Mission
The mission of University Recreation is to provide quality diverse programming, intentionally creating an environment that fosters leadership and social development, healthy active lifestyles and lifelong wellness for the NC State University community. The department’s commitment to student development and student empowerment is reflected through providing experiential learning opportunities and utilizing collaborative partnerships with academic programs, student organizations, and other university resources to complete the college experience. Recreating today. Preparing for tomorrow.

History
John F. Miller established the NC State University Intramural Athletics program in 1924 to provide students, faculty and staff with organized recreational opportunities. In 1982, the name was changed to Intramural Recreational Sports but the programs continued to be operated by the Physical Education Department. As the program grew and recreation became more popular on campus, Intramural Recreational Sports became a separate department in 2002, and renamed the Department of Campus Recreation. Campus Recreation and Carmichael Complex merged in 2010 to streamline operations and was renamed University Recreation.

People
- 28 professional and support staff
- 680+ student staff, making University Recreation one of the largest employers of students on campus

Activities
- Club Sports - 53 competitive, recreational or combination club sports for students, faculty and staff, all of which are student-led and student-managed to provide a fun and competitive atmosphere.
- Fitness - 98 weekly group fitness classes for students, faculty and staff, such as indoor group cycling, mind and body classes, personal training, fitness assessments, massage therapy, customizable outreach programs, an employee wellness program and the TRX functional training program.
- Intramural Sports - team sports, individual/dual sports, and special activities designed to provide organized recreational opportunities. Most offer men’s, women’s and co-rec leagues.
- Outdoor Adventures - adventure-based trips, workshops, open pool sessions, belay clinics, rental equipment, indoor rock climbing wall, the Challenge Course (team building and leadership development), the WolfWheels bike rental program, and Wolfpack Bound, a freshman wilderness orientation program.
- Special Events - alternative activities in a variety of settings, ranging from golf tournaments and clinics to classes. RecFest, a Fall welcome event, attracts more than 5,000 students annually.
- Facilities - approximately 455,000 square feet of indoor recreational space, outdoor fields and courts.

Participation
- 26,241 unique individuals utilized the Carmichael Complex for a total of 977,815 visits in 2010-2011.
- 14,740 students, faculty and staff participants, with 8,125 males and 6,588 females
- 148,961 total participations in all programming areas in 2010-2011.

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