Recreation and Fitness Activity Survey

The assessment was administered in a web format to a representative sample of students through Campus Labs from October 1, 2012 to November 30, 2012, and assessed usage and satisfaction with our recreational and fitness facilities and programs. Varsity sports were not part of this assessment. There were 136 student respondents; 63% of respondents were women, 32% were men, and 1% were transgender. 8% of respondents identified as LGBT. 76% were a member of at least one student club. 22% were first years, 27% were sophomores, 31% were juniors and 20% were seniors. 80% were on-campus residents. This was a nationally benchmarked survey; national results will be available for comparison later in the summer.

Key Findings

88% of respondents reported that they utilize one or more on-campus recreation facility, program or service.

58% of students reported that recreation, sports and/or fitness activities were important to them prior to attending Alfred University, and 68% reported that they expect these activities will continue to be important to them after graduating from AU.

Of all the recreational programs, facilities and services, the most underutilized were the intramural programs, wellness programs, classes and fitness programs. 71% of students reported never having participated in an intramural sport. 81% of students report that they have never participated in fitness assessments or testing. 85% reported never utilizing organized wellness programs. 80% reported never taking wellness classes (such as zumba or yoga). Phys Ed classes were not included in this assessment.

The most frequently utilized service was cardio-vascular training and equipment (treadmill, elliptical, stationary bike, etc.). 54% of students reported using cardio equipment one or more times every week.

- 83% agreed that participation in recreation and fitness programs at AU increased their feeling of well being.
- 80% agreed that it improved their stress management skills, 76% agreed that that participation increased their fitness level, 71% agreed it increased their self-confidence, and 73% agreed that it increased their ability to get a good night’s sleep.
- 59% of students reported that their recreation and fitness needs have been fully met by AU’s programs.
- 51% of students reported that participation in recreational activities provided them with skills/abilities that they will use after college.
- 64% agreed that recreation activities and programs contribute to the quality of life at AU.
- 44% were satisfied with the availability of facilities (e.g., gym, fields, courts) for free play and open recreation, and 34% were satisfied with the amount of indoor rec space available.
Students were asked “In what ways has your participation in recreations and fitness activities, programs and services helped or enhanced your experience at Alfred?” Responses included:

“Being a manager of the women’s basketball team and a member of the women’s soccer team has given me experiences in many different aspects that will help me in all areas of my life from social skills, to athletics, to business work.”

“Gave me new goal to reach outside of the classroom: run a 5k.”

“I wish I could join an intramural sport or go to the fitness center, but I don’t have enough time in my schedule between studio classes and work study. But what I’ve seen from the facilities it is top notch.”

“It’s just a great stress reliever that, no matter how bad classes were for the day, no matter how much homework you have, the treadmills and weight machines will always be there so you can escape for a little while. Without such good facilities we would be stuck trying to run outside when it’s icy out and that would just add to my stress levels instead of helping me cope with them.”

“Not at all. All programs are designed for athletic men and women leaving out those of us who would like to work out to lose weight feeling out of place and judged.”

“Using the rec center has helped me to get back into better shape and increased my self esteem.”

Outside of the recreational facilities on campus, students most often exercised outdoors; running or biking (67%) or used outside facilities at their place of residence (21%). This is good news from the WILD perspective.

Last, students were asked “If you were improving/expanding recreation facilities, which of the following would be important to you?” The most frequent responses were:

- Climbing Wall (61%)
- Juice bar or food service area (50%)
- Multipurpose courts (47%)
- More cardio equipment (47%)
- Ropes Course (47%)

**Action items:**

This assessment was conducted after the overhaul in the fitness center, but before the opening of our recreation facility. These results will be used in planning the program for the new facility.

In addition to what’s contained in this summary, there is an extensive series of questions that will help us fine-tune intramural participation and the types of fitness classes we might offer.

This is part of a national study, and we have not yet received our comparison data.

With such positive outcomes reported from students who participate in fitness activities, it’s even more important that we encourage and provide opportunities for students to engage in recreation. It seems clear that better health and wellness means better ability to succeed in the classroom.

For more information or a complete copy of the results, please contact Kathy Woughter at woughter@alfred.edu or 607-871-2132.