SUMMARY

- The number of UAlbany students utilizing on-campus recreational facilities, programs, and services has increased by 8% from 2010. Over 80% of UAlbany students now utilize on-campus recreation.
- UAlbany students value REC facilities and programs in their college choice decisions significantly more than students at other universities.
- The number of UAlbany students who would recommend the campus’ recreational programs and facilities to others continued to rank below the national average and among the lowest when compared to other large/public universities.
- Over three-fourths of UAlbany students participate in on-campus recreational sports, programs, and/or activities at least once a week.
- As a result of their participation in these activities, UAlbany students report great development in their multicultural awareness, communication skills, cooperation skills, problem solving skills and leadership skills, making UAlbany rank among the top three of large/public universities in development of these traits. UAlbany students also report that campus recreation has given them a sense of belonging at the university and allowed them to create many friendships.
- Adding cardio equipment, a climbing wall, and a juice bar or food service area to the recreation facilities were rated highest when asked which programs and activities should be added or enhanced at UAlbany. Many students also individually suggested the development of facilities for gymnastics.
- UAlbany students feel dissatisfied with the amount of equipment available as well as the hours facilities and programs are offered.
- Less than half of UAlbany students feel that campus recreation programs and activities are effectively promoted.

GENERAL OBSERVATIONS

<table>
<thead>
<tr>
<th>Students...</th>
<th>UAlbany 2010</th>
<th>UAlbany 2013</th>
<th>Nationwide 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Utilized on-campus recreational facilities, programs, or services including, but not limited to, fitness center(s), club sports or intramurals.</td>
<td>75%</td>
<td>88%</td>
<td>75%</td>
</tr>
<tr>
<td>Enjoy participating in recreational activities and/or utilizing facilities.</td>
<td>79%</td>
<td>72%</td>
<td>82%</td>
</tr>
<tr>
<td>Considered recreational facilities in their college choice decision.</td>
<td>83%</td>
<td>82%</td>
<td>68%</td>
</tr>
<tr>
<td>Considered recreational programs in their college choice decision.</td>
<td>81%</td>
<td>77%</td>
<td>61%</td>
</tr>
<tr>
<td>Believed that recreational activities and programs contribute to the quality of life at their institution.</td>
<td>71%</td>
<td>70%</td>
<td>80%</td>
</tr>
<tr>
<td>Agree that recreational activities and programs at their university offer “something for everyone.”</td>
<td>65%</td>
<td>66%</td>
<td>80%</td>
</tr>
<tr>
<td>Feel their recreational needs are met.</td>
<td>61%</td>
<td>58%</td>
<td>76%</td>
</tr>
<tr>
<td>Would recommend their university’s recreational facilities, programs, and services to others.</td>
<td>62%</td>
<td>64%</td>
<td>86%</td>
</tr>
</tbody>
</table>
UAlbany continues to rank #1 among large and public universities in students’ consideration of campus recreational facilities and programs when choosing which college to attend.

### AREAS FOR CONTINUING DEVELOPMENT

Although UAlbany ranks among the top for how important students feel recreation, sports, and/or fitness activities were for them before entering college, UAlbany ranks among the last for how important students feel these activities will be for them after college. UAlbany ranks among the last in student consideration of how campus recreation impacts the student quality of life. UAlbany ranks among the last in student responses to whether their university offers “something for everyone” and whether their “recreational needs are met.” UAlbany students are also among the least likely to agree that they enjoy participating in campus recreation and programs as well as that such programs have allotted them skills they will continue to use after college.

### PARTICIPATION

UAlbany’s top recreational activities remain the same, but have featured significant decreases in participation compared to 2010. However, UAlbany has shown significant growth in the number of students participating in instructor-led group fitness or exercise classes.

<table>
<thead>
<tr>
<th>Activity, program, or service</th>
<th>Percentage (%) Participating</th>
<th>% Participating Regularly**</th>
<th>Comparison to National Average</th>
<th>Change from 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardio-vascular training (treadmill, elliptical, stationary bike, etc.)</td>
<td>88%</td>
<td>54%</td>
<td>Down</td>
<td>Down</td>
</tr>
<tr>
<td>Weight training/lifting free weights</td>
<td>62%</td>
<td>41%</td>
<td>Down</td>
<td>Down</td>
</tr>
<tr>
<td>Open recreation (e.g., pick-up basketball, volleyball, soccer)</td>
<td>50%</td>
<td>25%</td>
<td>Up</td>
<td>Double</td>
</tr>
<tr>
<td>Outdoor adventure activities and/or trips</td>
<td>42%</td>
<td>16.20%</td>
<td>Up</td>
<td>Double</td>
</tr>
<tr>
<td>Aquatics/pool</td>
<td>61%</td>
<td>10%</td>
<td>Up</td>
<td>Double</td>
</tr>
<tr>
<td>Personal training</td>
<td>32%</td>
<td>22%</td>
<td>Up</td>
<td>Down</td>
</tr>
<tr>
<td>Instructor-led group fitness or exercise classes</td>
<td>32%</td>
<td>13%</td>
<td>Down</td>
<td>Up</td>
</tr>
<tr>
<td>Intramural Sports</td>
<td>31%</td>
<td>15%</td>
<td>Double</td>
<td>Down</td>
</tr>
<tr>
<td>Wellness Programs</td>
<td>28%</td>
<td>10%</td>
<td>Up</td>
<td>Down</td>
</tr>
<tr>
<td>Sports Clubs</td>
<td>25%</td>
<td>15%</td>
<td>Down</td>
<td>Down</td>
</tr>
<tr>
<td>Racquet sports (e.g., racquetball, squash, badminton, tennis)</td>
<td>24%</td>
<td>7%</td>
<td>Down</td>
<td>Down</td>
</tr>
<tr>
<td>Fitness assessments or testing</td>
<td>22%</td>
<td>11%</td>
<td>Up</td>
<td>Up</td>
</tr>
<tr>
<td>Classes (e.g. safety classes, non-credit recreation, for credit recreation)</td>
<td>20%</td>
<td>6%</td>
<td>Up</td>
<td>Up</td>
</tr>
</tbody>
</table>

**Key**

Comparisons and changes were calculated with reference to regular participation. An up or down arrow indicates that UAlbany’s participation either (respectively) exceeded or fell below the national average or 2010 survey results. Highlighted fields indicate that the difference was significant (+/- 5%).

*Percentages rounded to the nearest whole number.

**As defined by participating at least once per week.
For **most recreational activities**, UAlbany continues to rank **first** among large/public universities in the number of **participating** students, with the exception of racquet sports and classes (e.g., safety classes, non-credit recreation, for credit recreation).

As a result of this recreational programming, students report growth in various traits. UAlbany’s recreational facilities and programs promote **extremely strong leadership and interpersonal skills**. However, student positive feedback surrounding their **athletic and health benefits** due to the recreational programs and facilities has **decreased** slightly.

```
I've created some of the best friends I've ever had.
```

Many UAlbany students comment that UAlbany Recreation facilities and programs allowed them to make strong friendships, experience new things, and provide a stress outlet. For many students, the experience is transformative, allowing them to develop “leadership skills,” “responsibility,” “find [themselves],” and “independence.”

```
UAlbany significantly exceeds large/public university averages in...
1. Multicultural awareness (#2)
2. Group cooperation skills (#2)
3. Leadership skills (#2)
4. Communication skills (#2)
5. Problem solving skills (#2)
6. Ability to develop friendships (#2)
7. Sense of belonging (#3)
8. Ability to multi-task (#3)
9. Sense of adventure (#5)
10. Time management skills (#5)

UAlbany fell short of large/public university averages in...
6. Overall health (#13)
7. Feeling of well-being (#13)
8. Physical strength (#13)
9. Stress management (#13)
10. Athletic ability (#13)
```

Parentheses indicate the rank (out of 13)

The above chart proportionately shows the top traits students felt that UAlbany recreational facilities and programs had developed within themselves. Students reported the most growth in areas of **health and fitness**, as might be expected, but they also felt a great deal of **personal satisfaction and growth** due to their use of recreational activities at UAlbany. However, UAlbany lags behind many large and public universities in students self-evaluated development of health and fitness-based qualities.

**ACHIEVEMENTS**

- UAlbany ranks **SECOND** among large and public universities in campus recreation’s development of **multicultural awareness, group cooperation skills, leadership skills, communication skills, problem solving skills, and ability to make friendships**.
- The university’s campus recreation program ranks **third** in developing the **problem solving skills** of its students.
- UAlbany also ranks among the highest in providing a **sense of belonging** to its students through campus recreation. UAlbany also ranks **third** in student ratings of their **multi-task** due to campus recreation.
Students indicate several major areas where UAlbany could gain further participation from the student body.

Which of the following factors, if any, impede your use of UAlbany recreation facilities, programs, and/or services?

(Responses with greater than 25% agreement)

Most of the primary reasons preventing students from becoming more involved with campus recreation have become less emphasized in 2013. Fewer students describe the facilities as being over-crowded, and fewer students report being unaware of recreational activities on campus. The two components which appear to be exacerbated concern the timing of programs. Because the number of program types, such as instructor-led fitness courses, has greatly increased since 2010, one reason for this difference may simply be that there are more program types available, but not necessarily at convenient times.

- Nearly half (48%) of University at Albany students prefer to utilize wellness/recreational facilities after 5 p.m. Only 5% of students use the facilities prior to 8 a.m.
- On weekends, nearly half (45%) of University at Albany students prefer to utilize wellness/recreational facilities between 11 a.m. and 5 p.m. Less than 15% of students utilize the facilities prior to 11 a.m., and only 8% utilize the facilities after 8 p.m. Based on student responses, this may be due not to student preference, but rather the actual hours facilities are open now.

81% of students agreed that professional staff members are friendly.
76% of students are satisfied with the amount of outdoor recreation space on campus.
77% of students are satisfied with the hours of operation during the week (Monday – Friday).
80% of students agreed that recreation facilities are clean.
87% of students agree that recreation facilities provide a safe environment.
76% agree that recreation facilities are well-maintained to encourage participation (e.g., temperature, ventilation).

UAlbany students* identify the following areas as areas where UAlbany holds strength:

*Excludes students who do not use the facilities or service and students who neither disagreed nor agreed.
UAlbany campus recreation could benefit by providing further training and support for their staff. Although relatively very few of the students disagreed with the statement that “Professional staff members are friendly,” UAlbany ranks among the last of large and public universities in this area, as well as regarding the knowledge and availability of staff members. In general, the area where UAlbany students feel the most significant need for growth is in indoor facilities (number of machines available, space available, etc). In the past three years, UAlbany has also shown significant growth in most of the areas students feel dissatisfied with, and will continue to make improvements as the program develops.

Top 10 Student-Suggested Facility Improvements

<table>
<thead>
<tr>
<th>Rank</th>
<th>Activity/Program</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Additional cardio equipment</td>
<td>55%</td>
</tr>
<tr>
<td>2.</td>
<td>Climbing wall</td>
<td>43%</td>
</tr>
<tr>
<td>3.</td>
<td>Adding a juice bar or food service area</td>
<td>40%</td>
</tr>
<tr>
<td>4.</td>
<td>Personal training</td>
<td>37%</td>
</tr>
<tr>
<td>5.</td>
<td>Multi-purpose courts (gymnasiums)</td>
<td>37%</td>
</tr>
<tr>
<td>6.</td>
<td>Multi-purpose rooms for group fitness and other classes</td>
<td>37%</td>
</tr>
<tr>
<td>7.</td>
<td>Mind/body offerings</td>
<td>36%</td>
</tr>
<tr>
<td>8.</td>
<td>Additional strength equipment (weights)</td>
<td>34%</td>
</tr>
<tr>
<td>9.</td>
<td>Expand outdoor or seasonal activities</td>
<td>32%</td>
</tr>
<tr>
<td>10.</td>
<td>Additional open and/or park space</td>
<td>30%</td>
</tr>
</tbody>
</table>

Over half of the student body stressed a need for additional cardio equipment. In addition, the most common response among students who entered their own response was a space for use by gymnastics.
Further development in this area could involve increased attention to social networking, more frequent updating on the websites, and further exposure to these programs and facilities at Freshman and Transfer student orientations. Several students commented that they had never seen any of the facilities or programs and suggested that they be covered further at orientation into the school.
Campus Recreation Development

Of students who took this survey in both 2010 and 2013...

- The number of students who agreed that programs are not offered at convenient times grew from 9% to 25%
- The number of students who agreed that facilities are too spread out around campus dropped from 22% to 5%
- The number of students who agreed that facilities do not have the right equipment grew from 4% to 20%

Students also tended to feel less growth as a result of Campus Recreation, but this may also simply be because their growth had reached a plateau.

<table>
<thead>
<tr>
<th>Trait</th>
<th>2010</th>
<th>2013</th>
<th>Trait</th>
<th>2010</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sense of adventure</td>
<td>90%</td>
<td>39%</td>
<td>Athletic ability</td>
<td>95%</td>
<td>39%</td>
</tr>
<tr>
<td>Self-confidence</td>
<td>95%</td>
<td>44%</td>
<td>Concentration</td>
<td>89%</td>
<td>39%</td>
</tr>
<tr>
<td>Fitness level</td>
<td>100%</td>
<td>61%</td>
<td>Respect for others</td>
<td>89%</td>
<td>39%</td>
</tr>
<tr>
<td>Multi-cultural awareness</td>
<td>84%</td>
<td>39%</td>
<td>Sense of belonging</td>
<td>90%</td>
<td>50%</td>
</tr>
<tr>
<td>Communication skills</td>
<td>79%</td>
<td>34%</td>
<td>Balance/coordination</td>
<td>85%</td>
<td>39%</td>
</tr>
<tr>
<td>Problem solving skills</td>
<td>74%</td>
<td>33%</td>
<td>Feeling of well-being</td>
<td>100%</td>
<td>71%</td>
</tr>
<tr>
<td>Time management</td>
<td>89%</td>
<td>59%</td>
<td>Group cooperation skills</td>
<td>89%</td>
<td>36%</td>
</tr>
<tr>
<td>Ability to get a good night’s sleep</td>
<td>83%</td>
<td>47%</td>
<td>Ability to multi-task</td>
<td>94%</td>
<td>42%</td>
</tr>
<tr>
<td>Stress management</td>
<td>100%</td>
<td>65%</td>
<td>Ability to develop friendships</td>
<td>95%</td>
<td>65%</td>
</tr>
</tbody>
</table>

METHODOLOGY & DEMOGRAPHICS

Findings are based on the 2013 Campus Recreation Student Survey completed by 875 University at Albany students between February 13 and April 26, 2013. The survey was developed in association with the National Intramural-Recreation Sports Association (NIRSA) and was administered electronically through StudentVoice by the Office of the Vice President for Student Success at UAlbany.

Respondents were:

- Involved (62% of respondents were a member of at least one student club or organization).
- Not student athletes (94% were not a member of an intercollegiate athletic team).
- Mostly women (60% women, 40% men).
- Diverse (49% white, 13% African American/Black, 12% Asian/Pacific Islander, 11% Hispanic/Latino).
- Representative of different class years (20% freshman, 26% sophomore, 25% juniors, 28% seniors).
- Living on campus (67% live on campus).

QUESTIONS

Please direct any questions concerning this assessment brief to:

Michael N. Christakis, Ph.D.
Office of the Vice President for Student Success
University at Albany
TEL: 518.956.8140 EMAIL: mchristakis@albany.edu
APPENDIX A: COMPARISON GROUP – LARGE PUBLIC COLLEGES & UNIVERSITIES (12 participating institutions)

1. Bowling Green State University - Consortium: Campus Recreation Impact Survey 2012-2013
2. Grand Valley State University - Consortium: Campus Recreation Impact Survey 2012-2013
3. Iowa State University - Consortium: Campus Recreation Impact Survey 2012-2013
5. Stony Brook University - Consortium: Campus Recreation Impact Survey 2012-2013
6. Towson University - Consortium: Campus Recreation Impact Survey 2012-2013
12. Western Michigan University - Consortium: Campus Recreation Impact Survey 2012-2013

APPENDIX B: COMPARISON GROUP – OPERATIONAL BENCHMARKING STUDY (41 participating institutions)

1. Alfred University - Consortium: Campus Recreation Impact Survey 2012-2013
3. Austin Peay State University - Consortium: Campus Recreation Impact Survey 2012-2013
5. Bucknell University - Consortium: Campus Recreation Impact Survey 2012-2013
6. Clarion University - Consortium: Campus Recreation Impact Survey 2012-2013
7. College at Brockport - Consortium: Campus Recreation Impact Survey 2012-2013
10. Duquesne University - Consortium: Campus Recreation Impact Survey 2012-2013
11. Florida Gulf Coast University - Consortium: Campus Recreation Impact Survey 2012-2013
13. Iowa State University - Consortium: Campus Recreation Impact Survey 2012-2013
15. Northeastern University - Consortium: Campus Recreation Impact Survey 2012-2013
22. Southern Utah University - Consortium: Campus Recreation Impact Survey 2012-2013
24. Stony Brook University - Consortium: Campus Recreation Impact Survey 2012-2013
25. Towson University - Consortium: Campus Recreation Impact Survey 2012-2013
34. University of North Dakota - Consortium: Campus Recreation Impact Survey 2012-2013
35. University of Richmond - Consortium: Campus Recreation Impact Survey 2012-2013
38. Weber State University - Consortium: Campus Recreation Impact Survey 2012-2013
39. Western Michigan University - Consortium: Campus Recreation Impact Survey 2012-2013
40. Western Oregon University - Consortium: Campus Recreation Impact Survey 2012-2013
41. Winston-Salem State University - Consortium: Campus Recreation Impact Survey 2012-2013