Student Recreation and Wellness Center
NASPA Consortium Survey, Spring 2010
Key Findings
Prepared by Sunny Gittens, Director for Campus Life Assessment

INTRODUCTION

PURPOSE: The NASPA Consortium Campus Recreation Survey was developed through a partnership between Student Voice, NASPA, and NIRSA. UNLV was able to customize the instrument and add additional questions. The instrument is designed to assess the use, satisfaction, and student learning outcomes associated with the SRWC and Campus Recreation programs. National benchmark data will be available.

RESPONSE RATE: The survey was distributed electronically to 3,500 randomly selected undergraduate, graduate, and professional UNLV students. Additionally, the survey was sent to all SRWC community members with an email address on file, posted on UNLV Today for faculty/staff, posted on Rave for all students, and posted on Facebook. The first 1000 people to complete the survey received a coupon for a free Tall Starbucks or 16oz PowerBlendz Smoothie.

Of the 3,500 mass emails distributed to students, there was a 13.7% response rate (481). Overall, there were 1152 students so 58% of the students responded to marketing other than direct email (Rave, Facebook, OrgSync, onsite laptops). The demographics of student respondents are consistent with the university profile, though there were a higher percentage of freshman, full-time, and female respondents.

There were also 157 staff, 38 faculty, 5 alumni, and 22 community member respondents.

STUDENT RESPONDENT DEMOGRAPHICS

<table>
<thead>
<tr>
<th>Enrollment</th>
<th>Frequency</th>
<th>Percentage</th>
<th>UNLV Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshman</td>
<td>151</td>
<td>14.9%</td>
<td>19.2%</td>
</tr>
<tr>
<td>Sophomore</td>
<td>170</td>
<td>16.7%</td>
<td>13.9%</td>
</tr>
<tr>
<td>Junior</td>
<td>225</td>
<td>22.2%</td>
<td>15.5%</td>
</tr>
<tr>
<td>Senior</td>
<td>240</td>
<td>23.6%</td>
<td>25.7%</td>
</tr>
<tr>
<td>Graduate</td>
<td>194</td>
<td>19.1%</td>
<td>19.1%</td>
</tr>
<tr>
<td>Professional</td>
<td>32</td>
<td>3.2%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Non-degree</td>
<td>2</td>
<td>0.2%</td>
<td>3.6%</td>
</tr>
</tbody>
</table>
### Status
<table>
<thead>
<tr>
<th>Status</th>
<th>Frequency</th>
<th>Percentage</th>
<th>UNLV Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part-time</td>
<td>124</td>
<td>12.3%</td>
<td>33.9%</td>
</tr>
<tr>
<td>Full-time</td>
<td>884</td>
<td>87.7%</td>
<td>66.1.2%</td>
</tr>
</tbody>
</table>

### Sex
<table>
<thead>
<tr>
<th>Sex</th>
<th>Frequency</th>
<th>Percentage</th>
<th>UNLV Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>437</td>
<td>35.8%</td>
<td>44.4%</td>
</tr>
<tr>
<td>Female</td>
<td>769</td>
<td>63.0%</td>
<td>55.6%</td>
</tr>
<tr>
<td>Transgender</td>
<td>3</td>
<td>0.3%</td>
<td></td>
</tr>
</tbody>
</table>

### Undergraduate Race/Ethnicity
<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Frequency</th>
<th>Percentage</th>
<th>UNLV Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Native</td>
<td>3</td>
<td>0.4%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Asian / Pacific</td>
<td>181</td>
<td>23.1%</td>
<td>18.3%</td>
</tr>
<tr>
<td>Black</td>
<td>55</td>
<td>7.0%</td>
<td>8.3%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>108</td>
<td>13.8%</td>
<td>16.7%</td>
</tr>
<tr>
<td>White</td>
<td>352</td>
<td>45%</td>
<td>46.4%</td>
</tr>
<tr>
<td>Two or more</td>
<td>46</td>
<td>5.9%</td>
<td>3.8%</td>
</tr>
<tr>
<td>Nonresident alien</td>
<td>37</td>
<td>4.7%</td>
<td>3.1%</td>
</tr>
<tr>
<td>Unknown</td>
<td>37</td>
<td>4.7%</td>
<td>2.5%</td>
</tr>
</tbody>
</table>

## FINDINGS

NOTE: Scores listed in green font were statistically better than national peers; p <.05. Scores listed in red font were statistically below national peers; p <.05.

### Use
Percentage of respondents using each:

**STUDENTS** | **FACULTY/STAFF/COMMUNITY**
--- | ---
79% |SRWC (facility, programs, services)| 64%
86% |Cardio vascular| 77%
75% |Weight training / free weights | 64%
51% |Group Fitness| 47%
53% |Open recreation| 27%
42% |Aquatics /pool| 49%
44% |Racquet sports| 20%
38% |Wellness Programs| 31%
34% |Intramurals| 8%
29% |Outdoor adventures| 14%
27% |Fitness assessment| 21%
25% |Personal training| 18%
• 22% Club Sports

**Time of Day during the week (Mon-Fri):**

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>STUDENTS</th>
<th>FACULTY/STAFF/COMMUNITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early evening (5-8pm)</td>
<td>30%</td>
<td>30%</td>
</tr>
<tr>
<td>Afternoon (2–5pm)</td>
<td>20%</td>
<td>9%</td>
</tr>
<tr>
<td>Late evening (after 8pm)</td>
<td>16%</td>
<td>8%</td>
</tr>
<tr>
<td>Mid-day (11am – 2pm)</td>
<td>13%</td>
<td>33%</td>
</tr>
<tr>
<td>Morning (8 – 11am)</td>
<td>11%</td>
<td>3%</td>
</tr>
<tr>
<td>Early morning (before 8am)</td>
<td>7%</td>
<td>15%</td>
</tr>
<tr>
<td>Never</td>
<td>3%</td>
<td>4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time of Day during the weekend (Sat–Sun):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-day (11am – 2pm)</td>
</tr>
<tr>
<td>Never</td>
</tr>
<tr>
<td>Afternoon (2-5pm)</td>
</tr>
<tr>
<td>Morning (8 – 11am)</td>
</tr>
<tr>
<td>Early evening (5-8pm)</td>
</tr>
<tr>
<td>Late evening (after 8pm)</td>
</tr>
<tr>
<td>Early morning (before 8am)</td>
</tr>
</tbody>
</table>

**Average time per a visit:**

<table>
<thead>
<tr>
<th>Average time per a visit</th>
<th>STUDENTS</th>
<th>FACULTY/STAFF/COMMUNITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 to 89 minutes</td>
<td>39%</td>
<td>37%</td>
</tr>
<tr>
<td>30 to 59 minutes</td>
<td>38%</td>
<td>41%</td>
</tr>
<tr>
<td>more than 90 minutes</td>
<td>15%</td>
<td>9%</td>
</tr>
<tr>
<td>less than 30 minutes</td>
<td>9%</td>
<td>12%</td>
</tr>
</tbody>
</table>

**Factors impede your use:**

<table>
<thead>
<tr>
<th>Factors impede your use</th>
<th>STUDENTS</th>
<th>FACULTY/STAFF/COMMUNITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>No time</td>
<td>24%</td>
<td>17%</td>
</tr>
<tr>
<td>Not aware of offerings</td>
<td>14%</td>
<td>6%</td>
</tr>
<tr>
<td>Programs not offered at convenient times</td>
<td>10%</td>
<td>12%</td>
</tr>
<tr>
<td>I use facilities off campus</td>
<td>7%</td>
<td>10%</td>
</tr>
<tr>
<td>Parking was a problem</td>
<td>8%</td>
<td>6%</td>
</tr>
<tr>
<td>Facilities too crowded</td>
<td>6%</td>
<td>3%</td>
</tr>
<tr>
<td>Do not know how to use the equipment</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Do not like to exercise</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>Lack of privacy</td>
<td>5%</td>
<td>3%</td>
</tr>
</tbody>
</table>
• 5% Hours are not convenient 4%
• 3% Injury or disability 4%
• 3% Price not affordable 18%
• 2% Childcare not available 6%
• 2% Facilities too spread across campus 1%
• 1% Facilities do not have the right equipment 6%

Other recreational facilities do you currently use:

<table>
<thead>
<tr>
<th>STUDENTS</th>
<th>FACULTY/STAFF/COMMUNITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>27% Outdoor</td>
<td>30%</td>
</tr>
<tr>
<td>19% Home equipment</td>
<td>21%</td>
</tr>
<tr>
<td>15% Community parks and recreation</td>
<td>17%</td>
</tr>
<tr>
<td>14% Local health club</td>
<td>14%</td>
</tr>
<tr>
<td>14% I do not currently use another facility</td>
<td>8%</td>
</tr>
<tr>
<td>11% Facilities at your place of residence</td>
<td>19%</td>
</tr>
</tbody>
</table>

Student demographic impact on use:
The following categories of students are more inclined to use SRWC (in order of significance):

<table>
<thead>
<tr>
<th>COMPARED TO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intercollegiate athletes</td>
</tr>
<tr>
<td>Reside on campus</td>
</tr>
<tr>
<td>Members of student organizations</td>
</tr>
<tr>
<td>Enrolled full time</td>
</tr>
<tr>
<td>Male</td>
</tr>
<tr>
<td>Work less than 30 hours a week</td>
</tr>
</tbody>
</table>

Note: All of the above are significant at the .000 level. Class standing and race/ethnicity did not have a significant correlation with use of SRWC.

Importance (impact of SRWC)
Percentage answering moderately or very important to the following: Mean score is on a 4 point scale.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>35% SRWC - Deciding to attend UNLV</td>
<td>2.09</td>
</tr>
<tr>
<td>65% SRWC - Deciding to continue</td>
<td>2.78</td>
</tr>
<tr>
<td>51% Intramurals – Deciding to continue</td>
<td>2.50</td>
</tr>
<tr>
<td>58% Recreation/fitness – Prior to attending UNLV</td>
<td>2.71</td>
</tr>
<tr>
<td>75% Recreation/fitness – After leave UNLV</td>
<td>3.09</td>
</tr>
<tr>
<td>75% Healthy lifestyle – Prior to attending UNLV</td>
<td>3.12</td>
</tr>
<tr>
<td>93% Healthy lifestyle – After leave UNLV</td>
<td>3.55</td>
</tr>
</tbody>
</table>
• The correlation between student use of the SRWC and whether they would attend UNV if they could start over again is significant at the .012 level. 73% of students that use the SRWC would attend UNLV again compared to 68% of the students that do not use the SRWC.

Satisfaction
Percentage reporting somewhat or very satisfied or reporting somewhat or strongly agree (5 point scale, filtered out ‘no basis to judge’ responses):

• 90% Recommend SRWC programs and services to others 4.55

SRWC Location, space, equipment
• 89% Number of cardio machines 4.47
• 85% Number of weight machines 4.32
• 83% Location of SRWC 4.29
• 82% Number of free weights 4.26
• 82% Fitness equipment is available when I want it 4.22
• 80% Amount of indoor recreation space 4.23
• 72% Availability of facilities for open recreation 4.02
• 70% Adequate stretching areas 3.91
• 65% Amount of outdoor recreation space 3.87

Hours
• 88% SRWC Hours of operation Mon-Fri 4.44
• 78% SRWC Hours of operation Sat-Sun 4.14
• 75% Pool hours of operation 4.12

Staff
• 83% Recreation staff are friendly 4.19
• 81% Fitness class instructors 4.22
• 76% Lifeguards / aquatics staff 4.20
• 75% Recreation staff are knowledgeable 4.07
• 79% Recreation staff are available to answer questions 4.17

Cleanliness
• 94% Recreation facilities are clean 4.53
• 93% Rec facilities provide a safe environment 4.56
• 92% Rec facilities maintained to encourage participation 4.51
• 92% Fitness equipment is clean 4.49
• 93% Fitness equipment is well-maintained 4.52
• 81% Cleanliness of the pool 4.29
81%  Cleanliness of locker rooms 4.21

Aquatics
72%  Availability of pool for lap and free swim 4.10
60%  Aquatics classes 3.86

Group Fitness
77%  Number of group fitness classes 4.00
76%  Variety of fitness classes 4.03
59%  Days and times of fitness classes 3.54

Intramural sports
80%  Number of team intramural sports 4.24
76%  Number of individual intramural sports 4.17
75%  Variety of team intramural sports 4.16
72%  Variety of individual intramural sports 4.12
64%  Participation costs for intramural sports
60%  Location of outdoor fields
52%  Quality (condition) of outdoor fields

Club Sports
77%  Number of Club Sports offered 4.16
77%  Variety of club sports offered 4.18
70%  Registration process for club sports

Wellness / Fitness
90%  Wellness facilities 4.50
83%  Fitness assessments 4.33
83%  Health services
80%  Personal training 4.36
80%  Relaxation room
72%  Dietician services

Outdoor trips
77%  Destination of trips offered
76%  Variety of outdoor tips offered
70%  Number of outdoor trip offered
70%  Costs of trips offered
70%  Costs of rental equipment
Outcomes
Percent answering somewhat or strongly agree related to SRWC programs. Mean score is 5 point scale:

- 90% Would recommend to others 4.55
- 85% Offers something for everyone 4.35
- 82% Enjoy using SRWC activities/facility 4.40
- 81% Recreational needs met 4.46
- 80% Contribute to quality of life 4.25
- 67% Expanded interest in staying fit and healthy 4.03
- 56% Provided with skills will use after college 3.84

Wellness/fitness Outcomes
Percent indicating participation in SRWC activities somewhat or definitely enhances. Mean score 3 point scale:

- 92% Overall health 2.44
- 91% Feeling of well-being 2.42
- 91% Fitness level 2.39
- 90% Physical strength 2.38
- 87% Athletic ability 2.31
- 85% Stress management 2.28
- 85% Weight control 2.26
- 83% Balance coordination 2.21
- 73% Ability to get a good night sleep 2.06

Learning Outcomes

- 87% Personal motivation
- 83% Self-confidence 2.20
- 77% Concentration 2.10
- 74% Time management 2.05
- 70% Respect for others 2.00
- 69% Multi-task management skills 1.99
- 69% Academic performance 1.95
- 68% Sense of belonging 1.97
- 68% Sense of adventure 1.97
- 65% Ability to develop friendships 1.94
- 60% Multicultural awareness 1.85
- 59% Communication skills 1.81
- 59% Group cooperation skills 1.80
- 56% Problem solving 1.75
- 52% Leadership skills 1.72
Marketing / Promotion

- 55%  Recreational activities and services are effectively promoted  3.41
- 92%  Able to find information you were looking for on the web
- How do you learn about what is happening in SRWC?
  - 26%  Web
  - 26%  Word of mouth
  - 23%  Flyers
  - 5%  Brochures
  - 5%  Social networking
  - Other:  16 email, 8 walk-in, 3 orientation, 3 work in SRWC
- How often visit the web page
  - 20%  weekly
  - 15%  monthly
  - 30%  1-2 semester
  - 35%  never
- What do you use the web page for
  - 35%  Hours of operation
  - 28%  Info on activities / programs
  - 24%  Schedule of events
- What looking for on the web that could not find:
  - 6  Intramurals (page is hard to find)
  - 6  Class schedule (updated)
  - 5  Hours of operation / hours during breaks (updated)
  - 3  Availability of courts (updated – closures should be posted)
  - 2  Swimming hours, classes
  - 2  Special events
  - Other:  Summer golf, pages not organized well, web not always updated (or hard to tell when it was updated)

OVERALL UNLV EXPERIENCE

- 72%  If could start over, would attend UNLV again  3.97
- 89%  Plan to enroll at UNLV next semester  3.80
CONDENSED QUALITATIVE FEEDBACK

In what other ways has your participation in Student Recreation and Wellness activities enhanced your experience at UNLV?  

*NOTE: Numbers are approximate but do provide context for how often a response posted.*

- 66 Sense of community / place to meet friends / involvement outside of class
- 61 Motivate to stay healthy / reduce stress / weight management
- 27 Love SRWC / better than other LV gyms / better than other university gyms
- 14 Friendly / caring staff
- 11 Health center and counseling services
- 4 Employment
- 3 Accommodates disability

Changes could be made to increase the likelihood of utilizing SRWC or additional offerings requested:

*NOTE: Numbers are approximate but do provide context for how often a response posted.*

- 66 None – great as it is
- 45 More hours
  - 29 24 hours or just said longer hours
  - 12 earlier hours (especially on weekends)
  - 4 earlier pool hours
  - 4 better hours during breaks / summer
- 40 More advertising / information
  - 3 More info on web, more updated web
- 32 Cheaper memberships
  - 3 Guest passes
  - 3 Per month, or per class options
  - 3 Cheaper day passes
- 26 More group classes
  - 8 Yoga
  - 3 Martial arts
  - 2 Body Pump
- 11 More lockers
- 10 More cardio machines
- 10 Sauna / steam room
- 9 More multi-purpose courts / times (basketball, volleyball)
- 7 Climbing Wall
- 7 More trainers / free training
- 7 Parking
- 7 Beginner orientation / classes (gym intimidating)
  - 2 Activities geared towards 35 and older crowd
- 7 Cleaner (and suggestions to encourage patrons to clean after selves)
- 2 cleaner locker rooms
- 6 Flexible Rebelcard policy – allow in with L# and ID if forget RebelCard
- 5 More racquetball courts
- 4 Bad mitten courts
- 4 Better (longer) track
- 4 Longer Balance Café hours
- 4 More staff to assist
- 4 Nicer / friendlier staff
- 3 More pool lanes
- 3 Cheaper Food
- 3 Drop in child care
- 3 Better / more variety of music
- 3 Music is too loud
- 2 Ability to bring children
- 2 Women’s gym
- 2 If not use, should not have to pay
- 2 Shuttle service (from Union and North side)
- Other suggestions: batting cages, hockey nets, have newspapers available, time limits on open basketball, nutrition store, Online feature tells you how many people are in SRWC at any given moment

NATIONAL BENCHMARKS
There were 53 institutions participating in the Recreation NASPA Consortium in Spring 2010; 11 of those were large, 4 year, non-residential institutions.
- Out of 11 large, 4 year, non-residential institutions UNLV ranked #1 on 19 and ranked in the top 4 on 43 out of 48 questions.
- Satisfaction ratings exceed national peers in 35 out of 39 questions (statistically significant at the .05 level); the other 4 questions UNLV was even with national peers.
- Exceeded national peers in 20 out of 30 learning outcome questions (statistically significant at the .05 level); the other 10 questions UNLV was even with national peers.
- The only two questions in which UNLV scored statistically below national peers were not directly rated to the SRWC:
  - Importance of recreation/fitness prior to attending UNLV
  - If you had it do over again, would you attend UNLV

New Recreation Center Comparisons
There were 4 universities in addition to UNLV that have opened a new recreation center within the past 7 years.
- Out of 5 new recreation centers, UNLV ranked #1 on 9 and #2 on 6 out of 48 outcome questions. UNLV received top ranking on 30% of outcome questions.
• Out of 5 new recreation centers, UNLV ranked #1 on 11 and #2 on 14 out of 39 satisfaction questions. UNLV received top ranking on 65% of satisfaction questions.

ACTION ITEMS
Campus Recreation Services will focus on reducing the number of students reporting they did not know about recreation programs and services by enhancing marketing efforts on campus. Campus Recreation Services will collaborate with Student Wellness in enhancing outreach programs.