

The class of OTRM-2050 Program Plan, Design, and Delivery presents “Touchdown Week”; a series of planned events and activities from our program development team. We want our program to create opportunities so that students can enjoy different aspects of recreation within a comfortable and relaxing atmosphere so they can have fun and refocus their minds for finals week at Northwest college. Studies have shown that a lack of exercise and activity leads to higher stress among college age students. Since 40-50% of college students are inactive, this leads to mental health issues, and an inability to give maximum focus within the classroom. To combat this issue we have set up these activities the week before finals to get students active. Creating this event will give students that aren’t always active a chance to do the best they can on their finals the next week.