Campus Rec supports student well-being

Group fitness classes, outdoor excursions among center's offerings

If you attended SFA orientation during the summer, you probably experienced a sneak peek of the SFA Rec Center during the evening hours.

Yes, it's a gym. It's a BIG gym that boasts a weight room and cardio floor, indoor track, 39-foot Climbing Wall and 13-foot Bouldering Cave, two indoor basketball courts, and two racquetball courts. You can't miss the beautiful outdoor pool with a lazy river, hot tub and three lap lanes. However, the SFA Rec Center it is so much more than just a gym and a pool.

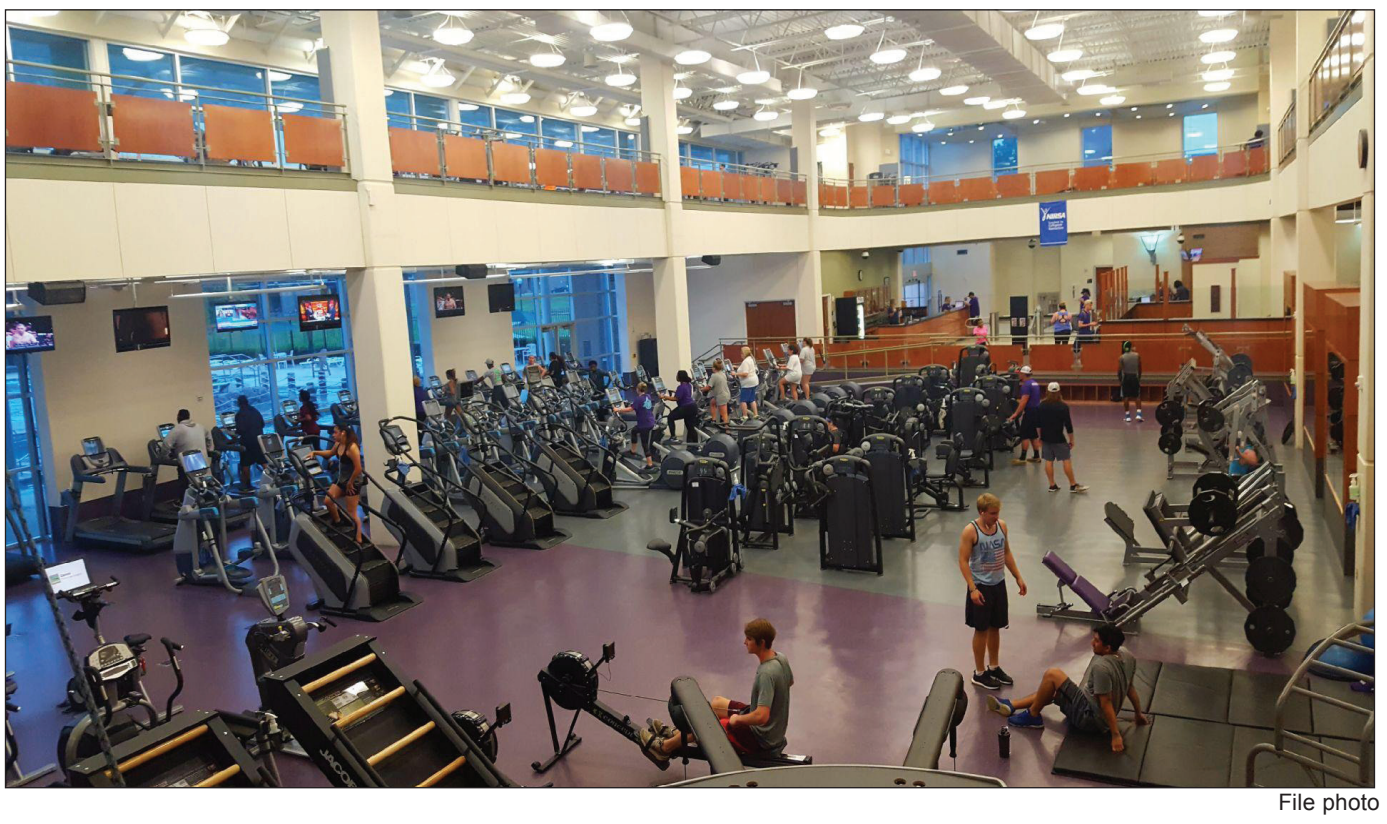
The Campus Recreation department is housed within the SFA Rec Center and offers several ways to get involved on campus through fitness and wellness programming, outdoor pursuits, intramurals, sport clubs, internships and employment.

Group Axe fitness classes run throughout each semester and include yoga, Zumba and kickboxing. Classes often develop a following, with students attending throughout the entire semester and creating a bond through group exercise. Students interested in careers related to fitness and wellness might want to look into certification prep courses for personal trainers and group fitness instructors.

The Outdoor Pursuits team provides a great escape for SFA students, or rather, several great escapes, through planned outdoor excursions to local, statewide and national outdoor destinations. Explore local lakes and hiking trails during day trips throughout the Nacogdoches area, and escape during overnight adventures to Tyler State Park, Ratcliff Lake and even the Grand Canyon. In addition, students can find outdoor excitement right on the SFA campus through the Experiential Learning Center, a high and low ropes course featuring a zip line and climbing options.

Intramurals and Sport Clubs gives students a competitive sports option outside of official collegiate athletics teams. Through intramurals, groups of students can form teams and play other SFA students throughout the semester in sports like soccer, sand volleyball, basketball and flag football. Students can also participate in one-day tournaments like dodgeball, pickle ball, table tennis and capture the flag. While intramural leagues consist of teams of SFA students, sport clubs offer students the opportunity to join a team and compete against sport clubs from other universities.

With over 150 student employees, Campus Recreation is one of the largest student employers on campus. You don't have to be an expert in fitness to apply for a job at the SFA Rec Center; there are jobs available in administration, fitness, facility operations, wellness, graphic design and marketing, safety, lifeguarding, sports programming, referring and officiating, summer youth camps, and more. Campus Recreation also offers a flexible internship program. Find more information on how to apply for jobs and internships at www.sfasu.edu/sfarecjobs.



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The Student Recreation Center offers numerous ways to stay physically fit, including exercise machines, free weights, fitness classes, basketball courts, an indoor track and a climbing wall.

Facility Highlights:

Indoor Recreation Space: 80,910 sq/ft
- Main Gym with 2 basketball courts
- Weight room and cardio floor
- 2 multipurpose rooms
- Indoor track
- 39-foot Climbing Wall and 13-foot Bouldering Cave
- 2 Racquetball court

Outdoor Recreation Space: 72,430 sq/ft
- 4 Intramural fields
- 300 sq/ft padded artificial turf outdoor workout area
- Military spec obstacle course with 10 elements
- Schlief Tennis Complex with 16 courts
- Outdoor Courtyard
- 2 basketball courts
- 2 sand volleyball courts
- 5 miles of multi-use trails
- Low and high element challenge course

Outdoor Pool: 6,958 sq/ft

Outdoor Pool Deck: 15,738 sq/ft
- Lazy River
- 3 lap lanes
- Diving well
- Hot tub spa with seating for 43
- Multi-use area with basketball hoop and volleyball net

Programing Highlights:

■ **Outdoor Pursuits** - The Outdoor Center offers students the chance to experience the outdoors through day and overnight trips and learn skills that enable them to enjoy being outside. Along with various clinics, patrons have access to rent outdoor equipment like kayaks, tents, paddle boards, and bikes. The Outdoor Pursuits team also oversees the rock wall, an indoor/outdoor challenge course, and local walking/biking trails.

■ **Intramural Sports** - SFA's intramural basketball team, "The Takeover," won the Men's Intramural Division 2019 NIRSA National Championship.

■ **Sport Clubs** - SFA is home to over 20 sport clubs including rock climbing, rodeo, wake boarding and bass fishing. The Bass Fishing Club won the Abu Garcia College Fishing National Championship. An esports Club was formed during the spring 2020 semester along with the development of a new esports Lab that houses 12 computers.

■ **Aquatics and Safety** - The aquatics and safety staff offer a variety of America Red Cross certification courses including CPR/AED and First Aid for Professional Rescuer, CPR Instructor, Lifeguard, and Lifeguard Instructor.

■ **Fitness** - Beginning in Spring 2021, we started to host Group Fitness Instructor and Certified Personal Trainer certification preparation courses. In partnership with NASM/AFAA, these hybrid courses will provide students with the tools and skills needed to successfully obtain their certification. Upon completion, newly certified fitness professionals will have the ability to interview for employment with the Student Recreation Center and will be further equipped with a nationally accredited certification that can be used outside of the university setting after graduation.

Fun Facts:

■ As part of our outdoor facility, we house a military spec obstacle course with 10 different elements.

■ SFA Campus Rec holds weekly "Group AXE" classes that are free group exercise classes for all members. Classes include yoga, cycling, Zumba and more!

■ SFA Campus Rec is committed to bring fitness and wellness to every student, even online. We hold online options of our some of our Group AXE classes and special events to keep students moving at home.

For more information about the SFA Rec Center and Campus Recreation, visit www.sfasu.edu/campusrec.

LUMBERJACK WELLNESS NETWORK

Launching Fall 2022
The Lumberjack Wellness Network!!

A network of resources and services that are committed to equip, empower, and inspire students to succeed.

Check us out: www.sfasu.edu/lwn
Follow us on social: @sfa_lwn

SFA HEALTH SERVICES

CLINIC HOURS
Monday through Friday
from 8 a.m. to 5 p.m.

@SFAHealthClinic
Follow us to stay up to date on time changes or events that may alter clinic hours.

SERVICES INCLUDE

Allergy injections (weekly)
Annual well-woman exams
Depo Provera
Diagnosis and management of sexually transmitted diseases
Flu vaccine
Laboratory
Hepatitis B vaccine
Meningitis vaccine
Minor wound care
Physicals
Sick visits
Tdap booster
Tuberculosis testing

Required to be enrolled in current semester and have a valid student ID card.

Have health insurance? Bring your insurance card to every visit.

SFA-ENDORSED STUDENT HEALTH INSURANCE

Students who do not have insurance to cover after-hours emergencies, hospitalization and any other medical needs that are not provided by the University Health Clinic are strongly urged to obtain the university endorsed student health insurance policy or the equivalent. While the university has endorsed this student insurance policy, it is provided by an independent company. If you are interested in insurance coverage, you can obtain a brochure online at **sfasu.edu/lifeatsfa/healthclinic**.

Located on campus at the corner of East College and Raguet streets

For appointment scheduling, call (936) 468-4008 between 8 a.m. and 5 p.m. Monday through Friday.

Providers work by scheduled appointments.

STEPHEN F. AUSTIN STATE UNIVERSITY
Health and Wellness Hub