**2016 NASPA Consortium Survey**

This project purported to assess interests, participation patterns, constraints, and outcomes of UREC program and facility use by students and UREC members at the University of Arkansas. The survey instrument was developed by the NASPA Consortium and administered by Student Voice/Campus Labs. Normative data is provided through the NASPA Consortium 2015-2016 Benchmark. The instrument was sent to 9,000 students (as identified by the UREC membership database) during April 2016.

***Participant Demographics***

There were 771 total respondents to the survey. Of the respondents, 65% identified themselves as female, 34% identified themselves as male, .17% identified as transgender, and .33% identified as other, and 1% chose not to respond. 76.4% of respondents were white, 7.1% were Asian/Pacific Islander, 5.9% were Hispanic/Latino, 3.47% were African American/black, and 2.6% were multiracial. 34% of respondents indicated that they lived on-campus or in Greek housing, while 66% lived off-campus. The class standing distribution was Freshman/first year (22.6%), Sophomore (17.9%), Junior (20.3%), Senior (18.6%), and Graduate (18.6%).

***Participation***

86% of respondents have utilized UREC facilities, programs, or services (compared to a national average of 80%\*). Of those, 81% continued to use UREC facilities, programs, or services at least once per week, and 50% used UREC two or more times per week.

The following table reflects percentage of UREC users with at least one visit/participation in various facilities and programs:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Facilities and Open Recreation Activities | |  | Structured Programs | |
| Cardiovascular training | 77.1% |  | Group Fitness Classes | 54.1% |
| Weight training | 63.7% |  | Outdoor Trips/Clinics | 41.1% |
| Open recreation | 40.9% |  | Intramural Sports | 35.3% |
| Open swim | 34.2% |  | Non-Credit classes | 21.1% |
|  |  |  | Sport Clubs | 15.2% |
|  |  |  | Personal/Group Training | 13.3% |

Early evening (5:00pm – 8:00pm) is the most popular time of day to use UREC facilities during the week.

The most frequent reasons given for factors that impede use of UREC facilities or programs were no time (55.7% indicated), problems with parking (45.7% indicated) and facilities too crowded (43.7% indicated), and not aware of offerings (26.1% indicated).

***Outcomes***

82.4% of respondents strongly or somewhat agreed that they enjoyed participating in UREC activities and/or utilizing facilities.

70.5% of UREC users strongly or somewhat agreed that participation in campus recreation had expanded their interest in staying fit and healthy.

58.2% of respondents strongly or somewhat agreed that their participation in campus recreation had resulted in skills and abilities that they would use after college.

When given answer choices of ‘definitely’, ‘somewhat’, or ‘not at all’; the following percentages of UREC users indicated that their participation had ‘definitely’ improved or increased their:

* Feeling of well-being (55%)
* Overall health (52%)
* Stress management (48%)
* Physical strength (47%)
* Fitness level (47%)
* Athletic ability (40%)
* Weight control (37%)
* Time management skills (37%)
* Self-confidence (36%)

*User comments:*

* *“I feel much more comfortable in my own skin.”*
* *“I found out that I love rock climbing!”*
* *“I sleep better when utilizing UREC…”*
* *“It helped me connect with my friends even more.”*
* *“Provided a healthy way to spend my free time.”*

***Contribution of UREC to U of A and COEHP mission***

82.3% of respondents strongly or somewhat agreed that UREC activities and programs contribute to the quality of life at the U of A (45% indicated ‘strongly’).

34.4% of first-year students indicated that UREC *programs* (Intramural Sports, Club Sports, Fitness, UREC Outdoors) were very or moderately important in their college decision. 40.0% of first-year students indicated that UREC *facilities* were very or moderately important in their college decision.

37.5% of juniors and seniors indicated that UREC *programs* (Intramural Sports, Club Sports, Fitness, UREC Outdoors) were very or moderately important in their decision to stay enrolled at the U of A. 48.4% of juniors and seniors indicated that UREC *facilities* were very or moderately important in their decision to stay enrolled at the U of A.

71.2% of UREC users were also members of at least one other club or organization on campus, compared to 47.3% of non-users.

*User comments:*

* *“I have made a lot of friends…, makes me feel more comfortable and at home on this campus.”*
* *“UREC is the reason that I have gained control of my health and well-being. I will continue to focus on my health as I’m a graduate and raise a healthy family.”*
* *“It has gotten me involved…”*
* *“UREC helped me feel a part of something, and helped me make a lot of friends on campus.”*
* *“Winning an intramural championship will stay with me for life.”*

***Satisfaction***

84.2% of respondents strongly or somewhat agreed that they would recommend UREC programs, services, or facilities to others.

On a 1-5 scale with 1=strongly disagree and 5=strongly agree, UREC participants indicated that they ‘strongly agreed’ or ‘somewhat agreed’ with the following statements:

|  |  |
| --- | --- |
| Recreation facilities provide a safe environment | 95.4% |
| Recreation facilities are clean | 92.8% |
| Recreation facilities are well-maintained | 85.7% |
| Professional staff members are knowledgeable | 79.5% |

On a 1-5 scale with 1=very dissatisfied and 5=very satisfied, UREC participants indicated that they were ‘very’ or ‘somewhat’ satisfied with the following aspects:

|  |  |
| --- | --- |
| Amount of outdoor recreation space on campus | 49.9% |
| Amount of indoor recreation space on campus | 65.3% |
| Availability of facilities for free play and open recreation | 53.9% |
| Number of weight machines | 58.0% |
| Number of cardio machines | 65.4% |
| Hours of operation during the week | 87.4% |
| Hours of operation during the weekend | 70.6% |

Participants were asked what would be important to them if they were improving/expanding recreational facilities. Responses with over 30% of participants checking an interest are shown below:

* Adding a juice bar or food service area (45.6%)
* Additional open and/or park space (44.0%)
* Additional cardio equipment (36.7%)
* Additional strength equipment (36.1%)
* Ropes course (33.3%)
* Mind/body offerings (30.4%)

*User comments:*

* *The gym is too small and gets overcrowded which is why I pay to use Planet Fitness. Also, parking is limited and can get expensive for people who live off campus.”*
* *“It’s kind of frustrating to be able to see two different fitness centers exclusively for the razorback teams… those fitness centers are for less than 300, our fitness center is open to 20,000+ members.”*
* *“There are over 26,000 students here at the U of A… often time I can’t do the workouts I want to do because it is so overcrowded.”*

***UREC student-employees***

Twenty-five survey respondents indicated that they were currently employed by UREC. When compared to non-employees, student-employees more strongly agreed that their participation in recreational activities had provided them with the skills and abilities that they would use after college.

*User comments:*

* *“I will use the interpersonal skills and customer service.”*
* *“I have really learned about customer service and that will help me in the real world.”*
* *“…how to communicate with different personality types.”*
* *“Doing interviews was very helpful. Loved working with a variety of people.”*

\*National average data taken from NASPA Assessment and Knowledge Consortium 2015-2016 benchmark report and can be seen at https://uark.campuslabs.com.