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# Campus Recreation and Wellbeing Survey

Survey was open April 24 - May 8 | Emailed to all current UWEC Students | 1035 Students Completed the Survey

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## STRENGTHS

- Participation in Campus Recreation increased/improved
  - **Understanding and respect for others** 65%, 83% for Recreation participants **+18%** ↑ for Recreation participants
  - **Feeling of wellbeing** 74%, 94% for Recreation participants **+21%** ↑ for Recreation participants
  - **Connection to campus** 70%, 90% for Recreation participants **+20%** ↑ for Recreation participants
  - **Self-confidence** 69%, 89% for Recreation participants **+20%** ↑ for Recreation participants
  - **Communication skills** 62%, 80% for Recreation participants **+18%** ↑ for Recreation participants
  - **Sense of Adventure** 65%, 84% for Recreation participants **+19%** ↑ for Recreation participants
- 56% say their involvement with Recreation facilities, programs, or services gives them a sense of belonging at UWEC, 74% of Recreation participants, **+18%** ↑ for Recreation participants
- If starting over again 80% would choose UWEC, 82% of Recreation participants
- 90% Report GPA of 3.0 or higher, 91% for Recreation participants
- 32% have a fitness membership on campus
- 35% attend Group Exercise Classes
- 36% participate in intramurals
- 45% use Environmental Adventure Center programs, 17% at the Bouldering Wall
- We are achieving our Student Participant Learning Outcomes, Recreation participants:

### Learning Outcome: CONNECTION

Students who participate in Recreation programs experience connection with university staff, fellow students, and the UWEC Campus.

- **73% Agree:** My experience with Recreation helps me feel like I belong at UW-Eau Claire.
- **81% Agree:** My experience with Recreation helps me feel more connected to my peers.

### Learning Outcome: INCLUSION

Students who participate in Recreation programs will feel welcomed, supported, and safe.

- **56% Agree:** My experience with Recreation helps me have a greater appreciation for equity, diversity and inclusiveness.
- **85% Agree:** I feel welcome and safe when participating in Recreation programs or using facilities.

### Learning Outcome: WELLBEING

Students who participate in Recreation programs will experience the positive impact of health and wellness in their lives.

- **89% Agree:** Recreation helps me cope with stress.
- **90% Agree:** My experience with Recreation makes me feel good about my health.
- **87% Agree:** I feel great when participating in Recreation programs and/or using facilities.
- **85% Agree:** The opportunities provided by Recreation help me create balance in my life.
- **62% Agree:** My experience with Recreation programs improves my academic performance.

## WEAKNESS

- Factors that impede use of Campus Recreation
  - No time 17% (420 students)
  - Parking 12% (301 students)
  - Not aware of offerings 10% (252 students)
  - Facilities too crowded 9% (222 students)

## OPPORTUNITIES

- 10% identified as students of color, 8% of Recreation participants
- 5% identified as international, 6% of Recreation participants
- Better Marketing of the pool, esports lab, EAC trips
- Students say they learn about what is happening by:
  - Posters/Flyers (22%) 458 students
  - Word of Mouth (20%) 412 students
  - College/University Webpage (16%) 338 students
  - Instagram (11%) 250 students
  - Blugold Briefing (11%) 247 students
- If improving/expanding facilities, these would be important:
  - Juice bar or food service (14%) 428 students
  - Mind/Body offerings (9%) 283 students
  - Additional Strength equipment (9%) 277 students
- Intentional programming to increase SOC involvement and transfer students
- Fitness options on lower campus
- Recreational opportunities in the summer
- Grant for accessible fitness options such as a recumbent bike for spin classes

## THREATS

- 86% of students use the recreation webpage 1-2 times/month, 1-2 times/semester, or never
  - 43% of students do not have the Recreation app, 14% use it 1-2 times/semester, 25% never
  - 37% of Recreation participants will utilize Sonnentag, 43% are unsure. 45% will drive there
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## DEMOGRAPHICS

- **69% Utilize Recreation facilities, programs or services**
- 94% Full time
- 74% Female
- 50% On campus, 40% off campus
- 5% International
- 41% Responsible for 76-100% of college expenses
- 10% Identify as students of color, 8% for Recreation participants

## THINGS TO NOTE

- Students participate most in Weight Training (33%), Cardio Training (27%) Intramurals (23%) Club Sports (13%)
- When asked “How important was maintaining a healthy lifestyle to you PRIOR to enrolling at this college?”
  - 60% of ALL said Extremely or Very Important
  - 80% of participants said Extremely or Very Important

## SURVEY UPDATES

- Add skip logic instead of “do not participate/have a membership”
- Remove email to UWECBC students in Barron?
- Add Genderfluid as a Gender option
- Update “Do you have a fitness membership on campus” with: I have a fitness membership off campus
- How important was maintaining a healthy lifestyle to you PRIOR to enrolling at this college? Remove extra space
- Please indicate your level of satisfaction with the following: Update last option of “I do not have a fitness membership”
- Add a question to see if students expect to graduate in 4-years

## FEEDBACK FROM STUDENTS

- I go to archery almost every day and would love an option to be able to shoot outside as it increases the distance you can shoot from and the indoor range is limited in the aspect, i would also love an option to compete in this aspect if possible as a club and know several others that support these notions as well!
- You let transfer students fall through the cracks. I was never told about any of this. And if you dont live on dorms, having to pay for parking on upper campus makes these services not usable or worth it. Its not free anymore.
- Not enough equipment for people with varying abilities/disabilities. McPhee is not very accessible, hoping the new building will be better
- At McPhee in the mornings sports teams overtake literally everything so there's no access to machines or weights and I also don't feel comfortable when the boys' teams are in there. I wish the workout center opened at 5am during the week and at least 7am on the weekends, 9am is too late.
- I used to workout at Crest when I lived on campus and it was very clean and usually well maintained. I remember my main issue with it was the hours of operations on the weekends though
- I wish Crest Fitness Center was open earlier on the weekends (7 or 8am). Other than that, I love going to Crest and the free fitness classes!
- Canoe trip was fun, wish there were more canoeing and backpacking trips as there are mostly bouldering and climbing trips
- Make gym memberships part of Seg fees. UWEC is the ONLY uw campus that makes students pay out of pocket.
- I believe that there should be more options for activities such as zumba and yoga, some off campus student would like to use this but there is nowhere to **park**.
- I loved the free fitness classes when I lived on campus, but I don't use them anymore bc I don't want to deal with **parking**
- More information (available in more places) on how to use equipment and more welcoming/helpful staff to answer any questions. Adding a program or specialist that can help an individual work through personal anxieties / reservations / self-esteem issues about athletics in general (especially as beginners, people with disabilities and body image issues, and or fat individuals who feel like the environment & equipment does not welcome them because of their body type).
- Main barrier for using on-campus facilities as an off-campus student is **parking**. **parking** is incredibly inconvenient and never a for sure
- My freshman year I had a membership at Crest but discontinued it after moving off campus due to **parking** and hours of operation as I needed a gym with 24 hour access due to my class and jobs. I currently still go to campus for cycling and yoga when I have time and wish I could try other classes but they don't work with my schedule.
- **Parking** would be beneficial to further my utilization
- Free **parking** for those who don't have a parking pass but want to use the upper campus tennis courts. They are there for people do use, but for those who don't want to pay for parking, you can't really use them.
- I would also love to see a juice bar or smoothie bar on campus near a recreation center
- **Parking**!!!! Also, I wish sports had a separate weight room to train in. It is frustrating when a team comes in for practice because they use every squat rack in the entire building.
- **Parking** situation needs to be addressed and improved significantly at McPhee and Zorn. Athletes should have an area to park on campus for free while they are in season.
- The **parking** situation is so bad that it is often the main/number one reason that I don't utilize these resources more often.
- I really like the group exercise classes and appreciate the no cost. It just isn't convenient to get to them anymore since I live 20 minutes from lower campus and have to drive. My roommate and I tried to go a few times, and it just wasn't the same for us.
- I strongly believe we need updated facilities for both the McPhee gym and the indoor track. As a track and cross country athlete, I have heard so much talk from others about how they wish our facilities were nicer and more updated. Nice facilities are such a draw to come to the university, and many people are sad that there will be no new indoor track at the Sonnentag center
- Bring back the Topics in Leadership class that offers the ropes course.
- If there was any way for no sports team to ever have to hold practices past 10pm, that would be an incredible improvement that many would appreciate

## IMPACT RECREATION HAS MADE

- As a freshman in 2020, the cycling classes gave me an exercise outlet and a place to exercise. I remember by the end of the semester the instructor talked about recognizing us and seeing our improvement. That generalized statement made me feel seen and recognized at a really hard time in my life.
- I came into UWEC with already knowing a group of people who had an intramural softball team who asked me to join. This made me feel like I was getting involved right off the bat. It has impacted me by prioritizing an active lifestyle while also connecting with others.
- I feel like participating in intramural sports has helped me belong here at UWEC. Being able to get a group of friends together to play intramural sports really sealed our friendship. It helped me to gain confidence and show them what I love. It also helped me to stay active on campus and maintain a healthy lifestyle. I have enjoyed all of the opportunities on campus through the Rec department and those are some of my best memories at UWEC.
- It has given me a group of friends that make school easier and far more fun. It is also an outlet for pent up energy so that I can sleep and overall function better.
- It gave me an outlet to meet new people, engage with campus services, and feel a general sense of belonging. It also really helped me build a routine for my semester here.
- Participation in recreation has had a positive impact on my experience. It has helped me develop a school life balance and feel more established in the community.
- When I visited Eau Claire to tour campus, I saw the bouldering wall and was immediately interested in coming to Eau Claire and getting involved in the climbing community on campus here. I have participated in many intramural and club sport activities and built so many amazing relationships through these activities.
- Climbing has calmed my stress and made me feel involved
- Has given me a sense of belonging and helped me make friends during Fall 2020 (covid)
- Helped me build confidence and make friends! Gave me a sense of purpose some days.
- helped me to maintain a healthy lifestyle and balance school life as well as destress and keep a good routine.
- I am able to continue living an active and healthy lifestyle. Additionally, I can destress by working out and participating in these activities.
- I feel more connected socially to my peers at UW-Eau Claire
- I have been able to work on myself to improve my physical and mental well-being
- I have felt at home
- I have gotten more interested in exercising and wanting to stay healthy
- I have had only positive experiences with recreation, and it has definitely improved my overall experience at UWEC.
- I have loved my time in recreation! I have gone to McPhee gym all four years. And now I am a group exercise instructor AND I LOVE IT.
- I have made many great relationships out of participating in the programs and it has made me feel a sense of belonging
- I have met many great people through my involvement with UWEC Recreation. These people have become friends or acquaintances that I would not have known if it wasn't for Rec.
- I joined a club sport and it has been an awesome experience. I gained my closest friends from it and the team just feels like a community.
- I met some of my best friends through recreation!
- I participated in club volleyball. I met many of my friends here, although as I progressed through college recreation became more of a time-consumer than a passion. Recreation has certainly blessed me with much.
- I think recreation has given me more opportunities to make friends with similar interests as me, while also getting me out of my room or just out of the house and moving when I don't feel like being active alone.
- I think the group ex classes just help me feel like working out is more achievable as a college student and it gives me a sort of 'bonding' activity to do with my friends.
- If Eau Claire did not have many means of activity, I would be spending a lot of time inside, which honestly makes me go crazy. So it makes me very happy that UWEC gives me many opportunities to get out of my room to do something fun.
- Improved my experience and made me feel like I belong
- It has allowed me to feel more confident in myself and grow
- It has helped me with feeling connected to others at the university, and made me feel more a part of everything

- It has made a very positive impact on my experience. It is my favorite activity on campus.
- It has made me feel more confident in exploring my own abilities and interests, allowed me to connect to new communities and sports that I hope to continue with after I graduate.
- it has mainly helped my mental health, so it makes it easier to do better in academics.
- It has strengthened my feeling of connectedness on campus!
- It helped me find my group of friends at the beginning of the year
- It's been an effective way to develop friendship and meet new people. It's also been a great outlet to exercise my mental, physical, and emotional healthy as a physical, social, and stress-relieving activity.
- Mental health and something to do with friends that gets you up and doing something
- The Club team I am on is super nice and inclusive. It makes me feel welcome and a part of something.
- The programs here have just made my life better completely, everything honestly.
- They have helped me feel a sense of community at UW- Eau Claire

## QUOTABLE QUOTES

- Getting involved freshmen year with intramural sports created a great opportunity to make new friends or become closer with the friends you already have. It is fun and gives students something to do while also giving them the benefit of staying active.
- I appreciate the variety and accessibility of recreational activities here on campus.
- I LOVE group exercise classes, and I attribute that to the amazing instructors, especially Abby for cycling and Ruby for zumba. They really make me feel empowered and strong in the classes and I really feel like the classes are helping me improve my health and wellbeing.
- I thoroughly enjoyed my experiences with Group Exercise; no matter how small or large the attendance was for a class, the instructors were always engaged and ready to adapt to circumstances. Classes were consistently challenging and fun.
- The EAC adventure trip I participated in was one of the best and most formative experiences of my semester. The staff at the EAC desk are also consistently friendly and helpful, and the leaders on my trip were phenomenal, competent and personable.
- The intramural program is run very smoothly and allows for participants to have fun.
- I really enjoy participating in recreational activities. Things like recreation is what makes college fun and memorable.

## MARKETING

- EAC Trips
- McPhee Pool
- Specific list of disability accommodations provided for fitness class (it just says call to ask currently)
- If yoga mats are provided for yoga classes, map on where yoga and cycling classes are
- How to get a locker in McPhee
- Information on where to park for events would be a really helpful addition to the webpage
- It is difficult to find group exercise reservations and where to schedule your spot
- More pictures of the recreational buildings like crest
- Open recreation hours
  - What times the fields/courts are being used for organized recreation activities
  - When rooms are booked for classes or sports. I wish I could see when football would have the weight room booked for practice or something. Would help me plan my workouts better.
  - When the McPhee courts are open for use by students. Like when open gym hours are. Often I will go and there are sports teams practicing or something I feel like I had no way of knowing that and I just wasted 30 minutes getting ready and getting there for nothing.
  - when the turf field was open for open rec
- Make navigating the UWECrec app not have you log in each time, make cancelling a class easier.