Student Services & Facilities

This page contains a list of facilities and services available to UAB students. For further information on these and other facilities and activities, contact the UAB Information Center (https://www.uab.edu/students/services/item/1021-info-center) located in the Residence Life Center at Blazer Hall or refer to the UAB student handbook, Direction, at www.uab.edu/students/ and on BlazerNET (http://www.uab.edu/blazernet) on the Student Resources tab.

Campus Recreation

The Campus Recreation Center (CRCT) offers students, faculty, staff, and alumni access to a state-of-the-art recreation facility. The UAB Campus Recreation Center offers premier programs, facilities, and services! You will find something for everyBODY – free weights, multipurpose courts, an aquatic center, group fitness studios, nutrition education, cardio-fitness areas, a climbing wall, and much more.

The 150,000 square foot facility covers three floors housing: four basketball/volleyball courts; five racquetball courts (one of which can be converted to squash and four for walleyball); four aerobics studios; one performance studio; 18,000 square feet of weight and cardio-fitness areas; a game room; Kid Zone; an aquatic center with both lap and leisure components; a multi-purpose court used for indoor soccer, floor hockey, indoor flag football and badminton; an indoor track; and a climbing wall.

Patrons can also take advantage of the wellness services here at the Campus Recreation Center, which offer personal fitness assessments, massage therapy, and personal training. In addition, we have a Campus Rec Pro Shop in house, so if you forget something we’ve got you covered and the PowerZone to keep you fueled before and after your workout. Lastly, we have a number of lockers available for rent in 12 month or 3 month contracts. Space is limited, so contact membership services at 205-996-5038 today if you are interested! If you prefer not to purchase a locker, we have several areas in the facility, including the locker rooms, with day use lockers available; just bring a lock, store your belongings while you workout with your own lock, and take it with you when you leave - Free of charge! The CRCT is located at 1501 University Boulevard next to the Campus Green.

Aquatics (http://www.uab.edu/campusrecreation/programs/aquatics-/aq-class-description)

The Aquatic Center housed within the Campus Recreation Center provides a place for members to swim laps as well as meet their leisure aquatic needs by swimming laps, floating through the lazy river or taking a dip in the hot tub. In addition, the aquatics program offers swim classes, private lessons, life-guarding certifications WSI (Water Safety Instructor) classes, and pool parties for special events. For questions about pool party requests and/or other pool activities, please visit our website www.uab.edu/campusrecreation/ or email cfau@uab.edu. (cfau@uab.edu)

Fitness & Wellness Services (http://www.uab.edu/campusrecreation/fitnesshome)

The Fitness and Wellness programs offered at the UAB Campus Recreation Center range from traditional Ufit classes and Studio V performance classes to personal training packages and wellness massage services. For more information on all of our fitness and wellness services or to schedule an appointment today, please contact fitness@uab.edu.

Ufit & Instructional Group Fitness Classes

Ufit classes are FREE to anyone with an active CRCT membership. Feel free to drop in any time or day of the week to participate in the wide variety of classes available! Instructional classes are offered throughout the year and provide anyone pre-registered with a more advanced learning experience. If you are interested in participating in any one of the instructional classes please register at our Membership desk. All instructional classes are open for active members and non-members.

- We offer a wide variety of fitness classes, designed to fit your scheduling needs. From seasoned cyclers to those wanting to try yoga for the first time, Ufit has a class that will get you moving! Download the current schedule here (http://www.uab.edu/campusrecreation/programs/fitness/schedules)!
- New and challenging classes are continually being offered throughout the year! Look for classes like Cardio & Strength, Bootcamp, Women’s Strength Training, Group Cycling, Aqua Fit. Other classes include: Fit Barre, Step Jump & Pump, Yoga, Pilates, Hip Hop, Zumba, Bosu, Latin Dance, Bharatanatyam Dance and TRX Training. Register online here (http://www.uab.edu/campusrecreation/membership/access-portal)!

Wellness Catering

Wellness Catering is a program designed to cater any recreation, health, and/or wellness topic to the UAB community. All programs are presented by a recreation professional and can be modified for your groups exact needs. Topics covered vary from fitness trends, healthy eating habits, to fitness and nutrition demonstrations. Departments have the opportunity to pick a topic to be presented at a staff meeting, lunch group, or any time of your choice!

One-on-One Health Coaching & Counseling

Looking for a bit of extra advice or simply just need an accountability partner to assist you with all your health, activity, and weight-loss goals? The UAB Campus Recreation Center and Wellness Catering is now offering individualized personal health coaching. Meet with our certified Health Coach and begin your lifestyle transformation today.

Complete Fitness Assessments

Fitness Assessments provide individuals with their baseline measurements of flexibility, endurance, blood pressure, muscular strength, body composition, and cardiovascular fitness. The results of these tests are reviewed by a certified Personal Trainer and are used to help personalize a tailored workout plan specifically for you. To schedule your Fitness Assessment please email the Graduate Assistant of Fitness & Wellness krickels@uab.edu and complete the Health History Questionnaire (http://www.uab.edu/campusrecreation/images/Documents/FIT/health_history.pdf) as well as the Fitness Assessment Form (http://www.uab.edu/campusrecreation/images/Programs_Page/).
**Personal Training**

Do you want to get back into shape or simply looking to kick start a new workout? Personal Training is the service for you! Here at the UAB Campus Recreation Center we offer a variety of Personal Training packages for both members and students. Check out our Personal Training (http://www.uab.edu/campusrecreation/programs/training) now for complete pricing, packing, and details.

**Massage Therapy Services**

Celebrate a little YOU time by scheduling yourself a massage today! Appointments are available for 30 or 60 minutes and are performed by certified massage therapists. Choose from a variety of massage packages in order to customize the perfect relaxation for you. Massage therapy appointments are based upon the therapists’ schedules and availability. Please allow at least 24 hours advanced notice of your preferred appointment time in order for us to best schedule your appointment.

For more information or to schedule your next appointment, please email a completed Health History Form (http://www.uab.edu/campusrecreation/images/Documents/FIT/Fall_13/health_history_form.pdf) and preferred days/times for your appointment to fitness@uab.edu today!

**Competitive Sports** (http://www.uab.edu/campusrecreation/programs/competitive-sports)

The Competitive Sports program offers activities such as Intramurals and Club Sports that involve individual and team competition.

**Intramurals**

All UAB students, staff, and faculty are eligible to participate in intramural sports. Faculty and Staff must adhere to the specific entrance policies if they are not campus recreation facility members. Individuals in any team league must have their campus card in possession to participate. Every team league is offered in men's, women's and co-rec format. Each league will have a 4 week regular season followed by a single elimination playoff. For more information please visit our website (http://www.uab.edu/campusrecreation/programs/competitive-sports/schedules) or contact intramurals@uab.edu.

Want to sign up? (http://www.imleagues.com/School/Home.aspx?&SchId=927a5b3b6e944220acad259198ffe8f2)

**Individual Tournaments / Events**

All single day tournaments are single or double elimination. Tournaments offered include: badminton, corn hole, billiards, table tennis, swim meet, track & field, triathlon, Texas Hold'em, and sand volleyball.

View tournaments here (http://www.uab.edu/campusrecreation/programs/competitive-sports).

*All tournaments start at 6:30 pm with registration starting at 6 pm.
*Tournaments will be free

**Club Sports**

A club sport is an organized group of individuals established to promote interest in a sport and develop skills of its members in that sport. A club sport may be organized for recreational, instructional, performance, or competitive purposes. For more information please visit our website (http://www.uab.edu/campusrecreation/programs/competitive-sports/clubs) or contact spettigr@uab.edu.

**Community Leagues**

Anyone 18 years of age or older is eligible to participate. All community leagues are open to both UAB affiliated and non-UAB affiliated persons. Current sports offered include: flag football, basketball, indoor soccer, and volleyball. For more information please visit our website (http://www.uab.edu/campusrecreation/programs/competitive-sports/community-leagues) or contact spettigr@uab.edu.

**Adventure Recreation** ([http://www.uab.edu/campusrecreation/programs/adventure-rec-and-camps](http://www.uab.edu/campusrecreation/programs/adventure-rec-and-camps))

Adventure Recreation offers outdoor trips and clinics throughout the year including: kayaking, backpacking, camping, climbing, canoeing and whitewater rafting. Also offered are relay certification and lead climbing programs. Trips and clinics, such as the Wilderness First Responder training, are open to university students, faculty/staff, alumni, and the community. Contact outdoors@uab.edu for more information on trips, clinics, and rentals.

**Climbing Wall**

Located on the mezzanine level of the Campus Recreation Center, the 42' tall by 36' wide climbing wall offers 1,512 square feet of climbing. The wall's climbing surface is constructed of reinforced polymer concrete panels and imprinted to match the look and feel of natural rock. Open to university students, faculty/staff, and alumni. The community may use the wall by private group rental.

**Team Building**

Campus recreation offers many opportunities for team building initiatives, catering toward campus groups, corporate outings, school groups and more! Our enthusiastic and skilled facilitators will guide your group through fun activities focused on enhancing or developing vital workplace and life skills such as teamwork, cooperation, communication, and trust. Our program can accommodate groups of any size. Initiatives work on developing or enhancing: communication, teamwork, trust, cooperation, team building, planning, and other common work place functions. Contact outdoors@uab.edu.

**Rentals**

The Outdoor Pursuits Rental Center offers outdoor equipment for various events and is open to university students, faculty/staff, alumni, and the community. Whether backpacking, camping, or canoeing, the rental center has multiple rental time spans on the equipment you might need like sleeping bags, tents, backpacks, and cooking sets.

**Campus Restaurants**

Dining on-campus gives you the advantage of never having to worry about keeping cash on hand and never losing your parking space. At UAB we have eleven restaurants on-campus. Just swipe your ONE Card and dine! For more information about Campus Restaurants, please stop by the UAB Campus Restaurants office located on the top floor of the Commons on the Green next to the Den, or call (205) 996-6567. You can also visit us online at www.uab.edu/dining/.
For a map of dining locations and updated hours of operation visit: www.uab.edu/dining/locations

Meal Plans

Your meal plan gives you the advantage of never having to worry about keeping cash on hand to eat on-campus. Just swipe your ONE Card and dine. For meal plan options and requirements visit www.uab.edu/dining/meal-plans.

Dining Dollars

Dining Dollars are funds that you receive from your campus dining fee. All full-time undergraduate students have Dining Dollars loaded onto their OneCard. Dining Dollars is also a declining balance account that can be used at all on-campus dining locations. Dining Dollars are not part of a student’s meal plan.

Libraries

UAB Libraries hold more than two million volumes and provide access to thousands of relevant digital resources for information, instruction, and research in support of UAB’s vast academic and medical enterprise. The UAB Libraries system comprises Mervyn H. Sterne Library (http://www.mhsl.uab.edu) as well as Lister Hill Library of the Health Sciences (http://www.uab.edu/lister), which includes Lister Hill Library at University Hospital (http://www.uab.edu/lhlu) and UAB Historical Collections (http://www.uab.edu/historical)’ Reynolds-Finley Historical Library (http://www.uab.edu/reynolds), UAB Archives (http://www.uab.edu/archives), and the Alabama Museum of the Health Sciences (http://www.uab.edu/amhs). The faculty and staff of UAB Libraries provide the resources and essential expertise to support excellence in education, research, patient care, and community outreach. Priorities for UAB Libraries include increased access to resources, seamless cloud-based single search capability, campus-wide digital asset management, and increased support for distance and international students and researchers.

Mervyn H. Sterne Library (http://www.mhsl.uab.edu)

The Mervyn H. Sterne Library houses a collection of more than one million items and numerous electronic resources that support teaching and research in the arts and humanities, business, education, engineering, natural sciences and mathematics, and social and behavioral sciences. The library is located at 917 13th Street South and online at www.mhsl.uab.edu. The website is the gateway to all library services and collections including the Undergraduate Research Toolkit, subject- and course-specific Library Guides, and a list of FAQs. Services include research assistance, consultation, workshops and faculty-requested classes, assistance with locating materials, and interlibrary loan.

Named in memory of the late Birmingham philanthropist and civic leader Mervyn H. Sterne shortly after it opened in 1973, the library has seminar rooms, study rooms, lockable study carrels, computers, printers, scanners, copiers, and seating for 1,350 users. The first floor of the library was renovated in 2010 to make it even more user-friendly and houses the University Writing Center and a Starbucks. Due to student requests, Sterne Library has extended hours, opening 24 hours a day for five days a week except during holidays and summer terms. For more information on resources and services, visit the Sterne Library website at www.mhsl.uab.edu, call Reference Services at (205) 934-6364 or User Services at (205) 934-4338, or request help by email, text, or chat at www.mhsl.uab.edu/2009/contact.

Lister Hill Library of the Health Sciences (http://www.uab.edu/lister)

The Lister Hill Library of the Health Sciences, the largest biomedical library in the state, provides services and resources for UAB students, research and teaching faculty, and clinicians in medicine, nursing, optometry, dentistry, public health, health professions, and joint health sciences. The library was established in 1945, and then dedicated in 1971 in honor of Senator Joseph Lister Hill, a champion for health care and library legislation.

Lister Hill Library, located at 1700 University Boulevard, provides collaborative and group study space on the first floor and quiet study space on the second floor. Lister Hill Library’s website at www.uab.edu/lister provides 24/7 access to databases, electronic journals, ebooks, LHL Guides, FAQs, and recorded classes and tutorials. Services include consultations for conducting searches, guidance for citing resources, assistance with locating materials, and interlibrary loan services. For more information on resources and services, visit the Lister Hill Library website at www.uab.edu/lister, call (205) 934-2230, or request help by email, text, or chat at www.uab.edu/lister/ask.

The Lister Hill Library at University Hospital, located in the West Pavilion, provides onsite support for education, research, and patient care. Access the resources and services for clinicians through the LHL@UH website at www.uab.edu/lhlu or call (205) 934-2275 for more information.

The UAB Historical Collections, located on the third floor of Lister Hill Library, includes the Reynolds-Finley Historical Library (http://www.uab.edu/reynolds), UAB Archives (http://www.uab.edu/archives), and the Alabama Museum of the Health Sciences (http://www.uab.edu/amhs). The Reynolds-Finley Historical Library contains rare books, pamphlets, and manuscripts in the history of medicine, science, and health-related fields. This collection dates from the mid-14th century to the early 20th century and includes a core of world-renowned medical classics with important concentrations on medicine in the Civil War, the South, and early Americana. UAB Archives is the official repository for the permanent records of the University and for archival collections held by UAB. One collecting area for manuscripts is the history of the health sciences, but the repository preserves collections with a wide variety of topics. The Alabama Museum of the Health Sciences preserves over seven hundred years of medical history with instruments, specimens, equipment, and pharmacology used by health care professionals throughout the world, with a special emphasis on material used on and around the University of Alabama at Birmingham campuses. Please call (205) 934-4475 for more information on the Reynolds-Finley Historical Library (http://www.uab.edu/reynolds) or the Alabama Museum of the Health Sciences (http://www.uab.edu/amhs). Call (205) 934-1896 for more information on UAB Archives (http://www.uab.edu/archives).

Smolian International House

The Bertha and Joseph Smolian International House, 1600 10th Avenue South, offers services and activities for international students and scholars. Known as the I-House, it provides a focal point for programs and activities designed to foster a free exchange of information and international understanding. The facility includes meeting space for campus groups, as well as community groups having an international
The UAB Bookstore

The UAB Bookstore is located at 1400 University Boulevard inside the new Hill Student Center. The bookstore posts official lists of UAB courses and stocks the textbooks and all other items necessary for successful UAB coursework. Most textbooks can be purchased new or used. The option to rent textbooks is also available for most courses. The bookstore carries study aids, reference materials, school and office supplies; medical instruments, lab coats, and scrubs; and the largest assortment of UAB logo apparel and gifts available. Contact the UAB Bookstore at (205) 996-2665 or visit the store online at www.shopuab.com (http://www.shopuab.com)

University Writing Center

Located on the first floor of Mervyn Sterne Library, the University Writing Center (http://www.uab.edu/writingcenter) (UWC) is UAB students' go-to place for writing assistance, whether the task at hand is a Freshman Composition paper, a lab report, or a graduate school application essay.

In a friendly and professional one-on-one setting, UWC tutors teach students to use writing to discover, apply, and communicate knowledge in all disciplines. Students commonly visit to get help with understanding a writing assignment; brainstorming ideas; developing outlines and claims; understanding and applying instructor feedback; and revising and editing complete drafts. While UWC tutors do not edit for students, they can help students identify their common errors and develop stronger editing processes.

In addition to one-on-one sessions in the Sterne Library location, the UWC offers online consultations for students enrolled in online courses; Ask-a-Tutor, an email service for short writing questions; and regular workshops on topics of common interest. To make an appointment, visit the UWC's website (http://www.uab.edu/writingcenter) and log onto the online scheduling system with your Blazer ID and password. Like the UWC's Facebook (http://www.facebook.com/UABWritingCenter) page and follow the UWC's Twitter (http://www.twitter.com/UABWritingCntr) page to stay in touch and find out about upcoming workshops.

One Stop

What if you could get answers to your questions about your student account, financial aid and registration all in one place? Stop running from office to office and make the One Stop your first and possibly your only stop! If we can’t help you on the spot, we’ll do the legwork for you or connect you to the appropriate resource.

Contact us by email, phone, or in person.
One Stop Student Services, Room 103 of the Hill Student Center, 1400 University Blvd
onestop@uab.edu
(205) 934-4300, 855-UAB-1STP (822-1787)
8:00 am - 5:00 pm, Monday - Thursday
9:00 am - 5:00 pm, Friday

Information Center

Information regarding programs, services, and activities at UAB is available at the UAB Information Center. Referrals to the appropriate department, office, or person may be made for more specific information.
Eligibility

To be eligible to apply for education abroad, a student must:

1. be an enrolled UAB student;
2. be 19 years of age or older (or have parental permission);
3. have at least 30 semester hour credits completed (with 15 semester hour credits at UAB) before travel begins; and
4. be in good academic, disciplinary, and financial standing.

Programs have additional eligibility requirements, such as GPA minima, listed on the individual program webpages.

Students may petition to the Director of Education Abroad for a possible exception to the eligibility criteria.

Course Articulation

Students need to consult with UABEA before studying abroad to initiate course articulation, the process by which UAB course equivalency is determined for each course to be taken while studying abroad. Course articulation involves the student, UABEA, the host study abroad university, and UAB department chairs and advisors all working together and commonly takes approximately one month to complete.

It is highly recommended that the students contact UABEA to begin the course articulation process at least one month before the application deadline for the selected program. Students who don’t begin the articulation process early enough prior to studying abroad, may not know how, or if, their courses abroad will count toward completion of a UAB degree.

Grade Posting

All grades earned while abroad will be posted to the student’s UAB transcript and included in GPA calculations. Letter grades are used rather than pass/fail marks. In all cases, students must participate fully in all course activities and meet all stated course requirements. Auditing of any course abroad is not permitted. The process of grade posting varies depending on the program type:

UAB Student Exchanges are programs for which UABEA has established an exchange agreement with a university abroad. Students earn direct UAB course credit. Students on exchanges are usually mainstreamed into regular classes with the student body at their university abroad. Courses taken on student exchanges will begin with IN (‘International’ indicating that the course took place at an international UAB student exchange location) and a two-letter subject code such as ME (Mechanical Engineering), GN (German), SP (Spanish), etc. to indicate the subject that was studied. Additionally, each of the courses is numbered 100, 200, 300, 400, or 500. All courses are variable in the number of credit hours (0-15) students can receive based upon their enrollment at the host partner university. Inxx courses are repeatable. INxx courses are:

<table>
<thead>
<tr>
<th>Subject</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>INAB</td>
<td>Study Abroad Arabic</td>
</tr>
<tr>
<td>INAH</td>
<td>Study Abroad Art History</td>
</tr>
<tr>
<td>INAN</td>
<td>Study Abroad Anthropology</td>
</tr>
<tr>
<td>INAR</td>
<td>Study Abroad Art Studio</td>
</tr>
<tr>
<td>INAT</td>
<td>Study Abroad Astronomy</td>
</tr>
<tr>
<td>INBE</td>
<td>Study Abroad Biomedical Engineering</td>
</tr>
<tr>
<td>INBU</td>
<td>Study Abroad Business</td>
</tr>
<tr>
<td>INBY</td>
<td>Study Abroad Biology</td>
</tr>
<tr>
<td>INCH</td>
<td>Study Abroad Chinese</td>
</tr>
<tr>
<td>INCM</td>
<td>Study Abroad Communication Studies</td>
</tr>
<tr>
<td>INCS</td>
<td>Study Abroad Computer &amp; Information Science</td>
</tr>
<tr>
<td>INCY</td>
<td>Study Abroad Chemistry</td>
</tr>
<tr>
<td>INDC</td>
<td>Study Abroad Digital Community</td>
</tr>
</tbody>
</table>
INEC | Study Abroad Economics
INED | Study Abroad Education
INEE | Study Abroad Electrical Engineering
INEH | Study Abroad English
INES | Study Abroad Earth Science
INEV | Study Abroad Environmental Science
INFN | Study Abroad Finance
INFR | Study Abroad French
INGN | Study Abroad German
INHY | Study Abroad History
INIS | Study Abroad International Studies
INIT | Study Abroad Italian
INJP | Study Abroad Japanese
INJS | Study Abroad Justice Sciences
INMA | Study Abroad Mathematics
INME | Study Abroad Mechanical Engineering
INMG | Study Abroad Management
INMK | Study Abroad Marketing
INMU | Study Abroad Music
INPC | Study Abroad Physics
INPE | Study Abroad Physical Education
INPH | Study Abroad Philosophy
INPS | Study Abroad Political Science
INPY | Study Abroad Psychology
INSC | Study Abroad Sociology
INSP | Study Abroad Spanish
INTH | Study Abroad Theatre
INTL | Study Abroad Special Topics

UAB Faculty-Led Programs are UAB classes that are developed and taught by UAB professors and have a field trip that takes place away from campus. The field trips are typically approximately 2 weeks in duration and the entire class, professor, and students, travels together. Students earn direct UAB course credit. Some faculty leaders choose to have their students additionally earn transfer credit. For UAB Faculty-Led Programs, the instructor will assign the final grade as is normally done for any UAB class taught on campus. See the Grading Policies and Practices section of the UAB Catalog of Undergraduate Programs. UAB Faculty-Led Programs are designated with SA following the course title.

Non-UAB Programs are organized by a third-party education abroad provider in cooperation with a foreign university. Students receive a transcript from the foreign university or U.S. university of record and have transfer credit appear on their UAB transcript. Supported non-UAB programs are those appearing in the program list at the UABEA website. Courses taken on Non-UAB Programs will begin with INTL ("INTERNational" indicating that the course took place at an international non-UAB education abroad program location) and a two-letter subject code such as ME (Mechanical Engineering), GN (German), SP (Spanish), etc. to indicate the subject that was studied. Additionally, each of the courses is numbered 100 to 699. All courses are variable in the number of credit hours (0-15) students can receive based upon their enrollment at the host university.

UAB students wishing to participate in the Washington Center internship program, a Non-UAB Program, must receive written permission from their academic department at UAB to enroll in the UAB internship course offered by their department prior to applying to the Washington Center. After permission is granted by the student's academic department at UAB, but before the start of the internship, the student will enroll in the UAB internship course offered by the permission-granting department at UAB and will be assigned a UAB faculty member who will act as the instructor of record. The instructor will assign a final grade as is normally done for the internship course in that UAB department. The Washington Center also offers courses and seminars, which will not count toward a UAB degree. These other courses and seminars are for enrichment purposes only.

**Changes of Grades**

Requests for grade changes to UABEA must be accompanied by official documentation sent directly from the host university.

**International Student and Scholar Services**

International Student and Scholars Services (ISSSS) is committed to providing quality services and programs to retain and support the UAB international community.

ISSSS advises foreign students and visiting international faculty and staff in matters of immigration and federal and state taxation, and provides orientation and support programs to facilitate the transition to the UAB and Birmingham community. ISSSS also serves as a collaborative resource to facilitate, promote, and strengthen international understanding on campus and throughout the Birmingham community.

International Student and Services also operates the Smolian International House. For additional information, call (205) 934-3328 or visit our Web page at www.uab.edu/international .

**ONE Card**

The UAB ONE Card serves as the official student ID and offers access to a variety of services and resources on and around campus. Students use their ONE Card to enter residence halls and the Campus Recreation Center, attend UAB athletic and cultural events and check out materials from UAB libraries. With their ONE Card, students can enjoy discounts on tickets to a wide variety of on and off-campus events through the UAB Ticket Office. The ONE Card also functions as a debit card, allowing students a convenient and secure way to pay for goods and services at a variety of on campus and local area merchant locations.

General information about the UAB ONE Card, including a list of carding locations, is available at www.uab.edu/onecard . Note: A photo ID is required to have your initial ONE Card made. Questions about ONE Card services can be directed to onestop@uab.edu or (205) 934-4300.

**Parking**

All students who desire to park in UAB student parking facilities must purchase a permit from Parking and Transportation Services. Permits can be purchased by the term or for the full academic year. Fees vary according to lot. Contact Parking and Transportation Services at (205) 934-3513, for details, or visit online at www.uab.edu/parking .
Both the university and the City of Birmingham issue citations in student lots to vehicles illegally parked or not displaying a proper permit. Students are responsible for paying all fines and fees imposed. Any delinquent ticket payments may be added to the student’s account in the Student Accounting Office. If a student accumulates three or more delinquent tickets and/or accumulates more than $45.00 in citations, the student’s vehicle may be immobilized or impounded at his or her expense.

Handicapped spaces are conveniently located throughout campus. A valid handicap permit must be displayed to park in a handicapped space in addition to the applicable parking permit. All state issued handicap parking permits MUST be registered with the UAB Parking Office in order to avoid a citation and park in a restricted UAB lot or deck.

For additional information and a campus parking map, contact:

UAB Parking and Transportation Services
608 Eighth Street South • Telephone (205) 934-3513 • E-mail: uabparking@uab.edu • Website: www.uab.edu/parking/

Blazer Express
The UAB Blazer Express Transit System is a service that provides transportation throughout the University campus. With a valid UAB ID badge, students, employees, and authorized visitors can enjoy fare-free bus transportation along 6 designated routes. Buses are ADA-accessible and can seat up to 35 riders. Bus service is provided Monday – Friday from 5:30A – 12:00A. Safety escort service is available through Blazer Express seven days a week from 9:00PM – 5:30 AM by calling (205) 934-8772.

Motorist Assistance Roadside Service (MARS)
Motorist Assistance Roadside Service (MARS) is a free service available to all visitors, students, and employees parking on campus who need help with a dead battery, flat tire, keys locked in a car, or empty gas tank. The service is available weekdays 7:30 AM - 10:00 PM, except University holidays. For assistance, call (205) 975-6277.

Student Health & Wellness Center
The Student Health & Wellness Center (SHWC) provides a comprehensive and integrated program of services to meet the medical, counseling and wellness needs of UAB's undergraduate, graduate and professional students. Creating a healthy campus and promoting student wellness are essential to supporting student learning and success. The SHWC is staffed by a group of committed medical providers, counselors, nurses, clinicians, wellness specialists, and support staff who embrace the opportunity to meet your wellness, medical and counseling needs. Those services and resources are available in the new state-of-the-art Student Health & Wellness Center located at 1714 9th Ave. South (LRC building), Birmingham, AL 35294-1270.

Blazer Express has convenient drop-off and pick-up locations near the Student Health & Wellness Center. Patient and client parking is available at the South entrance to the building.

Health Services
The SHWC Health Services offer comprehensive primary care services including acute and chronic care, women’s health, a Registered Dietitian, mental health evaluation and treatment, immunizations, allergy immunotherapy, and treatment of minor emergencies. A Sports Medicine and Sexual Health Clinic are also available, as well as a Certified Athletic Trainer located in the UAB Recreational Center. On-site lab and x-ray services are available. After-hour’s consultation is provided through provider on call coverage, 24 hours a day/7 days a week/365 days a year. To ensure convenience and access, the Health Services operates under an open-access appointment scheduling system. Go to www.uab.edu/studenthealth for more information or to schedule an appointment through our patient portal. You may also call (205) 934-3581 to schedule an appointment or for general information call (205) 934-3580. All currently enrolled UAB undergraduate and graduate students have access to medical office visits, evaluation and development of a treatment plan at no additional cost beyond the payment of regular UAB tuition, regardless of insurance coverage. Diagnostic testing (lab and x-ray) is available on a fee-for-service basis and can be billed to the student's insurance or, for those without insurance, directly to the student. A more complete listing of no-cost services and those services available, but at additional cost, can be accessed at http://www.uab.edu/studenthealth/student-health-coverage

Counseling Services
Counseling Services assists in developing students’ potential in physical, academic, spiritual, psychosocial, emotional, and vocational areas. Common presenting concerns include depression, anxiety, grief, relationship concerns, stress management, eating disorders, alcohol or substance abuse concerns, identity, conflict, gender transition and trauma. In addition to individual and couples counseling, services include wellness programs, group opportunities, and educational resources. Confidential counseling services are available to all currently enrolled UAB students at no cost. For more information or to schedule an appointment call (205) 934-5816.

Student Insurance Coverage (Mandatory and Optional)
In addition to services provided at the SHWC, select academic programs have a mandatory requirement to have major medical health insurance to ensure coverage for hospital, emergency room, specialty physician care and diagnostic testing. For more information on the mandatory insurance coverage requirement go the SHWC website at www.uab.edu/studenthealth/insurance-and-waivers/mandatory-insurance-waivers.

Viva Health offers an optional Student Health Insurance Plan for full-time registered undergraduate students taking a minimum of 9 credit hours and non-health related graduate students taking a minimum of 5 credit hours. The plan may be extended to cover the student’s spouse and dependents for an additional premium. Please visit www.vivaemployer.com (http://www.vivaemployer.com) for more information.

To learn more about services available through the Student Health and Wellness Center, please visit www.uab.edu/studenthealth or contact us at one of the following phone numbers for assistance.

Appointments:
Health Services (205) 934-3581 or schedule an appointment through the patient portal at www.uab.edu/studenthealth
Counseling Services (205) 934-5816
Office Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>8:00 a.m. - 12:00 p.m. and 1:00 - 5:00 p.m.</td>
</tr>
</tbody>
</table>

The Student Health & Wellness Center is closed daily from 12 pm to 1 pm for lunch.

UAB Testing Office

The UAB Testing Office provides testing services for UAB students, prospective students, and the community at large. The following tests and/or services are available:

- Admissions examinations for undergraduate and graduate programs
- American College Testing Program (ACT)
- Scholastic Aptitude Test (SAT)
- Miller Analogies Test (MAT) (acceptable to some graduate programs)
- College Level Examination Program (CLEP)—General and Subject Examinations
- Correspondence examination monitoring
- Professional licensing/certification/registration examinations

For further information on any of the above, contact the UAB Testing Office, 936 Building, 936 19th Street South, Telephone (205) 934-3704.

UAB Ticket Office

The UAB Ticket Office is an excellent source for acquiring the best seats to campus events, including performances at the Alys Stephens Center, and UAB Blazers Football and Basketball games. It also serves as the point-of-purchase for events sponsored by the Department of Student Life and other UAB organizations and off-campus agencies. In addition, the UAB Ticket Office offers discounted tickets for Carmike and Regal Cinemas, and to most major theme parks across the southeast, including Six Flags over Georgia, Alabama Splash Adventure and Dollywood. Discounts to the major aquariums in the area are also available including: Georgia Aquarium and Ripley’s Aquarium of the Smokies. First-class postage stamps are also available for purchase (UAB internal requisitions are accepted). For additional information, contact the UAB Ticket Office, located inside One Stop Student Services in Room 103 of the Hill Student Center, 1400 University Blvd., Birmingham, AL 35294-1150 Telephone: (205) 934-8000.

Visit our website www.uab.edu/students/services/item/846-ticket-office

Veterans Services

UAB Veterans Services (UAB-VS) assists veterans, reservists, guardsmen, and dependents of disabled or deceased veterans to access their educational benefits. UAB-VS serves as a liaison between the student and the local and federal agencies, including the State Department of Education, Department of Defense, and the Department of Veterans Affairs. The office staff assist students in applying for educational benefits, securing tutorial assistance and obtaining veterans work-study positions. For further information, contact UAB Veterans Services, Hill Student Center, Room 313, 1400 University Blvd., Telephone (205) 996-0404 or read about our programs and services at www.uab.edu/students/veterans