



UNIV 101/201 Program Request Form

Bring your students to the Student Recreation Center so they can see first-hand what Recreation Services has to offer! Several options are available for you to choose from. Pick the option or combination of options that works for you. We provide:

Facility Tours (approximately 25 minutes)

Students will be given a guided tour of the Student Recreation Center and an overview of Recreation Services programs and services. This is a great opportunity for students to ask questions and get a detailed look at what is available to them.

Relaxation and Stress Reduction Activity (approximately 20 minutes)

Led by a Recreation Services staff member, students will participate in a progressive relaxation activity geared to alleviate tension in both mind and body.

Fitness or Nutrition Sessions (approximately 40 minutes each)

Personal training staff and/or graduate level nutrition interns will provide an interactive session on fitness and/or nutrition concerns for the college years. Students will have an opportunity to participate in discussion and topic-related activities.

Sports and/or Games (approximately 40 minutes)

Choose a fun activity your students will enjoy! Examples are volleyball, dodgeball, badminton, wallyball, wiffleball, and more!

Requestor Information

Instructor Name: _____

Phone Number: _____

Email Address: _____

Class Information

Class Meeting Day and Time: _____

Class Meeting Location (building and room number) _____

UNIV 101

UNIV 201

Regular UNIV section

FIG Section

CHANCE Section

Request Information

Please list your top three (3) date and time choices.

| Day | Date | Time |
|----------|-------|-------|
| 1. _____ | _____ | _____ |
| 2. _____ | _____ | _____ |
| 3. _____ | _____ | _____ |

The facility tour and relaxation/stress reduction activity can be combined on one day. If you would like to request additional activities, please use a second request form.

I would like to request the following activity for the above day/date/time:

- Facility Tour (25 minutes)
- Relaxation and Stress Reduction Activity (20 minutes)
- Nutrition Session (40 minutes)
- Fitness Session (40 minutes)
- Sports/Games (40 minutes)

Please indicate what type of sport/game _____

Thank you! We look forward to meeting your students!

We will confirm your scheduled date and time within five (5) business days. If we need additional information regarding your request Recreation Services staff will contact you.

For questions, contact Becky Lewis at rlewis@niu.edu or (815) 753-9421.

Please submit your completed request form(s) via email to rlewis@niu.edu