

# USF RECREATION & WELLNESS

INTERACTIVE VIRTUAL TOUR EXHIBIT





# NIRSA REC DAY

WHAT IS NIRSA?

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# INFORMATION ABOUT NIRSA

NIRSA believes that collegiate recreation is a significant and powerful key to inspiring wellness in local, regional, and global communities.



Every year on February 22, universities across the nation celebrate NIRSA's birthday. NIRSA spans over six (6) regions. USF is located in Region 2 (II).

Over 4,500 students and professional are NIRSA members. Since its founding, NIRSA has served over 8.1 million students.



● Founded on February 22, 1950  
by Dr. William Wasson (71st birthday)



"NIRSA" stands for National Intramural  
Recreation Sports Association



# FACILITIES

A SPACE WHERE YOU FIT IN



# INFORMATION ABOUT FACILITIES



The Tampa campus offers students and members over 180,000 square feet of space across three (3) indoor facilities: Campus Recreation Center (REC), FIT, and the WELL.



Our indoor facilities offer strength & cardio equipment, basketball, racquetball, equipment rentals, group fitness, personal training, and a variety of programming.



Our outdoor facilities include fields for individual and group use, basketball, tennis, softball, volleyball, and a 1.25 mile shaded running trail.



Take a dip in one of our two (2) pools on the Tampa campus.

The FIT is our newest facility, opening in 2017.



# FITNESS

FIND YOUR FIT



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# INFORMATION ABOUT FITNESS



Founded in 1995, our Group Fitness program offers 35 in-person classes each week. In Spring 2020, we began our virtual classes.

Two of our flagship Fitness events are the RecFit Games (founded 2016) and the Fitness Retreat (founded 2020).

Our Fitness Team offers a variety of services and programs to help you tackle your goals:

- Personal Training
- Group Fitness
- Private Group Training
- Special Events



Our certified Personal Trainers can tailor an exercise program to your goals, while offering personal accountability and motivation.

In 2019, USF became a gold-level campus for the Exercise is Medicine (EIM) initiative.

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# OUTDOOR RECREATION

GET OUTSIDE





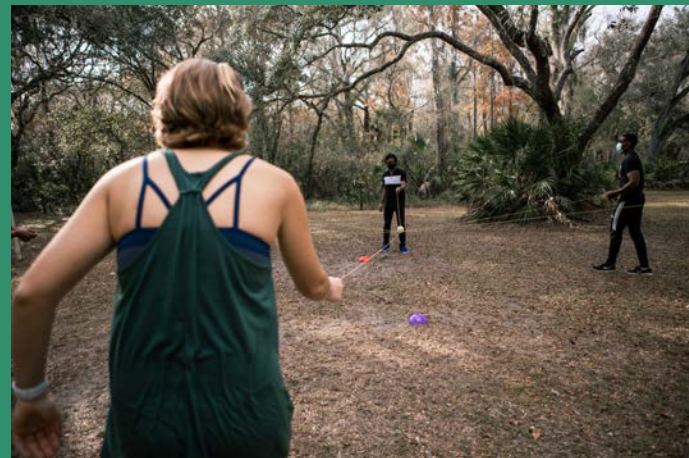
# Information about OREC



Located 1.5 miles from the Tampa campus, Riverfront Park offers outdoor spaces, trails, disc golf, and boating on the Hillsborough River.



Our program started out of a boat trailer, offering 1) canoes for local use and 2) sailing trips to the Bahamas.



Discover protected Native American burial grounds on Riverfront's Natural Hiking Trail.



Our Adventure Trip programs visit four (4) different continents.



Experience new heights on our Challenge Course, weaving through over two (2) tons of aircraft cable.



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# AQUATICS



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LET'S SWIM



# INFORMATION ABOUT AQUATICS



We have two pools on the Tampa campus: REC (indoor) and FIT (outdoor).

- ✚ The REC's pool is heated, offering eight (8) lanes for lap swimming. Training equipment and ADA accommodation is available.
- ✚ The FIT's pool is heated, offering a resort-style bathing experience with exceptional space for sun-bathing and relaxing with friends. ADA accommodation is available.

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Did you know there is an underwater window in the REC pool?



Your safety is our #1 priority!

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# SPORTS PROGRAMS

GET IN THE GAME



# INTRAMURALS

Aimed at the recreational-level players, we offer leagues and tournaments throughout the year in over 30 sports.



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# SPORT CLUBS

Whether you are a student who enjoys the excitement of learning something new or a top-tier athlete striving to remain competitive, the Sport Clubs program at the USF connects you with smaller communities who share those same skills and interests.

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LEARN  
PRACTICE  
COMPETE  
GROW

40 Clubs

Five (5) GAs



Dogs are the most common pet!



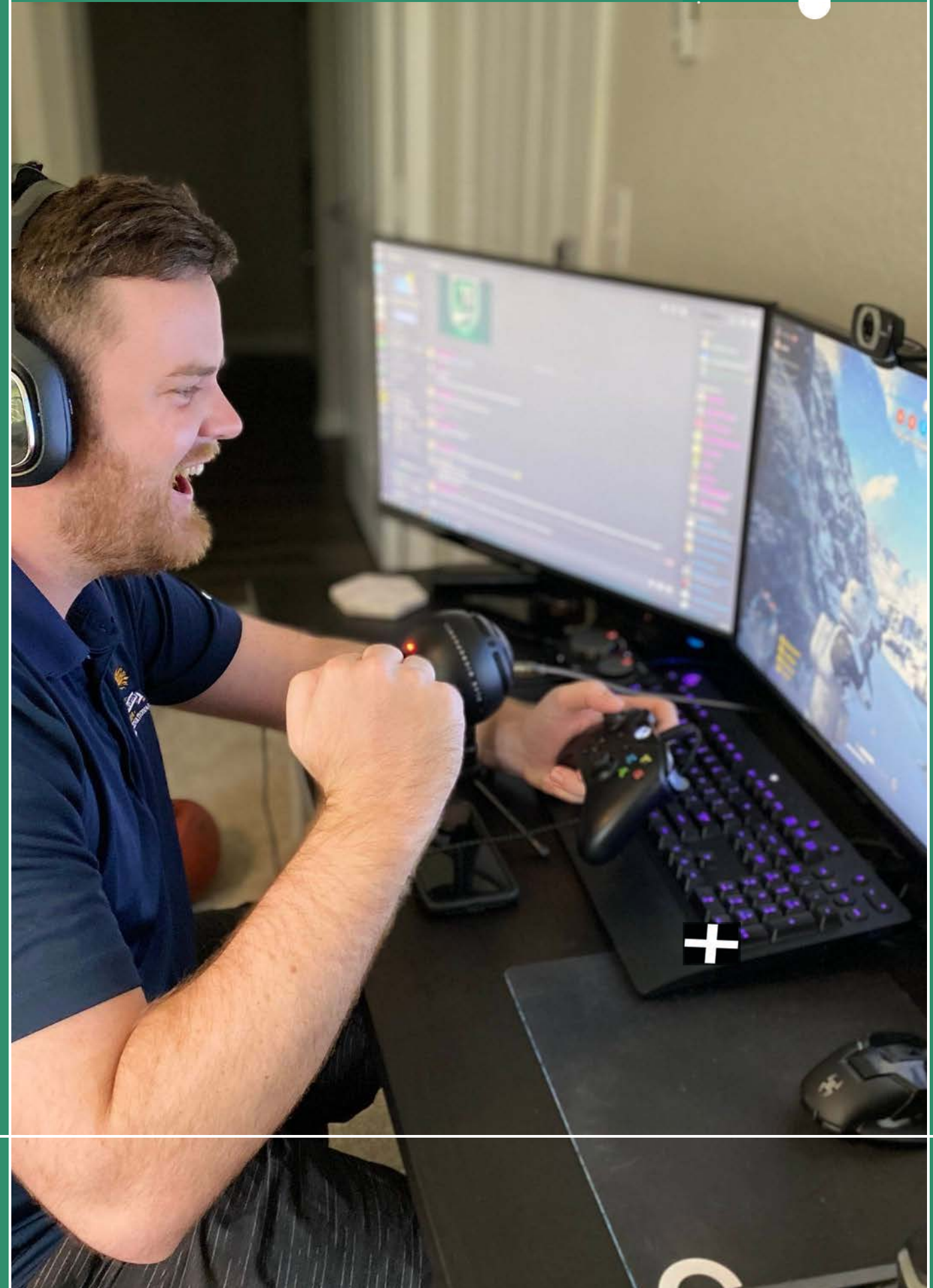
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# E-SPORTS

LET'S PLAY

INTERACTIVE VIRTUAL TOUR



# INFORMATION ABOUT E-SPORTS



Started in 2020

Nine (9) competitive clubs

Weekly Drop-ins

Tournaments

Inter-collegiate Invitational



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# PUT YOUR REC KNOWLEDGE TO THE TEST

Take the Kahoot Quiz for a Rec-Day t-shirt  
and Leaders in RecWell Padfolio!



Score Submission  
Form



Kahoot Quiz

Be sure to screenshot your final score  
& submit to the form: <https://tinyurl.com/reccdayform>

<https://tinyurl.com/reccdaykahoot>