HEALTHIER CAMPUS INITIATIVE

PHYSICAL ACTIVITY & PROGRAMMING

TAMU-CC Objectives
MOU Language

- Post signage requiring cars to stop for pedestrians at all designated or marked crosswalks on campus.

Verification Data

- Map showing all crosswalks on campus.
- Photographs of signs.
- Policy (or relevant documents) requiring signs.
II. Physical Activity A.7

MOU Language

- Implement a campus-wide program/policy that incentivizes the use of public or campus provided transportation.

Verification Data

- Program or policy documentation for type of incentives.
- Records of number and type of incentives distributed and dates of distribution.
MOU Language
• Provide, without a user fee, sixteen (16)-hour per day access to at least one (1) fitness or recreation center for all students.

Verification Data
• Copy of student handbook or university website or policy that documents hours and cost of fitness and recreation centers.
MOU Language

- Offer a minimum of twenty (20) diverse recreation, physical activity/movement or competitive sports opportunities during each academic year.

Verification Data

- List of recreation, physical activity/movement and competitive sports offered each academic year. Information should be from handbook, website, or other published source.
MOU Language

- Offer, without a user fee, a minimum of one (1) monthly “how to” physical activity/movement class that introduces students to new activities.

Verification Data

- Program handbook or website with description and cost of classes offered to all students.
MOU Language

- Offer, without a user fee, both: a. Fitness/recreation center orientation during the first semester for all incoming students and b. One (1) fitness assessment all students each academic year.

Verification Data

- Website and/or handbook with documentation about orientation for all students.
- Website and/or handbook with documentation about fitness assessments
MOU Language

• Provide at least one running/walking track that is open and available for use to individuals on campus and the community for at least three (3) hours per day.

Verification Data

• Policy, handbook, website link or other documentation describing policy of student, faculty, staff, and community use of running/walking tracks on campus.
MOU Language
• Offer at least one (1) free, organized and facilitated, outdoor physical activity/movement opportunity each week.

Verification Data
• Calendar with descriptions of organized physical activity/movement, including dates, locations, and times of offerings.
• Policy, handbook, website link documenting cost of physical activity/movement offerings.
MOU Language

• Offer a rental outdoor recreation equipment program for students.

Verification Data

• Rental policies, brochure, or web site link documenting types of rentals and cost per rental.
• Inventory document indicating type and amount of equipment available for rental.
MOU Language

• Make available certified personal trainers for all students.

Verification Data

• Bios of individuals, including certification of personal trainers and qualifications/credentials.
MOU Language
• Implement an integrated, comprehensive wellness program for individuals on campus that is provided annually.

Verification Data
• Wellness program policies and/or handbook.
• Wellness committee member list, including names and types of individuals (e.g., student, faculty).
• Minutes from wellness committee meetings (must include date of meeting).
• Handbook, website, or other formal program documentation with health and wellness activity offerings, including who is eligible to partake in the offerings.
• Policies documenting accessibility to all students.
• Promotion plan to advertise wellness program to students. Include promotional materials.
• Training materials for RA training.
• Calendar showing RA training dates and times.
MOU Language

- Offer a rewards-on-benefits structured program that gives insurance premium discounts and/or rebates to individuals on campus who participate in a wellness program designated by the health insurer or campus.

Verification Data

- Insurance benefits and wellness program information, documenting eligibility and dollar value of benefit.
- Insurer enrollment information.
MOU Language

- Offer non-academic cooking skills classes that are available to students.

Verification Data

- Program materials including class schedule and descriptions