



HUMAN
PERFORMANCE
CENTER



What is the HPC?

The Human Performance Center's mission is to provide a welcoming and inclusive environment for Utah Tech University's fee-paying community of students, faculty, and staff. Departments within the multi-use, shared facility will exhibit a willingness to provide academic, recreational, athletic, and wellness opportunities that educate, empower, and inspire the University's campus community.

HPC Tour



Who has access to HPC

HPC Memberships

- Fee paying students, faculty, staff have access to the HPC at no additional cost. In addition to unlimited facility usage, students, faculty and staff enjoy access to weight and cardio equipment, lap swimming, climbing, Esports, basketball, indoor soccer, volleyball and much more.
- At this time, we do not have community memberships or guest passes for non-UT students, faculty or staff.

RENTING THE HPC

- Individuals and groups may rent space in the Human Performance Center for parties, sporting events, conferences or meetings, projects, graduation celebrations, and more.

UT Groups that uses the HPC?

- **Academics- Health and Human Performance Programs (Level 3)**

(Exercise Science, Recreations sport management, Population Health, Occupational Therapy, Athletic Training.)

- **Health Science Academic Advisors (Level 3)**

- **Campus Recreation (Level 2)** (Group Fitness, Intramurals, Club Sports)

- **UT Women's Swim Team** (UT Athletics)

- **UT Fusion Entertainment Alliance**

- **General Recreation** (Students, Staff, Faculty)

- **UTSA** (Utah Tech Student Association)

- **B-Fruity**

- **UT Blaze Dance**

- **Other UT organizations**

- **External Rental Groups**

Benefits of the HPC

Research shows that students who invest more time in participating in recreation get more out of their experience.

Life Skills

- Academic Performance
- Communication Skills
- Stress Management
- Ability to develop friendships
- Concentration
- Time Management Skills

Well-Being

- Physical Fitness
- Sense of Belonging/association
- Self-Confidence

How can you
get information
on the HPC?

Social Media:

Instagram: Utah Tech University HPC (@utahtechhpc)

Facebook: Utah Tech University Human Performance Center

Threads: Utah Tech University HPC (utahtechhpc)

App's:

UT App

Building Information/Website: hpc.utahtech.edu

HPC Hours of Operation:

<https://hpc.utahtech.edu/hpc-hours-of-operation/>

Things to know when you come to use the HPC?

-Everyone that uses the Recreation Side of the HPC has to scan in at the main Welcome Desk.

-You can check in with your Trailblazer ID or UT App at the Welcome Desk.

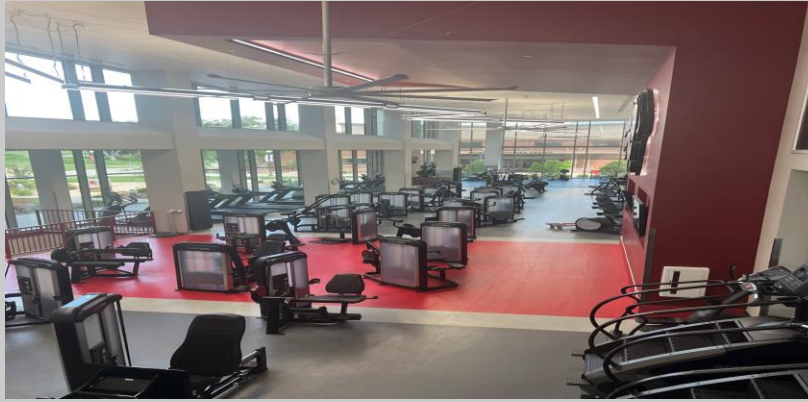
-You can also check the availability of areas the building at any time going on our website and clicking the check now button under “Checking Building Traffic” <https://hpc.utahtech.edu/live-traffic/>



HPC Lower Level



HPC Main Level



HPC Labs & Classrooms



HPC Level 2 Recreation Side



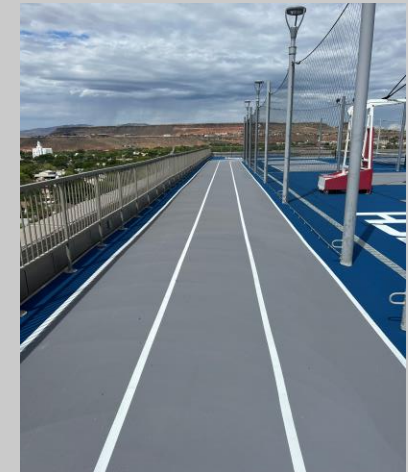
HPC Level 2 Academic Side



HPC Level 3



HPC Level 4 (Roof)





Breakout Session Survey

