

**UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION**



**Come see what
you can do**

2017-2018 SPORT & REC HIGHLIGHTS



Our Commitment

U of T Sport & Rec at Kinesiology and Physical Education is committed to providing programs, services, facilities and resources to U of T students on all three campuses which will enrich the student experience, create a sense of community and belonging, contribute to the overall health and well-being of our students, enhance academic success and create opportunities for personal growth and leadership skill development which will promote post university success.

These outcomes are intentional and the staff and faculty working with and for U of T Sport and Rec are committed to their delivery.

Alignment with Student Government Priorities



| | APUS | UTGSU | UTSU | UTMAC | UTSCAA | SPORT&REC |
|-----------------------------------|------|-------|------|-------|--------|-----------|
| Accessibility | X | X | X | X | X | X |
| Equity | X | X | X | X | X | X |
| Mental Health | X | X | X | X | X | X |
| School-Life Integration | X | X | X | X | X | X |
| Navigating the Student Experience | X | X | X | X | X | X |
| Campus Life | X | X | X | X | X | X |
| Funding | X | X | X | X | X | X |

U of T Sport & Rec Priorities

- Recognize students as most important stakeholder on campus.
- Enhance the student experience through provision of outstanding programs, facilities and services in sport, recreation and physical activity.
- Encourage participation in U of T Sport & Rec as a strategy to:
 - ✓ advance academic success,
 - ✓ enhance physical, mental and social wellbeing,
 - ✓ build a sense of community, and
 - ✓ acquire skills for post-university success.

U of T Sport & Rec Priorities

- Be mindful that U of T Sport & Rec is dependent on the student ancillary fee to fund the program.
- Seek out alternate funding sources that will reduce dependence on the student ancillary fee.
- Work in collaboration with partners at Hart House, St. George Student Life, UTM Athletics and UTSC Athletics & Rec.
- Ensure that the values of equity, inclusivity, accessibility and diversity inform all programs, facility operations, services, policies and resources.

Factors Impacting the University Experience

MENTAL WELLNESS

**ACCESSIBILITY
AND INCLUSION**

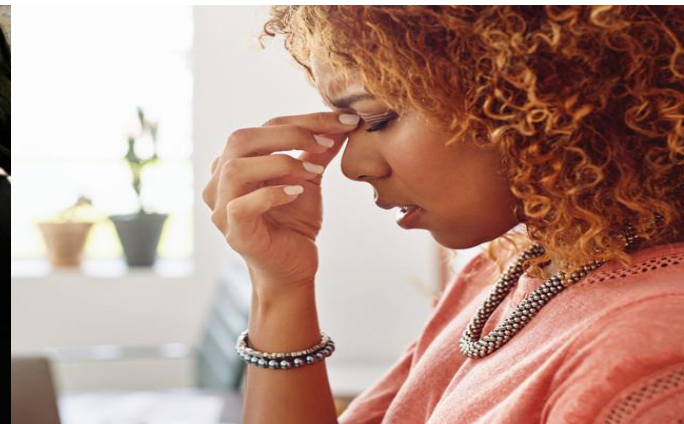
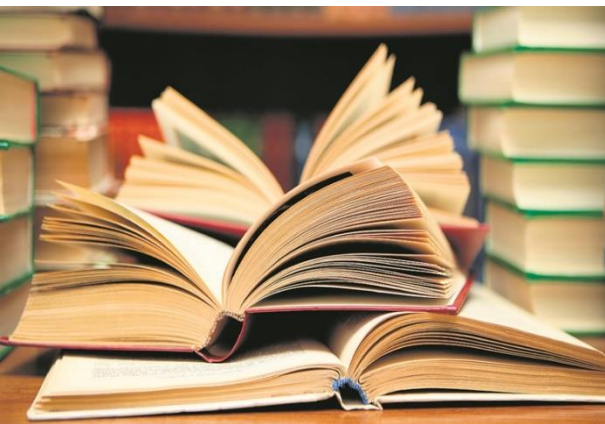
ENGAGEMENT

FUTURE SUCCESS



Mental Wellness

- A priority at U of T
- It is complex issue that can impact self-confidence, stress response and anxiety levels.
- Today's U of T students are faced with a highly competitive admissions process, rigorous and challenging academic programs and lives often complicated by commuting, financial responsibilities, family concerns and social interactions.



Mental Wellness

Physical activity can:

- Improve self-esteem
- Improve sleep quality
- Reduce the impact of stress
- Create a support network
- Individuals feel happier



❖ Exercise plays a significant role in facilitating mental and physical **well-being, contributing to academic success and...it's FUN!**



Mental Wellness



“I think it is important for students to be more active around campus because there is a misconception that in order to get good grades you need to sit and you need to study for hours on end, but that’s not the case.

It has actually been proven that physical activity is able to boost your mental ability, it gives you energy, and I personally find that it gives me a lot of positivity and the strength to sit down and study for quite a few hours.”

- Erin, third year life sciences student

Mental Wellness

“As a student here at U of T, you can get really, really busy and you do want to focus on your academics. Sometimes you forget that being physically active actually helps with your academics.

But there are a lot of different opportunities to be active, and in my experience the community at drop-in programs is so supportive no matter whatever level you are at.”

**- Swapna Mylabathula,
graduate student in medical science**



Accessibility and Inclusion

Breaking Down Barriers

- Accessible facilities, programs, equipment and services.
- Specialized equipment for diverse users/skill levels/experience.
- More beginner and novice classes and drop-in programs to kickstart participation.
- Knowledgeable, welcoming staff; representative of U of T community
- Staff who embrace inclusion and importance of diversity in programs.
- AODA-compliant Sport & Rec web presence, organized by activity.



Accessibility and Inclusion

Financial Matters

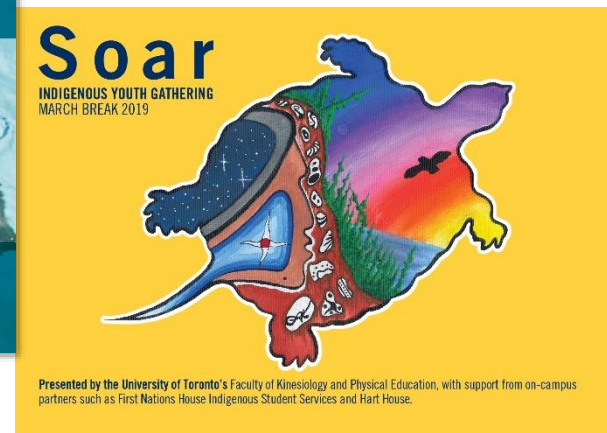
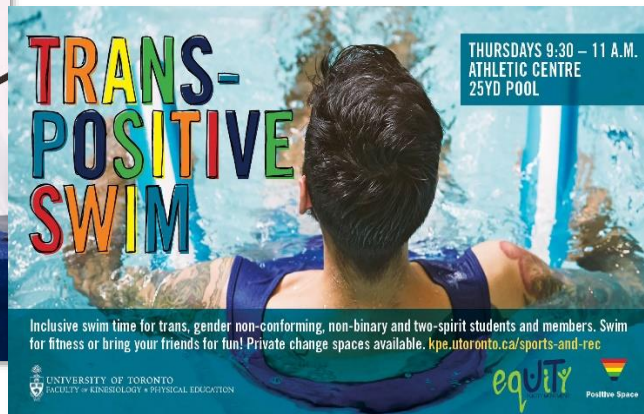
- Drop-in (no fee) yoga and mindful meditation to reduce cost barriers and encourage mental and physical wellness.
- Equipment lending at nominal/no cost to reduce barriers to participation.
- 15% discount for U of T student parents for all Sport and Rec Camp and Junior Blues programs.

Operating Hours

- Extended hours of operation from 7 a.m. to 11 p.m., Monday through Sunday.

Accessibility and Inclusion

- Encourage participation for under-represented U of T communities through programs such as women-only hours, trans-positive swim and Indigenous swim initiative and Launch to Leadership .
- Soar program: 21 Indigenous youth, Grades 9 through 11, from communities across Ontario spend March Break at U of T.
- Partnership with Toronto Community Housing for Midnight Basketball and the 519 Community Centre for the hosting of the U of T Sport and Rec Equity and Diversity Conference.



Accessibility and Inclusion

“Initiating and helping organize the first full-scale powwow at the University of Toronto solidified my purpose as a student at U of T. During the early years of my undergrad I never felt myself reflected on campus, therefore it was important for me to have an event all Indigenous students could be proud of and carry forward to the future.”

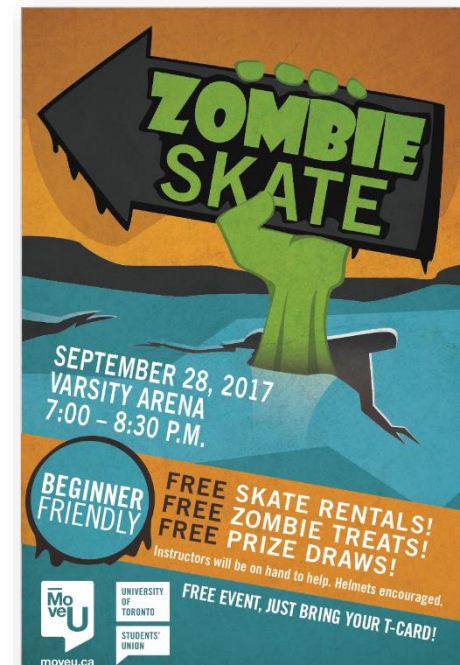
**- Graduate Student,
Indigenous Studies Student Association**



Engaging Students in U of T Sport and Rec

MoveU

- Student peer teams, on 3 campuses, engaged over 6000 students through physical activity.
- To relieve stress, boost concentration and improve academics.
- Collaborate with Student Life, Hart House, Health & Wellness.
- Event-based, fun, accessible physical activity.
- Brain Break, Mobile MoveU and Classroom Break.



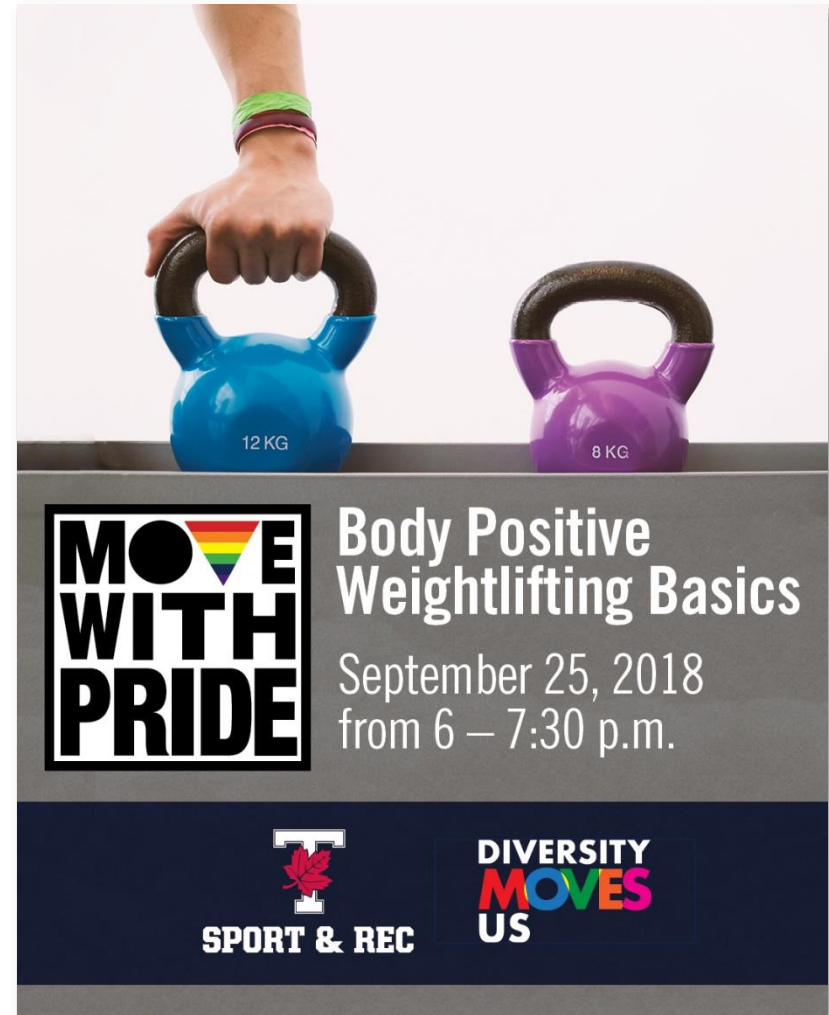
Engaging Students in U of T Sport and Rec

EQUITY MOVEMENT TEAM

Undergraduate and graduate students from across campus plan and implement student-led initiatives that promote equity, diversity, inclusivity and physical and mental health.

EQUITY IDEAS FUND

Supports initiatives that promote equity in sport and physical activity. Student groups apply for grants of up to \$500 to support events and programs designed to enhance equity and inclusion. A total of \$10,000 is available annually.



Engaging Students in U of T Sport & Rec

Employment

U of T Sport & Rec is the largest employer of students on campus:

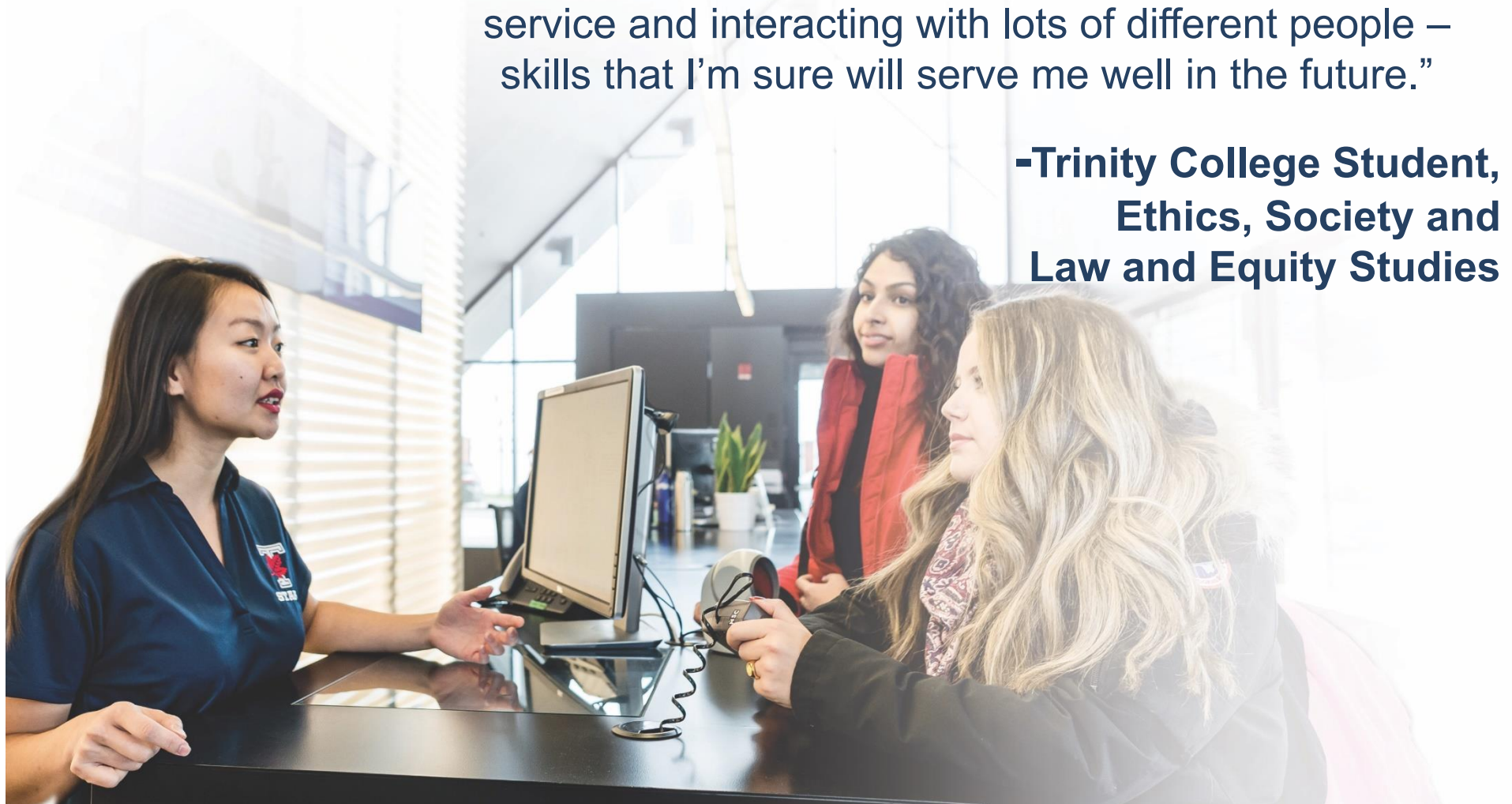
- **1,112** students employed
- **78** active Co-Curricular Record (CCR) opportunities
- **\$5 million+** paid to student-staff
- **149** students employed through the U of T work-study program



Engaging Students in U of T Sport & Rec

“Working in customer and membership services is amazing because I can balance part-time work with full-time studies. I’ve also learned a lot about customer service and interacting with lots of different people – skills that I’m sure will serve me well in the future.”

**-Trinity College Student,
Ethics, Society and
Law and Equity Studies**



Engaging Students in U of T Sport & Rec

Leadership Skill Development Through Opportunities in Student Governance

- Council of Athletics and Recreation (CAR).
- Intramural Sport Council (ISC).
- Varsity Board (VB).
- Equity Committee.
- Task Force on Race and Indigeneity.
- Budget and Finance Committee.

❖ Enhance leadership skills!

Future Success

By participating in Sport and Rec activities or working with us to deliver programs and services, students will enhance their:

Communication Skills

- Ability to express oneself clearly and in a positive manner.
- Convey detailed and accurate information.
- Demonstrate effective listening skills.

Leadership Skills

- Delegation and effective management skills.
- Demonstrate responsibility, in a productive manner.
- Provide respectful, knowledgeable, effective direction/mentoring to other students and staff.

Benefits of Involvement with U of T Sport & Rec

Time Management and Organizational Skills

- Prioritize responsibilities (meet deadlines and demands on time).
- Contribute to productive and positive team environment.

Personal Development

- Learn to identify personal strengths and areas of improvement.
- Develop independence in critical thinking and decision
- Creates a sense of belonging and community.
- Builds confidence and contributes to preparation for post graduation.

We prioritize training, education and experiences that positively impact student preparation for post-university success.

By the Numbers

Student

Participation

35,506 unique users
443,465 visits

Instruction Program

1,825 participants
323 programs
500 novice participants

Tri-Campus Development League

488 participants,
32 teams, **136** games

MoveU

6,000 + participants

Student Employment

1,112 students hired
\$5 million + in earnings

Facilities

48 activity spaces
3 pools, **2** tracks, **1** arena,
9 courts, **4** fields,
2 studios, **2** strength &
conditioning centres.

Intercollegiate Program

840 student athletes

Clubs

720 participants
10 clubs

Drop In Yoga & Mindful Meditation

6,200+ participants

Intramurals

12,582 participants
65 leagues, **844** teams
2,314 games

Sport Medicine Clinic

20,891 student visits

What's Next?

- Launch of our Fitness and Performance Program (an integrative approach to student wellness which includes physical activity, recreation, sport, strength & conditioning, injury prevention & rehabilitation, yoga & mindfulness and nutrition)
- Implementation of key recommendations from the Task Force on Race and Indigeneity Report.
- Expanded use of social media for promotion and engagement.
- Review of signage and wayfinding to improve accessibility.
- U of T Sport & Rec Master Plan.
- Installation of air conditioning in Benson building activity spaces.
- Continue to diversify revenue and increase non-student based funding.

U of T Sport and Rec 2017-18 Highlights

For more information please contact:

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