the program.

As part of the registration process, students will complete a health behavior assessment, which will be used to evaluate the program's effectiveness, and make changes for the future.

All registered students may enter DAILY for one \$250 scholarship drawing at the end of the Fall and Spring semesters. The more times you enter, the better your chances at winning! You may only enter ONCE per day.

Website: www.wku.edu/awellu
E-mail: student.wellness@wku.edu
Phone: 270.745.6531



Program Funding:

The WellU® program is funded by the J. Clifford Todd Professor in Longevity and Healthful Living Fund, and is also sponsored by:



\$15,000+ SCHOLARSHIPS & PRIZES

Fall 2011 Incentives

- 1-iPad 2
- 1-Greenwood Mall Gift Certificates
- 1-Nike ID Gift Card
- 3-\$500 Scholarships
- 6-\$250 Scholarships
- 7-\$200 Scholarships

All students that finish a module, get a WellU® prize and their name enter in for a Visa Gift Card. All early bird prize winners will have a chance to win scholarships of \$1,000 or \$750 at the end of the academic year.

BETTERU SMARTERU RESTEDU SUCCESSFULU HAPPYU SEXYU

Student Employment Opportunities

Preston Facilities

Control Desk Attendant

The Control Desk Staff is responsible for monitoring the desk area and serving as an area supervisor for the main entrance. This includes controlling member access to the Preston Center, handling towel service and equipment checkout, and answering questions regarding Preston Center programs and policies. The Control Desk Staff also greets patrons, answers phones, addresses questions about Preston Center facilities, takes messages, makes reservations, and attends to light housekeeping duties.

Lifeguard

The primary role of a lifeguard is to ensure the safety of patrons in and around the pool and throughout the facility. Duties include supervision of patrons, cleaning, policy enforcement, and coordinating use of all audio equipment. Current American Red Cross Lifeguarding, CPR for the Professional Rescuer, and First Aid certifications (or equivalent) are required. Certification for Water Safety Instructor and Lifeguarding Instructor are highly recommended. Previous lifeguarding experience is preferred.

Student Facility Supervisor

Student Supervisors assist in the surveillance of the facility throughout the evening (3-11pm). They increase the attentiveness of the student staff to maintenance, safety, and policy issues. This person responds to all problems and issues, particularly those that cannot be addressed by the building supervisor. This position is to be trained in American Red Cross AED/CPR/First Aid and deemed as a second responder in an accident situation. This position acts as the ever-present eyes and ears of the facility staff for all events, programs, and open recreation.

Intramural Sports

Intramural Supervisor

Intramural Supervisors must have served a minimum of one semester as an official, demonstrated quality leadership, responsibility, and interpersonal skills. Those promoted to the supervisor position have excelled at officiating and strive to continue to learn the rules and mechanics of officiating.

Intramural Sports Official

Intramural Sports officials are trained to administer the rules, policies, and procedures of multiple sports and events offered through the Intramural program. Officials are also responsible for event setup/cleanup, game management, score keeping, and registration.

Intramural Sports Complex Grounds Keeper

Grounds Keepers take part in the upkeep of fields, including mowing, weed eating, dragging, painting fields, and other duties as assigned.

Sport Clubs

Sport Club Student Supervisor

Sport Club Supervisors report to the Sport Club Coordinator and Sport Club G.A. They enforce the policies and procedures of the IM Sports Complex and IM Recreational Sports Department. Their most important duty is to act as a first responder in the event of an emergency.

Outdoor Recreation Adventure Center

ORAC Attendant

The ORAC attendant is responsible for the supervision of the Outdoor Recreation Adventure Center. Primary duties include outdoor equipment rental, pro shop transactions, reservations, inventory, and answering questions for patrons. Attendants may assist in trip planning and coordinating, as well as assisting with skills clinics.

Challenge Course

Challenge Course Facilitator

Facilitators conduct course inspections, maintain grounds, and facilitate groups under the Direction of the Challenge Course G.A.

Health & Fitness Lab

Group Fitness Instructor

Teach a variety of fitness classes, such as cardio, toning, and mind/body classes. Instructors are responsible for developing class formats, leading and supervision of the class participants, and ensuring a safe and effective class. Interested candidates must have a group fitness certification and/or experience teaching group fitness classes. The candidate will be required to audition a 20-30 minute class of interest. Please contact the Fitness Coordinator to set up a time for an interview.

Personal Trainer

Help clients to set up realistic short-term and long-term goals and create an appropriate exercise program. Work with clients in sessions, helping them with their workouts, typically using cardiovascular, strength and flexibility exercises, and monitor and record progress.

Internship/Practicum Program

Internship/Practicum Program is designed to provide a valuable learning experience in a university setting. Activities and work assignments will be based on the students specific interests, knowledge, and background. A wide variety of opportunities in fitness and wellness services and programming are available to the participants in the program.

Fitness Center Attendant

The Fitness Center Attendant is responsible for making sure the patrons are abiding by the fitness center rules. Ensure that all safety procedures are being followed, instruct members on correct position and body alignment to prevent injuries. Develop and maintain a professional relationship with Preston Center members.

Lab Assistant

The lab assistant is responsible for assisting in daily operation of the Health & Fitness Lab front desk. They also provide fitness services to our clients, and assist with promotional events

Graphic Designer

The Graphic Designer is responsible for designing and maintaining all department marketing and promotion materials for the Intramural-Recreational Sports department. Marketing and promotion materials include but are not limited to: posters, brochures, web advertisements, campus video board ads, and promotional t-shirts.

INTERESTED IN EMPLOYMENT?

**APPLICATIONS AVAILABLE ONLINE
WWW.WKU.EDU/IMREC**



FOR MORE INFORMATION CALL 270.745.6060

10TH ANNUAL BATTLE OF THE BLUEGRASS

REGIONAL FLAG FOOTBALL TOURNAMENT

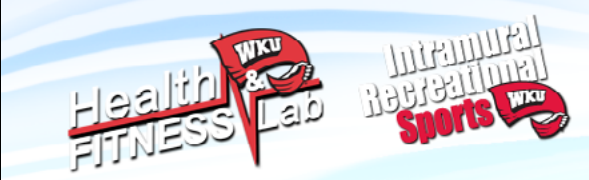


BATTLE OF THE BLUEGRASS
WKU
10th Annual

NOVEMBER 18
2011



Need To Be Rewarded For Your Efforts To Stay In Shape?
Pick Up Your Fitness Incentive Card At The Health & Fitness Lab, Preston Center 20a
Exercise A Minimum of 3 Times Per Week For 8 weeks & Receive A Prize (Maximum of 3 Punches On Your Card Per Week)



Free For Students
Registration : September 2-23
Participants Must Complete Challenge by Nov 18

FIND BIG RED



1ST 10 STUDENTS TO FIND ALL 12 "LITTLE" BIG REDS IN THIS MAGAZINE WILL RECEIVE A PRIZE



STOP AT THE HEALTH & FITNESS LAB TO SHOW PROOF & CLAIM YOUR PRIZE BY OCTOBER 14TH, 2011.

Health & Fitness Lab
WellU®
Academic/Facilities
Intramural Sports
ORAC

September

Health & Fitness Lab
WellU®
Academic/Facilities
Intramural Sports
ORAC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August 29	August 30	August 31	1	2	3
4	WellU Program Begins Group Fitness Schedule A Begins For Fall	Co-Rec Softball Tournament Begins	Co-Rec Softball Captain's Meeting & Registration Due	Muscle of the Month: Stretch It Out		
11	Labor Day NO CLASS	HIV Testing Volleyball Registration Flag Football Captain's Meeting	Pro Pick em' Registration	Pro Pick em' Begins		Sailing Clinic
Whitewater Rafting Sailing Clinic	Flag Football Registration Weekly Ride	Flag Football Registration Weekly Ride	Passport To Wellness: Sexual Health Volleyball Captains' Meeting	Bouldering		17
18	Singles Badminton Registration Weekly Ride	Singles Badminton Captains' Meeting	Singles Badminton Volleyball Begins Kayak Roll Clinic		Group Fitness Instructor Workshop	24
Flag Football Begins Kayaking Dix River	19	20	21	22	Group Fitness Instructor Workshop	Group Fitness Instructor Workshop Backpacking Tennessee
25	26	27	28	29	30	
Backpacking Tennessee	Weekly Ride				Fall Poker Walk	

Health & Fitness Lab
WellU®
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October

Health & Fitness Lab
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Big Red Bootcamp Begins Weekly Ride	Fireside Chat	Backpacking Appalachian Trail, NC	FALL BREAK	FALL BREAK	Muscle of the Month: Ultra Marathon
9	10	11	12	13	14	15
Backpacking Appalachian Trail, NC	Football Skills Challenge Registration Weekly Ride	HIV Testing Football Skills Challenge Captains' Meeting Road Race Ready	Road Race Ready Full Moon Paddle	Road Race Ready Kayak Roll Clinic	Backpacking Appalachian Trail, NC	Backpacking Appalachian Trail, NC
16	17	18	19	20	21	22
Yoga Fit Level 1 Training Bouldering Horse Pens	Dodgeball Registration Start Of Group Fitness Schedule B Weekly Ride	Fireside Chat Dodgeball Captains' Meeting	Passport To Wellness: Drugs & Alcohol	All You Can Eat S'mores		Football Skills Challenge Yoga Fit Level 1 Training Last Day For Group Fitness Schedule A Bouldering Horse Pens
23	24	25	26	27	28	29
Mountain Biking TN	Weekly Ride Mystery Event Registration Dodgeball Begins	Mystery Event Captains' Meeting Big Red Bench Off	Mystery Event Bouldering Clifty Hollow Big Red Bench Off	Big Red Bench Off		Halloween Paddle
30	31					
Halloween Paddle						

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fireside Chat Muscle of the Month: Dip Challenge	2	3 AOPE Conference San Antonio, TX	4 AOPE Conference San Antonio, TX	5 AOPE Conference San Antonio, TX
6	7 Table Tennis Registration Turkey Trot Registration	8 HIV Testing Table Tennis Captain's Meeting Turkey Trot Captain's Meeting	9 Turkey Trot Race Day	10	11	12 Table Tennis Begins AFAA Practical & Skills
13	14 Kayak Roll Clinic	15 Fireside Chat Backcountry Cooking Clinic	16 Passport To Wellness: "Stay Afloat w/ Study Tips & Notes"	17	18	19 AFAA Personal Training Backpacking Grand Canyon, AZ
20	21 Pickleball Registration & Captains' Meeting Big Red Bootcamp Begins Backpacking Grand Canyon, AZ	22 Backpacking Grand Canyon, AZ	23 THANKSGIVING BREAK	24 THANKSGIVING BREAK	25 THANKSGIVING BREAK	26 THANKSGIVING BREAK
27 Backpacking Grand Canyon, AZ	28 Holiday Hoops Registration & Captains' Meeting	29	30 Holiday Hoops Begins			

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 HIV Testing Muscle of the Month: Plank	2	3
4	5 Fireside Chat: Kayak Roll Clinic	6	7 Passport To Wellness: Exercise & Weight Loss	8	9	10 Pickleball
11	12 EXAM WEEK Group Fitness Final Schedule	13 EXAM WEEK Group Fitness Final Schedule	14 EXAM WEEK Group Fitness Final Schedule	15 EXAM WEEK Group Fitness Final Schedule	16 EXAM WEEK Last Day for WellU®	17 EXAM WEEK Last Day For Group Fitness Schedule B
18	19	20	21	22	23	24
25	26	27	28	29	30	31

HILLTOPPERS



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DESIGNED AND EDITED BY
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Intramural Recreational Sports



WHERE THE STUDENT BODY DEVELOPS

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