

THE UNIVERSITY OF ARIZONA CAMPUS RECREATION STUDENT SURVEY 2015

HEALTHY LIFESTYLES & STUDENT ENGAGEMENT

In October 2015, Campus Recreation launched a web-based survey evaluating the impact of Campus Recreation on **recruitment** and **retention**, **health** and **wellness**, and other outcomes linked to **healthy lifestyles** and **student engagement**. The survey was emailed to a representative sample of University of Arizona undergraduates, graduates and professional students, including non-degree-seeking students (N=10,000). A total of 2,410 surveys were completed and returned, resulting in a response rate of 24%. The following information highlights the findings in relation to student recruitment and retention, academic success, health and wellness and student engagement.

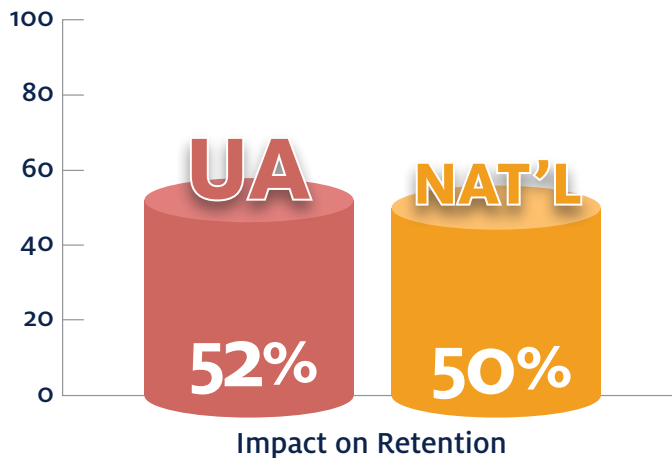
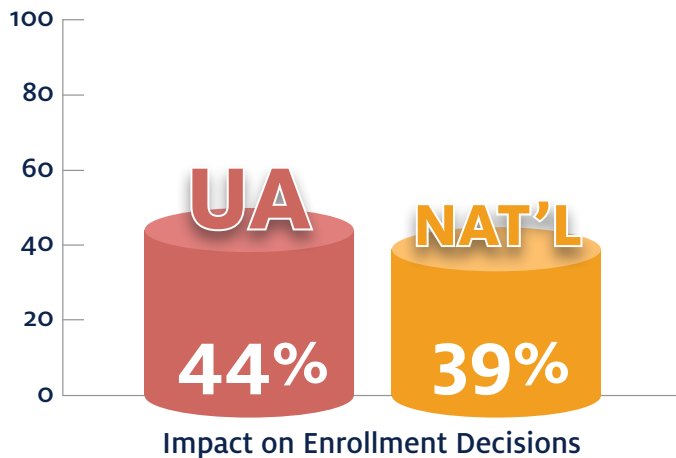


Student Recruitment & Retention

Campus Recreation Impact on Enrollment Decisions

Respondents rated the importance of Campus Recreation facilities when making decisions to enroll at the University of Arizona, and when deciding to continue enrolling at the UA in subsequent years. The tables below indicate the percent of students who rated these factors important or moderately important.

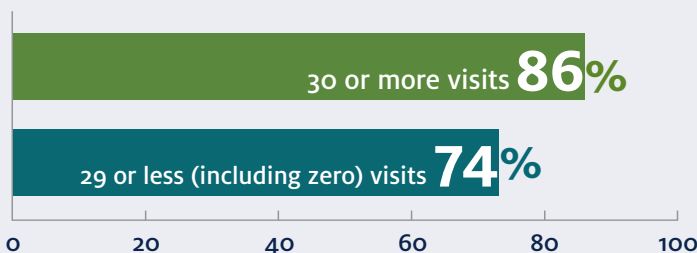
→ Importance of Campus Recreation in deciding to **enroll** (recruitment) and to **continue** (retention) at the **University of Arizona** compared to the **National** Benchmarking Standards.



[Source: NIRSA]

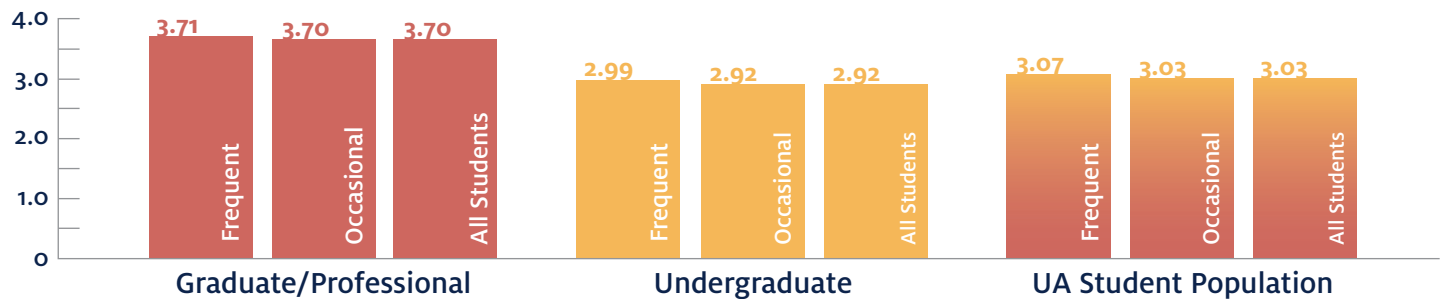
2014/15 First-time Freshmen Retained to Fall 2015

Of the freshmen who utilized Campus Recreation **30 or more** times in the 2014-2015 academic year, **86%** returned to the University of Arizona the next year. This is compared to freshmen who utilized Campus Recreation **29 times or less** during the same academic year with only **74%** retention rate; a 12% difference.



Academic Success

The average Spring GPA for frequent Campus Recreation users and occasional users was compared to the entire the UA student population, **Undergraduates** and **Graduate/Professional** students. A frequent user is defined as someone that utilizes Campus Recreation's facilities, programs and services 30 or more times in an academic year; an occasional user is one that utilizes these facilities, programs and services 29 times or less per academic year.



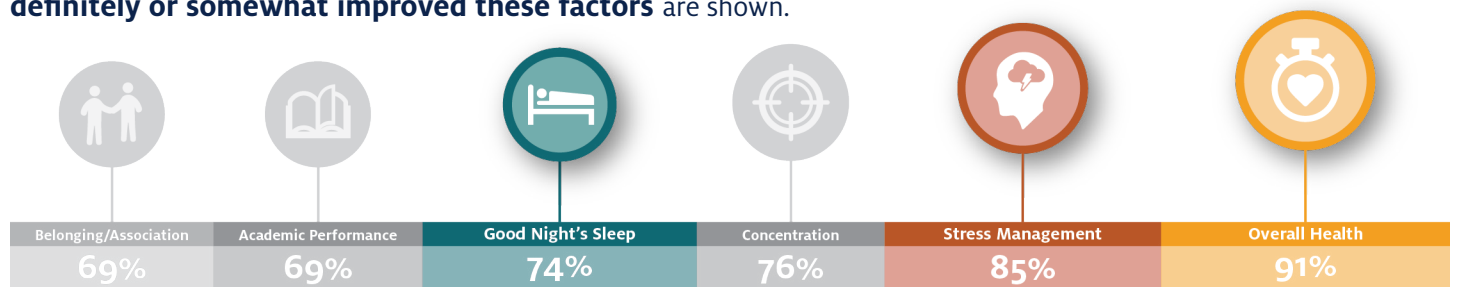
Top 3 Factors Negatively Affecting Individual Academic Performance*

The American College Health Association's *National College Health Assessment*, a nationally recognized research survey that collects data on students' health habits, behaviors and perceptions, found **sleep**, **stress** and **illness** to be key barriers to academic success.



*As defined by receiving a lower grade on an exam or important project, receiving a lower grade in the course, receiving an incomplete or dropping the course, or experiencing a significant disruption in thesis, dissertation, research or practicum. [Source: The American College Health Association (ACHA)]

UA students were asked to indicate various health and wellness outcomes including the impact of recreation participation on ability to **manage stress**, **quality of sleep**, and **overall health**. The percent of students who indicated **participation definitely or somewhat improved these factors** are shown.



Health and Wellness

Improved Health and Wellness Behaviors and Factors

Campus Recreation users reported that participation definitely or somewhat improved the following factors.

- 91% Feeling of Well Being
- 91% Overall Health
- 90% Physical Strength
- 90% Fitness Level
- 87% Athletic Ability
- 85% Stress Management
- 82% Self Confidence
- 81% Weight Control

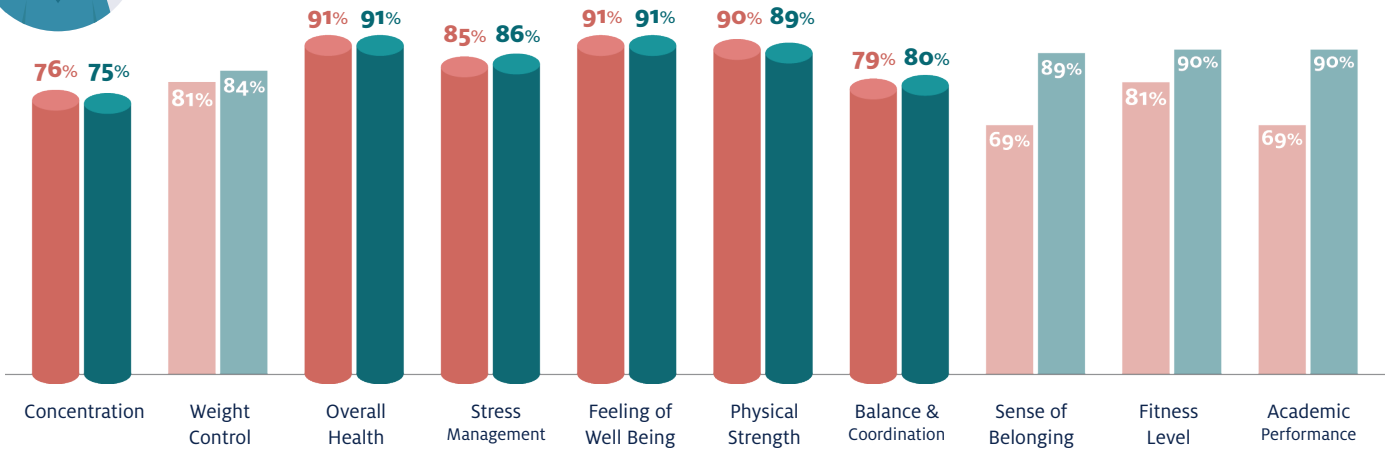
- 79% Balance/Coordination
- 76% Concentration
- 75% Time Management Skills
- 74% Ability to Get a Good Night's Sleep
- 72% Respect for Others
- 69% Academic Performance
- 69% Sense of Belonging/Association
- 68% Sense of Adventure

- 67% Ability to Multi-task
- 65% Ability to Develop Friendships
- 59% Multicultural Awareness
- 59% Communication Skills
- 59% Group Cooperation Skills
- 56% Problem Solving Skills
- 53% Leadership Skills



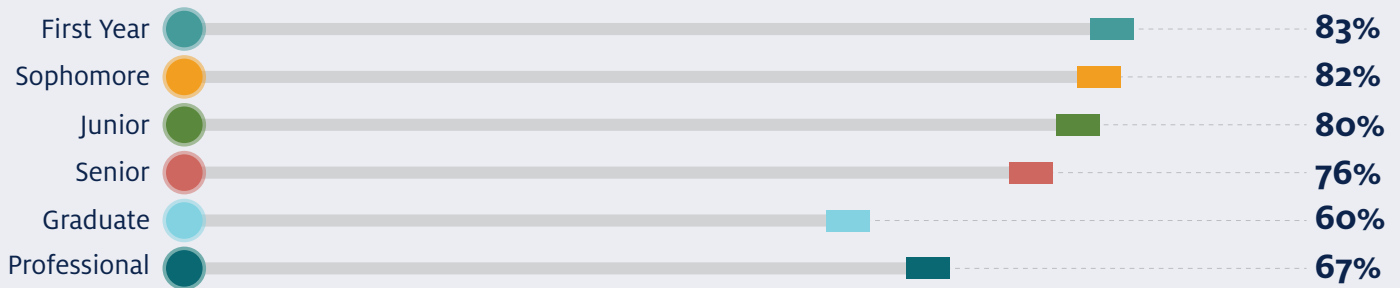


Top 10 Health and Wellness Outcomes of **University of Arizona** Campus Recreation participation compared to the **National** Benchmarking Standards.



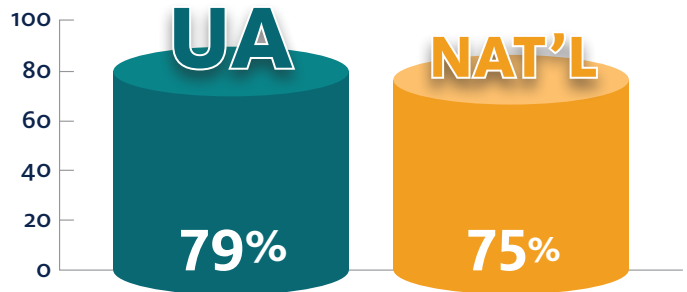
Student Engagement

One measure of student engagement in Campus Recreation is the **percentage of students who utilize Campus Recreation facilities, programs and services.**

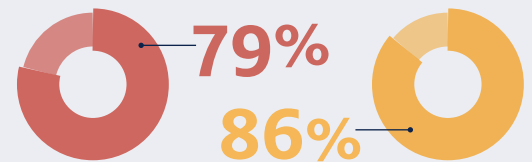


79% of **University of Arizona** students surveyed utilize Campus Recreation facilities, programs or services compared to **National** Benchmarking Standards at **75%**.

[Source: NIRSA]



Percentage of students surveyed that Strongly Agree/Agree that Campus Recreation facilities, programs and services contribute to their quality of life at the **University of Arizona** compared to the **National** Benchmarking Standards.



Students who **strongly agree** that Campus Recreation contributes to the quality of life at the UA is **46%**.



THE UNIVERSITY OF ARIZONA

CAMPUS RECREATION