

Introduction

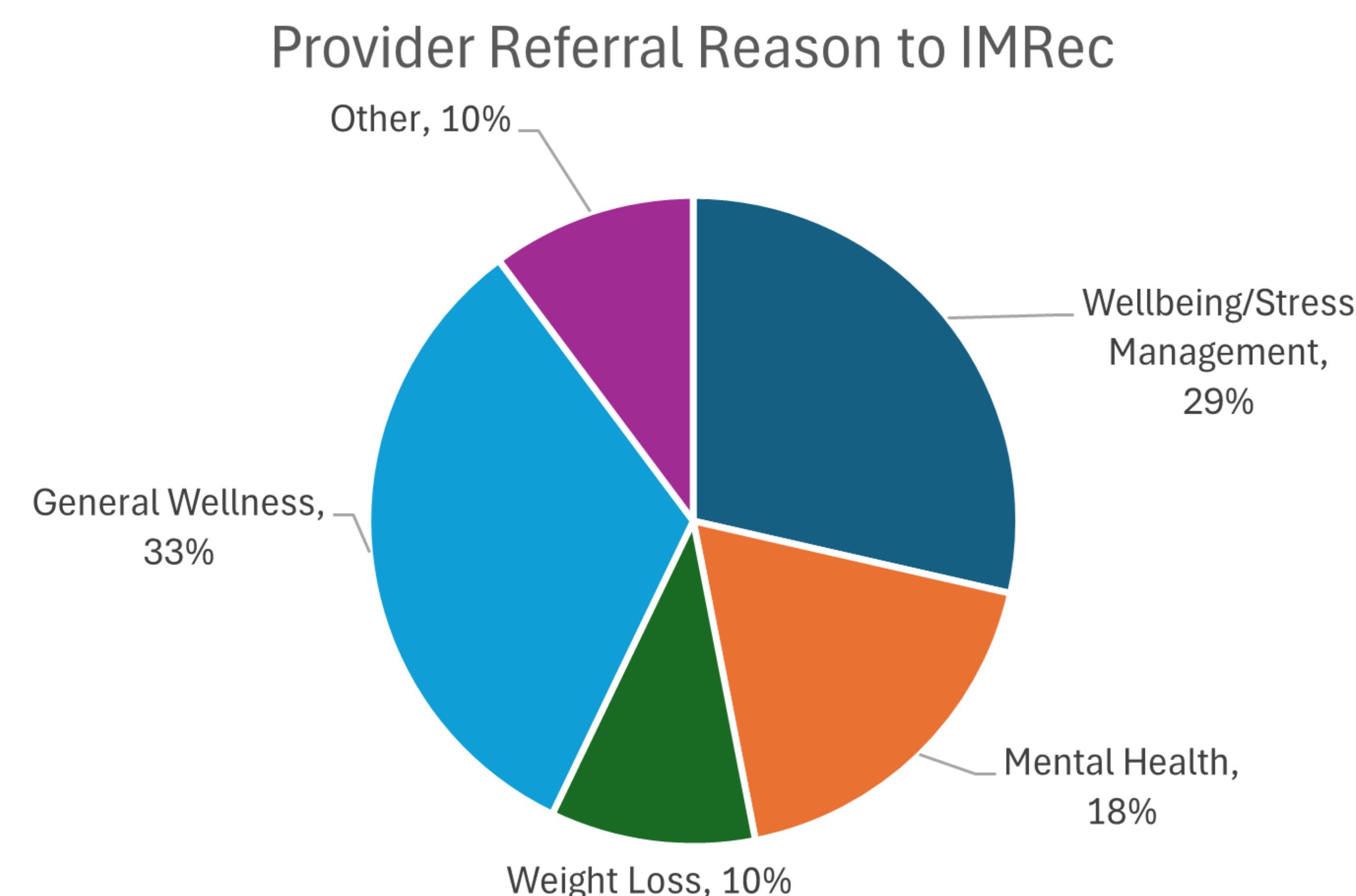
Exercise has been proven to improve life satisfaction, health outcomes, and relieve stress in college students. Prescribed exercise interventions have been shown to increase the clinical benefit of physical exercise. This poster describes the experience of a large, public university's Student health and Wellness (SHW) Center in prescribing exercise through two distinct programs: Functional Exercise and Intramural Recreation Sports (IM-Rec).

Program Design

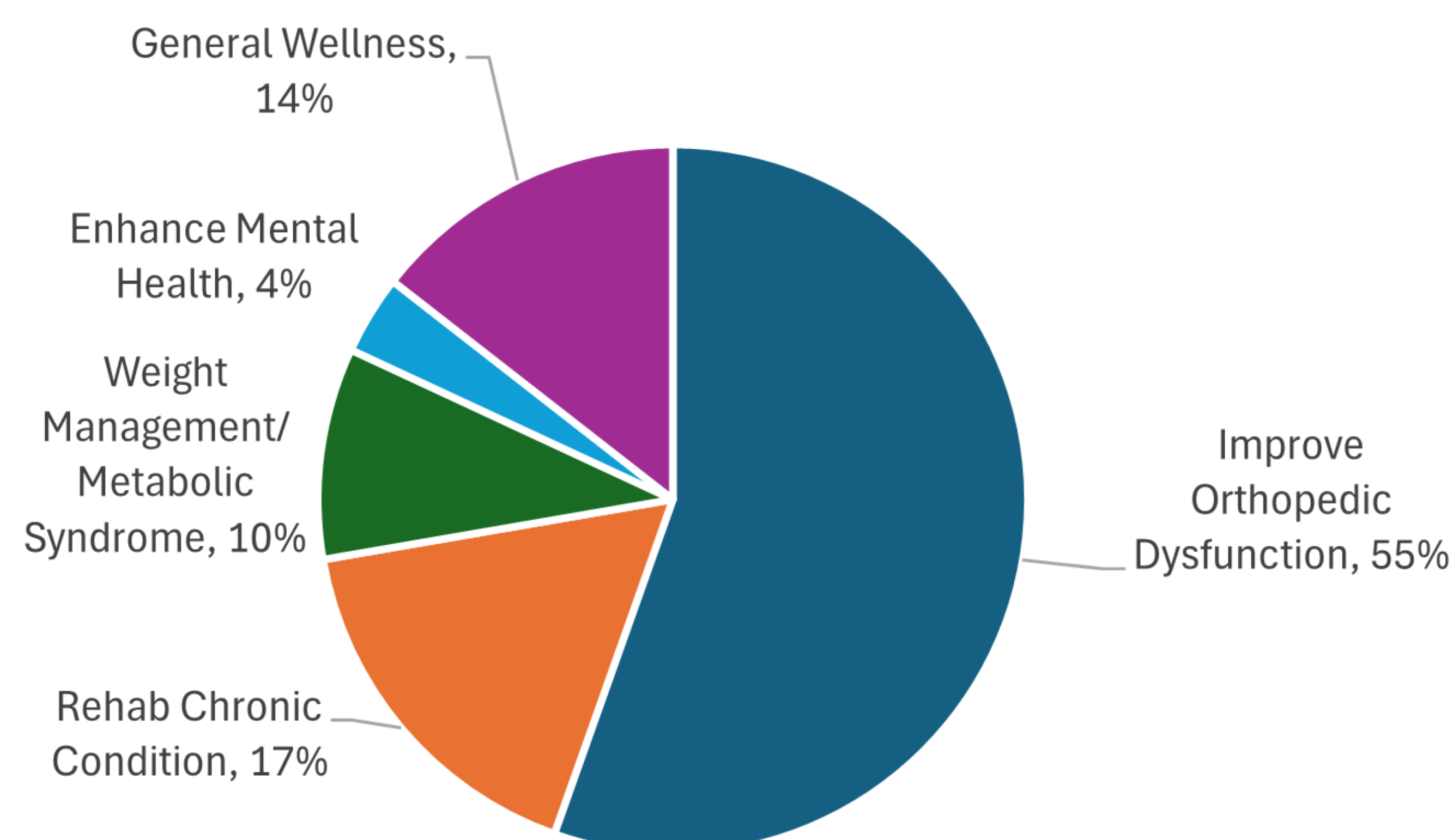
- Professional Staff within SHW prescribe exercise to students for specific issues as well as overall wellbeing.
- **Prescriptions for Recreation Sports:**
 - Student scheduled to meet with IM-Rec staff member.
 - Interview conducted to identify student goals and preferences; exercise program selected from IM-Rec offerings.
- **Prescriptions for Functional Exercise:**
 - Student scheduled for intake in Functional Exercise clinic.
 - Individual symptoms and body mechanics assessed; individualized physical training program developed and conducted under 1:1 supervision with personal trainer.

Results

During the study period (7/1/23-6/30/24), there were 23 referrals to IM-Rec and 66 referrals to Functional Exercise.



Provider Referral Reason to Functional Exercise



Discussion

- The vast majority of exercise prescriptions were for Functional Exercise.
- The most common reason for referring to Functional Exercise was Orthopedic Dysfunction and General Wellness for IM-Rec.
- Students were more likely to follow through with exercise prescription to Functional Exercise.
- Lessons learned:
 - Outreach to students to arrange first visit is important.
 - Provider familiarity with program may play a role in number of referrals.
 - Free or low-cost options are most appealing to students.

Conclusion and Future Directions

- Exercise is of proven benefit for health and wellbeing. Developing exercise skills and habits during college positively impact both short and long-term health outcomes.
- Health professionals should identify students who need support for engaging in exercise and provide an exercise prescription when appropriate.
- Colleges and universities offer a wide range of exercise options for students and health professionals should develop partnerships in order to connect students to these resources.