



## Recreational Sports

November 2001

### Purpose

This survey explores student experiences and interests related to the recreational sports program.

### Implications/Highlights

A third of the students said that the availability of recreational facilities influenced their decision to attend Penn State. Over 90% of students report having used recreational facilities since coming to the university.

### Participation Rate

N = 601 (62%) agreed to participate

N = 369 (38%) did not agree to participate

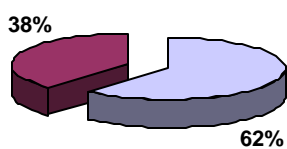


Figure 1. Participation rate

### Findings

One-third (34%) of the respondents said that the availability of recreational facilities and programs was an important factor when deciding to attend Penn State. Slightly more (38%) said that the recreational sports program has contributed to the quality of their overall experiences since coming to college.

### Impact of Program

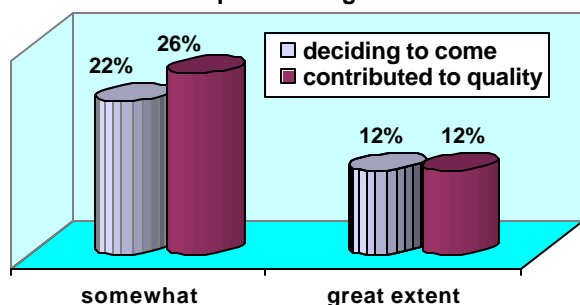


Figure 2. Approximately one-third reported that the recreational sports program was important in their decision to attend and has contributed to the quality of their experiences since coming to Penn State

More of the men (44%) than of the women (33%) said the availability of recreational sports was important in their decision to attend Penn State.\* More of those for whom the availability of recreational sports was important in their decision to attend felt the program had contributed to the quality of their experiences.\*

\*Statistically significant at the .05 level

Students were asked how frequently they used the recreational facilities since coming to Penn State.

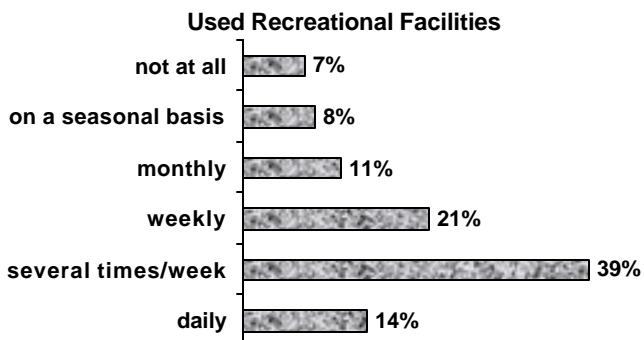


Figure 3. Nearly three-fourths of the students reported using recreational facilities at least weekly

More of the men, \* of those living on campus, \* of those for whom availability of the program was important in their decision to attend\* and of those who stated recreational sports had contributed to the quality of their experiences since coming\* reported using the facilities often.

Students were asked which of the recreational facilities they had used outside of a class setting.

### Specific Recreational Facilities Used

- 46% participated in IM sports
- 86% used a facility such as Rec Hall, Natatorium, squash court
- 75% used weight room or conditioning equipment
- 9% joined a campus fitness group
- 21% joined a club sport (outing club, karate, cycling etc.)
- 13% participated in a sports event associated with Late Night Penn State

More of those who were in social fraternities or sororities reported using a weight room or conditioning equipment.\* More minority students said they had participated in a sports event associated with the Late Night program.\*

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Student Affairs

Those respondents who reported using recreational facilities on campus were asked how satisfied they were with specific facilities.

**Satisfaction With Recreational Facilities**

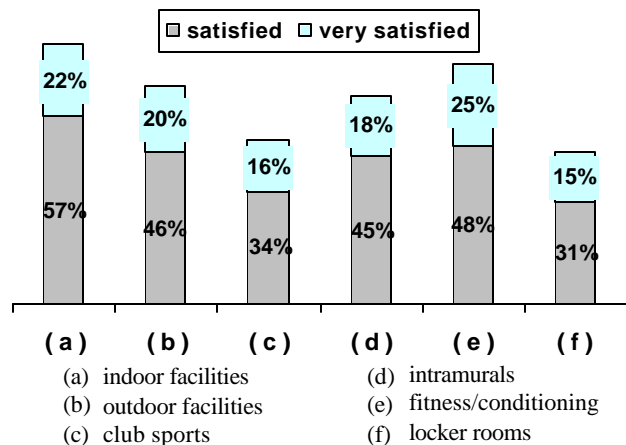


Figure 4. Students were generally satisfied with recreational sports facilities and programs

Three-fourths (75%) were satisfied with the overall variety of programs and services.

**Satisfaction with Variety of Programs and Services**

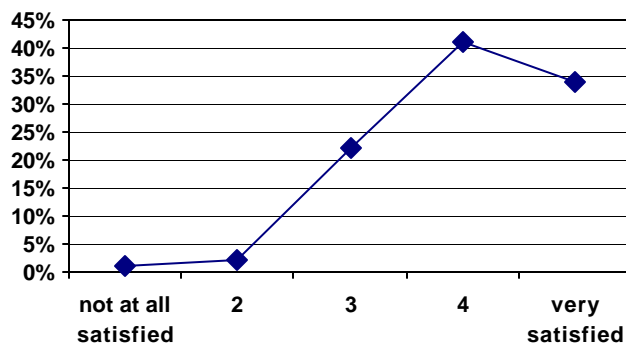


Figure 5. Three-fourths were satisfied with the variety of programs and services

Individual students suggested the addition of new or expanded programs, services, and equipment.

- more equipment in White Building
- more and different hours
- more fields, gyms, weight rooms
- better advertising of what's offered
- IM Soccer (Fall), Field Hockey, Softball, Basketball, Roller Hockey, Tackle Football, Lacrosse
- sauna in Natatorium
- better targeting for off-campus students
- heavy punchbags for Kickboxing
- brighter lights at Roller Hockey rinks

Students were asked their perception of how the recreational sports program contributed to the quality of their experiences.

	did not contribute	undefined	did contribute
overall quality of student life	8%	32%	60%
personal satisfaction	13%	28%	58%
managing personal stress	15%	29%	56%
meeting others who share interests	14%	24%	62%
sense of accomplishment	13%	36%	52%
growth of self-confidence	14%	37%	49%
time management skills	26%	32%	42%
developing sportsmanship	17%	25%	58%
having fun	2%	11%	87%
developing leadership skills	22%	34%	44%
developing healthy life habits/skills	8%	25%	68%
meeting others from different ethnic backgrounds	24%	32%	44%

More First Year students said that participating in recreational sports helped them develop leadership skills\* and contributed to their meeting others from different ethnic/racial backgrounds.\*

Women were more likely than men to say that participating in recreational sports increased their sense of accomplishment,\* personal self-confidence,\* time management skills,\* and development of healthy life habits and skills.\*

Students associated with social fraternities/sororities were less likely to feel participating in recreational sports contributed to the quality of life on campus.\*

\*Statistically significant at the .05 level.

Major obstacles identified as contributing to students' decision not to participate in recreational sports included having to wait too long, friends didn't participate, scheduled hours of operation, facilities too crowded, and lack of interest.

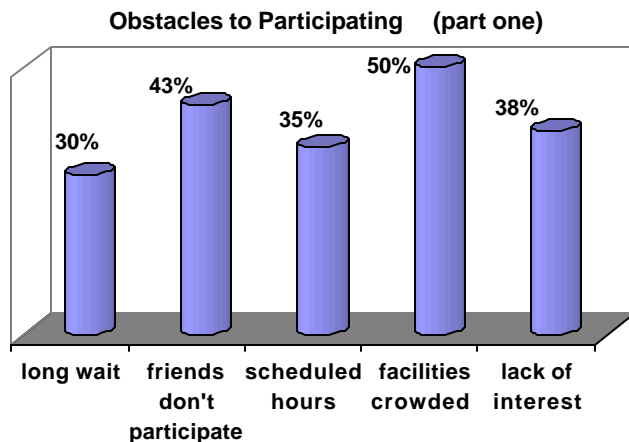


Figure 6. Students said that crowded facilities, long wait time, friends not participating, scheduled hours, and lack of interest were obstacles to students' participation

Other obstacles included lack of necessary skills, costs involved, preference for private workouts, and location of facilities.

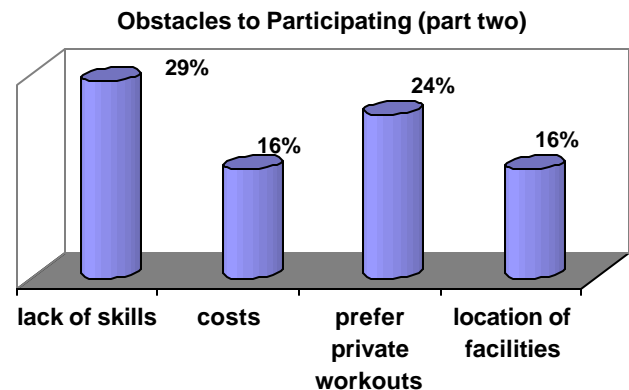


Figure 7. Other obstacles cited included lack of skills, costs involved, preference for private workouts, and location of facilities.

More of the women than of the men cited costs \* and preference for private workouts as obstacles.

More of the minority students than of the non-minority students cited costs \* and friends not participating \* as obstacles.

Busy facilities and hours of operation were reported by respondents as problems when they tried to use recreational facilities on campus.

**Problems Encountered by Survey Group**

64%	facilities too crowded
38%	hours of operation
17%	lack of desired equipment
12%	facilities being used by non-University groups
9%	physical access

Students felt that email or listservs were the most effective means of making them aware of recreational sports opportunities.

**Increase Awareness of Recreational Sports**

69%	email or listservs
52%	displays in the HUB Robeson Center
52%	Collegian ads
46%	flyers or posters
32%	Web page descriptions
30%	online calendar notices
27%	campus radio announcements

Half of the respondents thought it was important or very important to have the same hours of operation across all recreational facilities (51%) and that recreational facilities should be limited to those with student ID cards (49%.)

**Changes for Recreational Sports Operations**

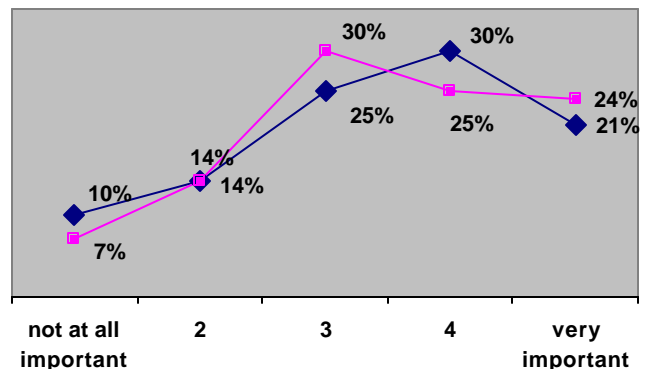
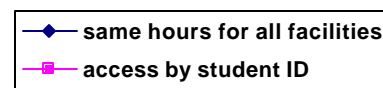


Figure 8. Half of the respondents thought it was important to have similar hours for all recreational facilities as well as restricting access to facilities to those with student ID cards

More of the men (54%) than of the women (44%) thought it was important to limit access to recreational facilities to those with student ID cards.\*

**Restrict Facilities to Student ID Cards**

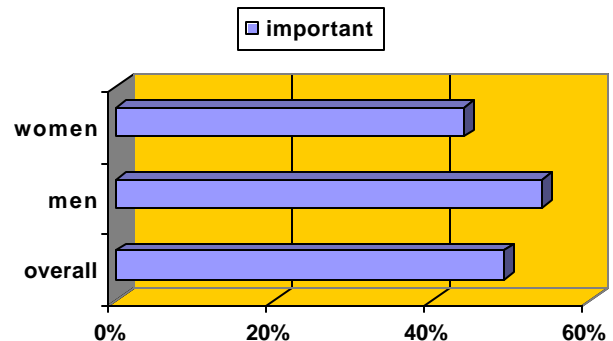


Figure 9. Men were more likely than women to say recreational facilities should be restricted to those with student ID cards

\*Statistically significant at the .05 level.