

HAWKEYE LIFE

HEALTH AND WELL-BEING REPORT AUGUST 2023 - MAY 2024



HEALTH AND WELL-BEING ISAAC SUB-COMMITTEE

- SAM CALKINS - WOMEN'S WRESTLING (CHAIR)
- GRACE BANES - SOFTBALL
- EMILY ERB - GYMNASTICS
- HALLE SKIBO - SOCCER
- SARAH BALLARD - SWIM & DIVE
- ALLI BOOKIN-NOSBISCH - W TRACK & FIELD
- SAMANTHA STRAUSS - WOMEN'S XC



DE-STRESS FEST

AT THE GERDIN ATHLETIC LEARNING CENTER (GALC) AND PRIOR TO FINALS WEEK, ACTIVITIES AND INITIATIVES WERE PROVIDED TO REDUCE STRESS AND HAVE FUN INCLUDING:

- STUDY SNACKS
- INSOMNIA COOKIES
- PUZZLES AND CRAFTS
- MAKING STRESS BALLS
- THERAPY DOGS
- MASSAGE CHAIRS

DOG THERAPY

- ON-SITE PET VISITS
- TEAM PET ADOPTION



TOP 5 PERFORMANCE NEEDS

- PERFORMANCE ANXIETY
- CONFIDENCE
- LEADERSHIP
- COMMUNICATION
- INTERPERSONAL RELATIONSHIPS

TOP 3 PROGRAMMING TOPICS

- STRESS MANAGEMENT
- SEXUAL ASSAULT & VIOLENCE PREVENTION
- ALCOHOL EDUCATION

ANNUAL INVESTMENT PER STUDENT

- ATHLETIC TRAINING, MEDICAL, STRENGTH & CONDITIONING = \$8,110
- NUTRITION = \$5,654

MYPLAYBOOK TRAINING

ALL UI STUDENT-ATHLETES COMPLETE WELLNESS EDUCATIONAL MODULES:

- ALCOHOL & OTHER DRUGS
- SEXUAL VIOLENCE PREVENTION
- MENTAL HEALTH

6 FUELING STATIONS FOR STUDENT-ATHLETES

SPORTS PSYCHOLOGY

10,170 APPOINTMENTS
(5-YEAR TOTAL)

