

Exercise Science & Health Promotion Use of Rec & Fitness Center
Memo of Understanding – April 28, 2010

Department of Exercise Science and Health Promotion Request to Utilize the Recreation and Fitness Center for Academic Classes

PILOT PROGRAM

- 1) The Department of Exercise Science and Health Promotion requests access to the Recreation & Fitness Center for an academic Weight Training course during the Summer 2010 academic semester and potentially future semesters.
- 2) The Summer 2010 semester will serve as a pilot study to determine the impact of academic class instruction to the regular users of the Recreation & Fitness.
- 3) Department of Campus Recreation leadership and Campus Recreation Advisory Board Members are concerned that academic instruction may discourage regular use of the fitness center by other FAU students and Rec Members.
- 4) The following guidelines should be followed by instructors:
 - a. Formal class instruction for specific fitness equipment should be limited to five or less hours per each class section. This will reduce the amount of time a specific piece of fitness equipment is “off-line” for regular users.
 - b. Instructors will prevent students from “taking over” a specific type of equipment during any class session/hour (i.e. selectorized machines/ treadmills/ elliptical/ benches/ rowers/etc. unavailable to regular users). Every effort should be made to split up students’ use of each of the different types of fitness equipment.
 - c. Instructors and students must adhere to Recreation & Fitness Center policies and procedures – including presenting a valid FAU ID card prior to each entry into the facility and proper workout attire. There are no exceptions to these policies.
- 5) The following dates and times will be used for the pilot program during the Summer 2010 semester:
 - a. Summer Term 2 (May 27 – June 25): 7:00am – 8:05am & 8:15am – 9:20am
 - b. Summer Term 3 (June 28 – August 9): 7:00am – 8:05am & 8:15am – 9:20am
- 6) Classes will be capped at 25 students per section.
- 7) If the pilot program is approved beyond Summer 2010, it will be expected that a financial contribution will be provided by the Department of Exercise Science & Health Promotion to the Department of Campus Recreation for routine and preventive maintenance of fitness equipment.
- 8) No additional lab fees should be charged to students for taking classes that use the Recreation & Fitness Center.
- 9) The Campus Recreation Advisory Board will meet by July 1, 2010 to evaluate the impact of the Department of Exercise Science and Health Promotion. At that time, a formal recommendation will be made to the Sr. Vice President for Student Affairs.