

NASPA Recreation Wellness Study
2015 Findings by Group

Question 1: Which best describes you?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
	1938	1580	878	702	358

Question 2: Do you utilize any of the University Recreation facilities, programs or services?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Yes	1629 (84%)	1328 (84%)	789 (90%)	539 (77%)	301 (84%)
No	309 (16%)	252 (16%)	89 (10%)	163 (23%)	57 (16%)

Question 3: Please answer the following questions - When deciding to attend this college, how important were University Recreation facilities in your decision?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very Important	NA	NA	75 (9%)	NA	NA
Moderately Important			219 (27%)		
Slightly Important			273 (33%)		
Not at all Important			249 (31%)		

Question 4: Please answer the following questions - When deciding to attend this college, how important were University Recreation programs (e.g. IM, fitness, club sports) in your decision?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very Important	NA	NA	73 (9%)	NA	NA
Moderately Important			212 (26%)		
Slightly Important			262 (33%)		
Not at all Important			259 (32%)		

Question 5: Please answer the following questions - In deciding to continue at this college, how important are University Recreation facilities?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very Important	NA	NA	130 (16%)	NA	NA
Moderately Important			270 (34%)		
Slightly Important			231 (29%)		
Not at all Important			163 (20%)		

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Question 6: Please answer the following questions - In deciding to continue at this college, how important are University Recreation programs (e.g. IM, fitness, club sports)?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very Important	NA	NA	117 (15%)	NA	NA
Moderately Important			223 (28%)		
Slightly Important			230 (29%)		
Not at all Important			229 (29%)		

Question 7: Please answer the following questions - How important were recreation, sports, and/or fitness activities to you prior to enrolling at this college?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very Important	NA	NA	265 (33%)	NA	NA
Moderately Important			239 (30%)		
Slightly Important			193 (24%)		
Not at all Important			107 (13%)		

Question 8: Please answer the following questions - How important will recreation, sports, and/or fitness activities be to you after you leave this college?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very Important	NA	NA	335 (41%)	NA	NA
Moderately Important			321 (40%)		
Slightly Important			121 (15%)		
Not at all Important			33 (4%)		

Question 9: Please answer the following questions - How important was maintaining a healthy lifestyle to you prior to enrolling at this college?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very Important	NA	NA	324 (40%)	NA	NA
Moderately Important			252 (31%)		
Slightly Important			179 (22%)		
Not at all Important			60 (7%)		

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Question 10: Please answer the following questions - How important will maintaining a healthy lifestyle be to you after you leave this college?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very Important	NA	NA	544 (67%)	NA	NA
Moderately Important			222 (27%)		
Slightly Important			47 (6%)		
Not at all Important			5 (1%)		

Question 11: On average, how many times per week do you participate in on-University Recreation sports, programs, and/or activities?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Never	214 (15%)	169 (14%)	113 (16%)	56 (11%)	45 (16%)
1 time per week	330 (23%)	301 (25%)	143 (21%)	158 (32%)	29 (10%)
2 times per week	284 (19%)	234 (20%)	136 (20%)	98 (20%)	50 (18%)
3 times per week	264 (18%)	193 (16%)	116 (17%)	77 (16%)	71 (25%)
4 times per week	178 (12%)	143 (12%)	83 (12%)	60 (12%)	35 (13%)
5 times per week	120 (8%)	79 (7%)	53 (8%)	26 (5%)	41 (15%)
6 times per week	46 (3%)	41 (3%)	31 (5%)	10 (2%)	5 (2%)
7 times per week	22 (1.5%)	19 (2%)	15 (2%)	4 (1%)	3 (1%)
More than 7 times per week	9 (1%)	8 (1%)	7 (1%)	1 (0%)	1 (0%)

Question 12: On average, how many minutes do you spend utilizing the on-University Recreation facilities or participating in programs or activities?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Less than 30 minutes per visit	87 (6%)	73 (6%)	43 (6%)	30 (6%)	14 (5%)
30 - 59 minutes per visit	506 (34%)	593 (50%)	335 (48%)	258 (53%)	141 (50%)
60 - 89 minutes per visit	506 (34%)	403 (34%)	244 (35%)	159 (32%)	103 (37%)
90 minutes or longer per visit	147 (10%)	125 (11%)	81 (12%)	44 (9%)	22 (8%)

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Question 13: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Intramural Sports

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	6 (0%)	3 (0%)	2 (0%)	1 (0%)	3 (1%)
3 - 4 times per week	22 (2%)	20 (2%)	12 (2%)	8 (2%)	2 (1%)
1 - 2 times per week	147 (11%)	145 (13%)	108 (16%)	37 (8%)	2 (1%)
1 - 2 times per month	96 (7%)	93 (8%)	67 (10%)	26 (6%)	3 (1%)
1 - 2 times per semester/quarter	159 (11%)	153 (13%)	91 (13%)	62 (14%)	6 (2%)
Never	966 (69%)	735 (64%)	416 (60%)	319 (70%)	231 (94%)

Question 14: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Club Sports

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	14 (1%)	13 (1%)	12 (2%)	1 (0%)	1 (0%)
3 - 4 times per week	48 (3%)	47 (4%)	41 (6%)	6 (1%)	1 (0%)
1 - 2 times per week	47 (3%)	45 (4%)	30 (4%)	15 (3%)	2 (1%)
1 - 2 times per month	21 (2%)	20 (2%)	12 (2%)	8 (2%)	1 (0%)
1 - 2 times per semester/quarter	53 (4%)	51 (5%)	30 (4%)	21 (5%)	2 (1%)
Never	1195 (87%)	960 (85%)	567 (82%)	393 (89%)	235 (97%)

Question 15: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Aquatics

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	13 (1%)	8 (1%)	5 (1%)	3 (1%)	5 (2%)
3 - 4 times per week	41 (3%)	28 (2%)	15 (2%)	13 (3%)	13 (5%)
1 - 2 times per week	126 (9%)	92 (8%)	44 (6%)	48 (10%)	34 (14%)
1 - 2 times per month	142 (10%)	120 (10%)	62 (9%)	58 (13%)	22 (9%)
1 - 2 times per semester/quarter	239 (17%)	189 (16%)	116 (17%)	73 (16%)	50 (20%)
Never	840 (60%)	712 (62%)	447 (65%)	265 (58%)	128 (51%)

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Question 16: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Group Fitness

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	24 (2%)	12 (1%)	8 (1%)	4 (1%)	12 (5%)
3 - 4 times per week	101 (7%)	80 (7%)	38 (6%)	42 (9%)	21 (8%)
1 - 2 times per week	222 (16%)	183 (16%)	118 (17%)	65 (15%)	39 (16%)
1 - 2 times per month	175 (13%)	159 (14%)	120 (17%)	39 (9%)	16 (6%)
1 - 2 times per semester/quarter	224 (16%)	193 (17%)	137 (20%)	56 (13%)	31 (12%)
Never	638 (46%)	507 (45%)	265 (39%)	242 (54%)	131 (52%)

Question 17: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Weight Training/Lifting Free Weights

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	100 (7%)	84 (7%)	61 (9%)	23 (5%)	16 (6%)
3 - 4 times per week	259 (18%)	200 (17%)	135 (20%)	65 (14%)	59 (23%)
1 - 2 times per week	312 (22%)	246 (21%)	150 (22%)	96 (21%)	66 (25%)
1 - 2 times per month	176 (12%)	147 (13%)	100 (14%)	47 (10%)	29 (11%)
1 - 2 times per semester/quarter	126 (9%)	105 (9%)	67 (10%)	38 (8%)	21 (8%)
Never	439 (31%)	371 (32%)	179 (26%)	192 (42%)	68 (26%)

Question 18: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Cardiovascular training

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	96 (7%)	71 (6%)	55 (8%)	16 (3%)	25 (10%)
3 - 4 times per week	265 (19%)	201 (18%)	142 (21%)	59 (13%)	64 (25%)
1 - 2 times per week	398 (29%)	326 (29%)	196 (29%)	130 (28%)	72 (28%)
1 - 2 times per month	204 (15%)	177 (15%)	122 (18%)	55 (12%)	27 (11%)
1 - 2 times per semester/quarter	141 (10%)	117 (10%)	60 (9%)	57 (12%)	24 (9%)
Never	293 (21%)	251 (22%)	109 (16%)	142 (31%)	42 (17%)

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Question 19: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Open Recreation

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	11 (1%)	10 (1%)	7 (1%)	3 (1%)	1 (0%)
3 - 4 times per week	48 (3%)	39 (3%)	30 (4%)	9 (2%)	9 (4%)
1 - 2 times per week	144 (10%)	136 (12%)	85 (13%)	51 (11%)	8 (3%)
1 - 2 times per month	135 (10%)	126 (11%)	83 (12%)	43 (10%)	9 (4%)
1 - 2 times per semester/quarter	178 (13%)	165 (15%)	112 (16%)	53 (12%)	13 (5%)
Never	862 (63%)	654 (58%)	363 (53%)	291 (65%)	208 (84%)

Question 20: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Racquet Sports

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	9 (1%)	7 (1%)	4 (1%)	3 (1%)	2 (1%)
3 - 4 times per week	34 (2%)	26 (2%)	14 (2%)	12 (3%)	8 (3%)
1 - 2 times per week	122 (9%)	110 (10%)	42 (6%)	68 (15%)	12 (5%)
1 - 2 times per month	182 (13%)	171 (15%)	105 (15%)	66 (14%)	11 (4%)
1 - 2 times per semester/quarter	220 (16%)	202 (18%)	134 (19%)	68 (15%)	18 (7%)
Never	828 (60%)	633 (55%)	389 (57%)	244 (53%)	195 (79%)

Question 21: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Outdoor Adventures

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	5 (1%)	4 (0%)	3 (0%)	1 (0%)	1 (0%)
3 - 4 times per week	9 (1%)	7 (1%)	4 (1%)	3 (1%)	2 (1%)
1 - 2 times per week	31 (2%)	29 (3%)	14 (2%)	15 (3%)	2 (1%)
1 - 2 times per month	55 (4%)	53 (5%)	41 (6%)	12 (3%)	2 (1%)
1 - 2 times per semester/quarter	174 (13%)	158 (14%)	99 (15%)	59 (13%)	16 (7%)
Never	1098 (80%)	878 (78%)	522 (76%)	356 (80%)	220 (91%)

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Question 22: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Personal training

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	12 (1%)	9 (1%)	5 (1%)	4 (1%)	3 (1%)
3 - 4 times per week	25 (2%)	21 (2%)	13 (2%)	8 (2%)	4 (2%)
1 - 2 times per week	45 (3%)	42 (4%)	24 (3%)	18 (4%)	3 (1%)
1 - 2 times per month	29 (2%)	24 (2%)	15 (2%)	9 (2%)	5 (2%)
1 - 2 times per semester/quarter	51 (4%)	46 (4%)	28 (4%)	18 (4%)	5 (2%)
Never	1218 (88%)	994 (88%)	602 (88%)	392 (87%)	224 (92%)

Question 23: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Fitness Assessments

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
3 - 4 times per week	6 (0%)	5 (0%)	4 (1%)	1 (0%)	1 (0%)
1 - 2 times per week	10 (1%)	10 (1%)	4 (1%)	6 (1%)	0 (0%)
1 - 2 times per month	34 (2%)	33 (3%)	19 (3%)	14 (3%)	1 (0%)
1 - 2 times per semester/quarter	72 (5%)	55 (5%)	39 (6%)	16 (4%)	17 (7%)
Never	1250 (92%)	1023 (91%)	616 (90%)	407 (92%)	227 (93%)

Question 24: How often do you participate in the following on-campus activities, programs, and/or services (does not include Health and Exercise Studies courses?)

Wellness Activities

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times per week	3 (0%)	1 (0%)	0 (0%)	1 (0%)	2 (1%)
3 - 4 times per week	8 (1%)	8 (1%)	4 (1%)	4 (1%)	0 (0%)
1 - 2 times per week	21 (2%)	20 (2%)	11 (2%)	9 (2%)	1 (0%)
1 - 2 times per month	26 (2%)	23 (2%)	17 (3%)	6 (1%)	3 (1%)
1 - 2 times per semester/quarter	95 (7%)	76 (7%)	41 (6%)	35 (8%)	19 (8%)
Never	1216 (89%)	1001 (89%)	608 (89%)	393 (88%)	215 (90%)

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Question 25: Please indicate which times of the day are you most likely to utilize facilities: - During the week (Monday - Friday).

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Early morning (before 8 a.m.)	139 (9%)	78% (7%)	45 (6%)	33 (7%)	61 (22%)
Morning (8 a.m. - 11 a.m.)	133 (9%)	117 (10%)	79 (11%)	38 (8%)	16 (6%)
Mid-day (11 a.m. - 2 p.m.)	186 (13%)	93 (8%)	61 (9%)	32 (7%)	93 (33%)
Afternoon (2 p.m. - 5 p.m.)	201 (14%)	184 (16%)	125 (18%)	59 (12%)	17 (6%)
Early evening (5 p.m. - 8 p.m.)	616 (42%)	528 (44%)	272 (39%)	256 (53%)	88 (31%)
Late evening (after 8 p.m.)	177 (12%)	172 (15%)	114 (16%)	58 (12%)	5 (2%)
Never	19 (1%)	18 (2%)	7 (1%)	11 (2%)	1 (0%)

Question 26: Please indicate which times of the day are you most likely to utilize facilities: - On the weekend (Saturday - Sunday).

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Early morning (before 8 a.m.)	26 (2%)	17 (1%)	12 (2%)	5 (1%)	9 (4%)
Morning (8 a.m. - 11 a.m.)	234 (17%)	177 (15%)	115 (17%)	62 (13%)	57 (23%)
Mid-day (11 a.m. - 2 p.m.)	278 (20%)	245 (21%)	185 (27%)	60 (13%)	33 (13%)
Afternoon (2 p.m. - 5 p.m.)	325 (23%)	284 (24%)	181 (26%)	103 (22%)	41 (17%)
Early evening (5 p.m. - 8 p.m.)	228 (16%)	211 (18%)	82 (12%)	129 (27%)	17 (7%)
Late evening (after 8 p.m.)	73 (5%)	70 (6%)	43 (6%)	27 (6%)	3 (7%)
Never	252 (18%)	166 (14%)	78 (11%)	88 (19%)	3 (1%)

Question 27: Please indicate your level of agreement with the following statements: - Participating in University Recreation activities and programs has expanded my interest in staying fit and healthy.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	522 (38%)	400 (37%)	218 (34%)	182 (40%)	122 (46%)
Somewhat agree	493 (36%)	416 (38%)	256 (40%)	160 (35%)	77 (29%)
Neither agree nor disagree	195 (14%)	163 (15%)	105 (17%)	58 (13%)	32 (12%)
Somewhat disagree	28 (2%)	25 (2%)	14 (2%)	11 (2%)	3 (1%)
Strongly disagree	19 (1%)	13 (1%)	6 (1%)	7 (2%)	6 (2%)
No basis to judge	104 (8%)	76 (7%)	35 (6%)	41 (9%)	28 (10%)

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Question 28: Please indicate your level of agreement with the following statements: - University Recreation activities and programs contribute to the quality of life at this institution.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	759 (56%)	576 (53%)	307 (49%)	269 (58%)	183 (68%)
Somewhat agree	443 (33%)	386 (35%)	247 (39%)	139 (30%)	57 (21%)
Neither agree nor disagree	72 (5%)	64 (6%)	45 (7%)	19 (4%)	8 (3%)
Somewhat disagree	16 (1%)	15 (1%)	11 (2%)	4 (1%)	1 (0%)
Strongly disagree	12 (1%)	8 (1%)	2 (0%)	6 (1%)	4 (1%)
No basis to judge	58 (4%)	43 (4%)	20 (3%)	23 (5%)	15 (6%)

Question 29: Please indicate your level of agreement with the following statements: - University Recreation offers "something for everyone."

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	749 (55%)	576 (53%)	359 (57%)	234 (51%)	156 (58%)
Somewhat agree	424 (31%)	386 (35%)	196 (31%)	157 (34%)	71 (26%)
Neither agree nor disagree	99 (7%)	64 (6%)	49 (8%)	28(6%)	22 (8%)
Somewhat disagree	32 (2%)	15 (1%)	13 (2%)	14 (3%)	5 (2%)
Strongly disagree	16 (1%)	8 (1%)	6 (1%)	6 (1%)	4 (1%)
No basis to judge	40 (3%)	43 (4%)	10 (2%)	20 (4%)	10 (4%)

Question 30: Please indicate your level of agreement with the following statements: - My recreational needs are met by University Recreation.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	698 (52%)	568 (52%)	357 (57%)	211 (46%)	130 (49%)
Somewhat agree	450 (33%)	353 (33%)	188 (30%)	165 (36%)	97 (36%)
Neither agree nor disagree	92 (7%)	74 (7%)	46 (7%)	28 (6%)	18 (7%)
Somewhat disagree	65 (5%)	50 (5%)	19 (3%)	31 (7%)	15 (6%)
Strongly disagree	23 (2%)	18 (2%)	10 (2%)	8 (2%)	5 (2%)
No basis to judge	26 (2%)	23 (2%)	10 (2%)	13 (3%)	3 (1%)

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Question 31: Please indicate your level of agreement with the following statements: - I enjoy participating in University Recreation activities and/or utilizing facilities.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	853 (63%)	666 (62%)	399 (64%)	267 (59%)	187 (70%)
Somewhat agree	370 (27%)	309 (29%)	174 (28%)	135 (30%)	61 (23%)
Neither agree nor disagree	70 (5%)	58 (5%)	36 (6%)	22 (5%)	12 (4%)
Somewhat disagree	17 (1%)	14 (1%)	5 (1%)	9 (2%)	3 (1%)
Strongly disagree	10 (1%)	8 (1%)	5 (1%)	3 (1%)	2 (1%)
No basis to judge	20 (2%)	27 (3%)	9 (1%)	18 (4%)	3 (1%)

Question 32: Please indicate your level of agreement with the following statements: - Participation in University Recreation has provided me with skills/abilities that I will use after college.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree			247 (39%)		
Somewhat agree			179 (28%)		
Neither agree nor disagree			145 (23%)		
Somewhat disagree			22 (4%)		
Strongly disagree			12 (2%)		
No basis to judge			24 (4%)		

Question 33: Please indicate your level of agreement with the following statements: - Overall, I would recommend University Recreation facilities, programs, and services to others.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	923 (68%)	730 (67%)	427 (67%)	303 (66%)	193 (72%)
Somewhat agree	335 (25%)	286 (26%)	165 (26%)	121 (26%)	49 (18%)
Neither agree nor disagree	63 (5%)	48 (4%)	30 (5%)	18 (4%)	15 (6%)
Somewhat disagree	13 (1%)	9 (1%)	5 (1%)	4 (1%)	4 (2%)
Strongly disagree	15 (1%)	10 (1%)	5 (1%)	5 (1%)	5 (2%)
No basis to judge	11 (1%)	10 (1%)	3 (0%)	7 (2%)	1 (0%)

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Question 34: From your participation in University Recreation, do you feel you have increased or improved your: - Self confidence

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	503 (37%)	409 (37%)	230 (36%)	179 (39%)	94 (37%)
Somewhat	650 (48%)	542 (50%)	323 (51)	219 (48%)	108 (42%)
Not at all	196 (15%)	141 (13%)	84 (13%)	57 (13%)	55 (21%)

Question 35: From your participation in University Recreation, do you feel you have increased or improved your: - Sense of adventure

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	617 (46%)	294 (27%)	174 (27%)	120 (27%)	38 (15%)
Somewhat	599 (45%)	482 (45%)	288 (45%)	194 (43%)	101 (40%)
Not at all	125 (9%)	307 (28%)	172 (27%)	135 (30%)	114 (45%)

Question 36: From your participation in University Recreation, do you feel you have increased or improved your: - Athletic ability

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	617 (46%)	493 (45%)	279 (44%)	214 (47%)	124 (48%)
Somewhat	599 (45%)	494 (46%)	297 (47%)	197 (43%)	105 (41%)
Not at all	125 (9%)	98 (9%)	56 (9%)	42 (9%)	27 (11%)

Question 37: From your participation in University Recreation, do you feel you have increased or improved your: - Concentration

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	420 (31%)	345 (32%)	185 (29%)	160 (35%)	75 (29%)
Somewhat	624 (46%)	503 (46%)	303 (48%)	200 (44%)	121 (47%)
Not at all	303 (22%)	243 (22%)	148 (23%)	95 (21%)	60 (23%)

Question 38: From your participation in University Recreation, do you feel you have increased or improved your: - Fitness level

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	762 (56%)	586 (54%)	324 (51%)	262 (58%)	176 (67%)
Somewhat	511 (38%)	436 (40%)	265 (42%)	171 (38%)	75 (29%)
Not at all	76 (6%)	64 (6%)	45 (7%)	19 (4%)	12 (5%)

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Question 39: From your participation in University Recreation, do you feel you have increased or improved your: - Respect for others

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	367 (27%)	314 (29%)	178 (28%)	136 (30%)	53 (21%)
Somewhat	598 (45%)	492 (45%)	312 (49%)	180 (40%)	106 (41%)
Not at all	374 (28%)	277 (26%)	144 (23%)	133 (30%)	97 (38%)

Question 40: From your participation in University Recreation, do you feel you have increased or improved your: - Multicultural awareness

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	292 (22%)	256 (24%)	135 (21%)	121 (27%)	36 (14%)
Somewhat	479 (36%)	383 (36%)	231 (37%)	152 (34%)	96 (38%)
Not at all	561 (42%)	439 (41%)	263 (42%)	176 (39%)	122 (48%)

Question 41: From your participation in University Recreation, do you feel you have increased or improved your: - Sense of belonging/association

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	326 (24%)	284 (26%)	166 (26%)	118 (26%)	42 (16%)
Somewhat	600 (45%)	489 (45%)	300 (47%)	189 (42%)	111 (43%)
Not at all	419 (31%)	316 (29%)	171 (27%)	145 (32%)	103 (40%)

Question 42: From your participation in University Recreation, do you feel you have increased or improved your: - Communication skills

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	228 (17%)	202 (19%)	122 (19%)	80 (18%)	26 (10%)
Somewhat	506 (38%)	433 (40%)	276 (44%)	157 (35%)	73 (29%)
Not at all	598 (45%)	444 (41%)	232 (37%)	212 (47%)	154 (61%)

Question 43: From your participation in University Recreation, do you feel you have increased or improved your: - Balance/coordination

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	469 (35%)	372 (34%)	202 (32%)	170 (38%)	97 (37%)
Somewhat	639 (48%)	524 (48%)	320 (51%)	204 (45%)	115 (44%)
Not at all	233 (17%)	185 (17%)	106 (17%)	79 (17%)	48 (18%)

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Question 44: From your participation in University Recreation, do you feel you have increased or improved your: - Physical strength

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	729 (55%)	571 (53%)	326 (53%)	245 (54%)	158 (61%)
Somewhat	519 (39%)	433 (40%)	253 (41%)	180 (40%)	86 (33%)
Not at all	80 (6%)	67 (6%)	42 (7%)	25 (6%)	13 (5%)

Question 45: From your participation in University Recreation, do you feel you have increased or improved your: - Problem solving skills

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	426 (32%)	149 (14%)	86 (14%)	63 (14%)	19 (7%)
Somewhat	583 (44%)	400 (37%)	245 (39%)	155 (35%)	88 (35%)
Not at all	326 (24%)	529 (49%)	298 (47%)	231 (51%)	147 (58%)

Question 46: From your participation in University Recreation, do you feel you have increased or improved your: - Feeling of well-being

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	778 (58%)	608 (56%)	350 (55%)	258 (57%)	170 (65%)
Somewhat	514 (38%)	433 (40%)	258 (41%)	175 (39%)	81 (31%)
Not at all	58 (4%)	46 (4%)	25 (4%)	21 (5%)	12 (5%)

Question 47: From your participation in University Recreation, do you feel you have increased or improved your: - Time management skills

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	426 (32%)	375 (35%)	232 (37%)	143 (32%)	51 (20%)
Somewhat	583 (44%)	480 (45%)	272 (43%)	208 (46%)	103 (40%)
Not at all	326 (24%)	223 (21%)	126 (20%)	97 (22%)	103 (40%)

Question 48: From your participation in University Recreation, do you feel you have increased or improved your: - Group cooperation skills

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	255 (19%)	231 (21%)	144 (23%)	87 (19%)	24 (9%)
Somewhat	497 (37%)	414 (38%)	253 (40%)	161 (36%)	83 (33%)
Not at all	582 (44%)	436 (40%)	232 (37%)	204 (45%)	146 (58%)

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Question 49: From your participation in University Recreation, do you feel you have increased or improved your: - Ability to get a good night's sleep

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	502 (37%)	405 (37%)	219 (35%)	186 (41%)	97 (37%)
Somewhat	554 (41%)	438 (40%)	251 (40%)	187 (41%)	116 (44%)
Not at all	289 (21%)	240 (22%)	162 (26%)	78 (17%)	49 (19%)

Question 50: From your participation in University Recreation, do you feel you have increased or improved your: - Leadership skills

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	195 (15%)	181 (17%)	120 (19%)	61 (14%)	14 (6%)
Somewhat	423 (32%)	354 (33%)	225 (36%)	129 (29%)	69 (27%)
Not at all	711 (54%)	541 (50%)	284 (45%)	257 (57%)	170 (67%)

Question 51: From your participation in University Recreation, do you feel you have increased or improved your: - Ability to multi-task

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	296 (22%)	181 (17%)	168 (27%)	96 (22%)	32 (13%)
Somewhat	511 (38%)	354 (33%)	260 (41%)	171 (38%)	80 (31%)
Not at all	526 (39%)	541 (50%)	204 (32%)	179 (40%)	143 (56%)

Question 52: From your participation in University Recreation, do you feel you have increased or improved your: - Stress management

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	667 (49%)	539 (49%)	324 (51%)	215 (47%)	128 (49%)
Somewhat	529 (39%)	423 (39%)	235 (37%)	188 (41%)	106 (41%)
Not at all	154 (11%)	128 (12%)	76 (12%)	52 (11%)	26 (10%)

Question 53: From your participation in University Recreation, do you feel you have increased or improved your: - Ability to develop friendships

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	318 (24%)	277 (26%)	167 (27%)	110 (24%)	41 (16%)
Somewhat	528 (40%)	436 (40%)	274 (44%)	162 (36%)	92 (36%)
Not at all	490 (37%)	368 (34%)	188 (30%)	180 (40%)	122 (48%)

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Question 54: From your participation in University Recreation, do you feel you have increased or improved your: - Weight control

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	530 (39%)	422 (39%)	241 (38%)	181 (40%)	108 (42%)
Somewhat	622 (46%)	497 (46%)	296 (47%)	201 (44%)	125 (49%)
Not at all	192 (14%)	168 (15%)	96 (15%)	72 (16%)	24 (9%)

Question 55: From your participation in University Recreation, do you feel you have increased or improved your: - Overall health

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	777 (58%)	608 (56%)	349 (55%)	259 (57%)	169 (65%)
Somewhat	519 (39%)	437 (40%)	257 (41%)	180 (40%)	82 (31%)
Not at all	52 (4%)	42 (4%)	28 (4%)	14 (3%)	10 (4%)

Question 56: From your participation in University Recreation, do you feel you have increased or improved your: - Academic performance

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely	NA	NA	127 (20%)	NA	NA
Somewhat			310 (49%)		
Not at all			196 (31%)		

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Question 57: In what other ways has your participation in University Recreation activities, programs, and services helped or enhanced your experience at this college/university?

Health/Wellness (153 responses)

Encouraged me to continue to maintain a healthy lifestyle and exercise.

It was VITAL in my ability to overcome severe medically diagnosed depression without the use of prescription drugs. Working out is my therapy.

The increase in my daily recreation activities have increased my overall health as well as desire to sustain and practice a healthy lifestyle, influencing an array of elements in my lifestyle.

Sense of Belonging/Connectness (31 responses)

Allowed me to make friends in a way I never thought I'd be able to.

It gets me more involved with my school.

It is one of the best ways to meet new people when you are new to the school.

It's a great way to connect with people as well as connect others with people with similar interests. I'm a Resident Mentor with First Year College, so any way I can get first year students interested not only in academics but also other forms of wellness is great!

It's helped me get involved with other students and form relationships with them. Knowing other people on campus makes it feel not quite so big and intimidating.

Overall better college experience, making me proud about my university!

Stress Management (30 responses)

I think stress management is the most important. So many students I know including myself turn to alcohol, but using the gym has helped me.

It's really good for stress management. Going to the gym regularly keeps me focused and using my time wisely instead of wasting time stressing.

Programs & Student Employment (12 responses)

Club sports provides me with the positive feeling of belonging on a team.

I have also worked for University Recreation and it truly changed my college experience. I met so many wonderful, caring, and adventurous people I know at NC State through University Recreation. Thank you!

I have definitely gained leadership experience after taking on influential roles in Club Sports. I highly recommend more students take part in club sports.

I have taken advantage of the small group training classes. They have greatly improved my physical health and allowed me to develop friendships with other people in the classes and instructors.

I love participating in intramural sports and it's a great way to get a stressed mind off of school and do something fun.

The instructor I usually go to encourages me in some many ways. Her name is Ciara, and she has pushed me and gave me more inspiration than she will ever know. Her spirit and vibe, allows me to enjoy working out and being somewhat healthy. Because I am more physically active, I am more confident, and I'm more focused in class! If I could thank Ciara I would!

The outdoor adventures program has allowed me to safely and affordably go into the great outdoors. The group bonding, skills lessons and leadership I experienced on the trip I went on were excellent!

The yoga classes are particularly calming and stress-relieving while making a great use of time during study breaks. The more involved I am, the more efficiently I work, which ties in with wellness; therefore, recreation is very useful beyond physical health.

Confidence/Self Efficacy (9 responses)

Helped me branch out and try new things that I otherwise would have ignored

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Academic Success (4 responses)

It always puts me in a positive mood, especially if I've had a bad day or did poorly on a test. I also can study while working out so it helps me learn the information better.

University Recreation activities, programs, and services have helped increase my moods, and especially my focus on school.

Mental Focus

Question 58: Which of the following factors, if any, impede your use of University Recreation facilities, programs, and/or services? (Check all that apply)

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Was not aware of offerings	410 (26%)	377 (30%)	196 (29%)	181 (30%)	33 (11%)
Do not like to exercise	162 (10%)	154 (12%)	109 (16%)	45 (7%)	8 (3%)
Injury or disability	204 (13%)	175 (14%)	117 (17%)	58 (10%)	29 (9%)
Price/not affordable	101 (6%)	70 (5%)	39 (6%)	31 (5%)	31 (10%)
No time	845 (53%)	745 (58%)	419 (62%)	326 (54%)	100 (32%)
Child care was not available	48 (3%)	33 (3%)	11 (2%)	22 (4%)	15 (5%)
Programs not offered at convenient times	341 (21%)	284 (22%)	162 (24%)	122 (20%)	57 (18%)
Parking was a problem	626 (39%)	481 (38%)	259 (39%)	222 (37%)	145 (46%)
Facilities are too spread out around campus	73 (5%)	68 (5%)	35 (5%)	33 (5%)	5 (2%)
Facilities do not have the right equipment	71 (4%)	58 (5%)	37 (6%)	21 (4%)	13 (4%)
Facilities are too crowded	567 (36%)	474 (37%)	288 (43%)	186 (31%)	93 (30%)
Lack of privacy	184 (12%)	171 (13%)	125 (19%)	46 (8%)	13 (4%)
Facilities are closed for events/activities that I do not wish to participate in	69 (4%)	48 (4%)	20 (3%)	28 (5%)	21 (7%)
Hours of operation are not convenient	172 (11%)	136 (11%)	73 (11%)	63 (10%)	36 (11%)
Lack of quality facilities	22 (1%)	16 (1%)	6 (1%)	10 (2%)	6 (2%)
Facilities are too outdated	35 (2%)	24 (2%)	13 (2%)	11 (2%)	11 (3%)
Do not know how to use the equipment	209 (13%)	190 (15%)	127 (19%)	63 (11%)	19 (6%)
I use facilities off campus.	182 (11%)	155 (12%)	66 (10%)	89 (15%)	27 (9%)
Other (please specify)	132 (8%)	81 (6%)	26 (4%)	55 (9%)	51 (16%)
None of the above	119 (3%)	72 (6%)	42 (6%)	30 (5%)	47 (15%)

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Question 59: Which of the following other recreational facilities do you currently use? (Check all that apply)

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Local health clubs	177 (11%)	121 (10%)	60 (9%)	61 (10%)	56 (18%)
Facilities at your place of residence	332 (21%)	298 (24%)	174 (26%)	124 (21%)	34 (11%)
Community parks and recreational facilities	418 (26%)	320 (25%)	164 (25%)	156 (26%)	98 (31%)
Home equipment	381 (24%)	294 (23%)	158 (24%)	136 (23%)	87 (27%)
Outdoor (e.g., run, bike)	946 (60%)	736 (58%)	418 (63%)	318 (53%)	210 (66%)
Other (please specify)	64 (4%)	44 (3%)	23 (3%)	21 (4%)	20 (6%)
None of the above	286 (18%)	239 (19%)	105 (16%)	135 (23%)	47 (15%)

Question 60: If you have a membership at a local health club or other public facility, what are your monthly dues?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
\$0	126 (8%)	116 (9%)	60 (9%)	56 (9%)	10 (3%)
\$1 - \$24 per month	137 (9%)	95 (8%)	44 (7%)	51 (9%)	42 (13%)
\$25 - \$49 per month	65 (4%)	44 (3%)	16 (2%)	28 (5%)	21 (7%)
\$50 - \$74 per month	31 (2%)	24 (2%)	12 (2%)	12 (2%)	7 (2%)
\$75 - \$99 per month	15 (1%)	10 (1%)	4 (1%)	6 (1%)	5 (2%)
\$100 or more per month	14 (1%)	11 (1%)	6 (1%)	5 (1%)	3 (1%)
Not applicable	1194 (75%)	966 (76%)	525 (79%)	441 (74%)	228 (72%)

Question 61: How old are you?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
18 - 22	457 (32%)	567 (51%)	514 (90%)	53 (10%)	1 (0%)
23 - 27	381 (27%)	349 (31%)	40 (7%)	309 (57%)	33 (11%)
28 - 32	168 (12%)	121 (11%)	6 (1%)	115 (21%)	47 (15%)
33 - 37	68 (5%)	40 (4%)	6 (1%)	34 (6%)	28 (9%)
38 - 42	46 (3%)	14 (1%)	1 (0%)	13 (2%)	32 (10%)
43 - 47	42 (3%)	9 (0%)	0 (0%)	9 (1%)	33 (11%)
48 - 52	47 (3%)	8 (0%)	0 (0%)	8 (1%)	39 (13%)
53 - 57	41 (3%)	4 (0%)	1 (0%)	3 (1%)	37 (12%)
58+	119 (8%)	0 (0%)	0 (0%)	0 (0%)	56 (18%)

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Question 62: Are you a member of at least one NC State student club or organization this semester?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Yes	NA	NA	495 (75%)	NA	NA
No			160 (24%)		
NA			5 (1%)		

Question 63: Are you a member of an intercollegiate (e.g., NCAA, NAIA) athletic team?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Yes	NA	NA	20 (3%)	NA	NA
No			624 (95%)		
NA			12 (2%)		

Question 64: Are you the first in your family to go to college (i.e., neither of your parents/guardians or siblings have attended any college)?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Yes			99 (15%)		
No			557 (84%)		
NA			5 (1%)		

Question 65: Are you a member of a Greek organization?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Yes			101 (16%)		
No			542 (84%)		
NA			7 (1%)		

Question 66: Are you involved in at least one intramural group, club sport, or organized fitness activity on campus this semester?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Yes			254 (39%)		
No			396 (60%)		
NA			9 (1%)		

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Question 67: What is your gender identity?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Woman	875 (56%)	730 (58%)	414 (63%)	316 (53%)	145 (46%)
Man	679 (43%)	512 (41%)	237 (36%)	275 (46%)	167 (53%)
Transgender	1 (0%)	0 (0%)	0 (%)	0 (%)	1 (0%)
Other (please specify)	2 (0%)	2 (0%)	0%	2 (0%)	0%
Prefer not to respond	15 (1%)	11 (1%)	7 (1%)	4 (1%)	4 (1%)

Question 68: With which category do you most identify?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
African American/Black	85 (5%)	59 (5%)	34 (5%)	25 (4%)	26 (8%)
Asian/Pacific Islander	283 (18%)	264 (21%)	43 (7%)	221 (37%)	19 (6%)
Hispanic/Latino/a	43 (3%)	33 (3%)	17 (3%)	16 (3%)	10 (3%)
Indigenous/Native American/American Indian/Alaska Native	5 (0%)	3 (0%)	1 (0%)	2 (0%)	2 (1%)
White	1059 (67%)	820 (65%)	525 (79%)	295 (49%)	239 (75%)
Multiracial	38 (2%)	32 (3%)	22 (3%)	10 (2%)	6 (2%)
Other (please specify)	25 (2%)	21 (2%)	6 (1%)	15 (3%)	4 (1%)
Prefer not to respond	39 (2%)	27 (2%)	14 (2%)	13 (2%)	12 (4%)

Question 69: Please indicate your current class standing:

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
First year/Freshman	NA	NA	139 (21%)	NA	NA
Sophomore			150 (23%)		
Junior			165 (25%)		
Senior			207 (31%)		
Graduate student			2 (0%)		
Professional student			2 (0%)		
Non-degree seeking/Continuing education student			0 (0%)		

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Question 70: What is your current enrollment status?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Full time	NA	NA	636 (96%)	NA	NA
Less than full time			27 (4%)		

Question 71: How many credit hours are you taking this semester?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
17 - 21	NA	NA	164 (25%)	NA	NA
12 - 16			458 (69%)		
6 - 11			30(5%)		
0 - 5			11 (2%)		

Question 72: Did you transfer to this institution?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
No	NA	NA	537 (81%)	NA	NA
Yes, from a two-year college			74 (11%)		
Yes, from a four-year college or university			48 (7%)		

Question 73: Where do you currently live?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
On campus (e.g., residence hall, apartment, family housing)	NA	NA	291 (44%)	NA	NA
Fraternity or sorority housing			26 (4%)		
Off campus, alone or with friends/roommates			272 (41%)		
Off campus, with my parent(s)/guardian(s)			38 (6%)		
Off campus, with my spouse/partner/children			30 (5%)		
I am currently studying abroad.			0 (0%)		
Other (please specify)			2 (0%)		

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Question 74: In which subject area is your major?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Agriculture	NA	NA	35 (5%)	NA	NA
Biological and Life Sciences			102 (15%)		
Business			80 (12%)		
Computer Science			12 (2%)		
Education			21 (3%)		
Engineering			188 (28%)		
Interdisciplinary			6 (1%)		
Liberal Arts/Humanities			29 (4%)		
Mathematics			14 (2%)		
Physical Sciences			23 (3%)		
Social Sciences			42 (6%)		
Technology			2 (0%)		
Visual and Performing Arts			7 (1%)		
I have more than one major			17 (3%)		
Undecided			13 (2%)		
Other (please specify)			69 (10%)		
Not applicable/I do not have a major.			1 (0%)		

Question 75: Are you an international student?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Yes	NA	NA	10 (2%)	NA	NA
No			647 (98%)		

Question 76: Do you identify as lesbian, gay, bisexual, or queer (i.e., an umbrella term to refer to all LGBTIQ people)?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Yes	82 (5%)	61 (5%)	21 (3%)	40 (7%)	21 (7%)
No	1480 (95%)	1188 (95%)	635 (97%)	553 (93%)	292 (93%)

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Question 77: How many miles do you live from Carmichael Complex?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Less than 1 mile	335 (21%)	323 (26%)	282 (43%)	40 (7%)	12 (4%)
1 - 5 miles	681 (43%)	591 (47%)	259 (39%)	332 (56%)	90 (28%)
6 - 10 miles	248 (16%)	161 (13%)	57 (9%)	104 (17%)	87 (27%)
11 - 15 miles	121 (8%)	61 (5%)	24 (4%)	37 (6%)	60 (19%)
16 - 20 miles	81 (5%)	48 (4%)	19 (3%)	29 (5%)	33 (11%)
More than 20 miles	109 (7%)	73 (6%)	18 (3%)	55 (9%)	36 (11%)

Question 78: How many hours do you typically spend a week studying?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
0 hours	NA	NA	8 (1%)	NA	NA
1 - 10 hours			256 (39%)		
11 - 20 hours			254 (39%)		
21 - 30 hours			94 (14%)		
31 - 40 hours			32 (5%)		
More than 40 hours			11 (2%)		

Question 79: Is the number of hours that you indicated in the last question more or less than you expected?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
More hours than I expected	NA	NA	128 (20%)	NA	NA
About what I expected			453 (70%)		
Fewer hours than what I expected			71 (11%)		

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Question 80: How many hours do you typically spend working for pay each week?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
0 hours	NA	NA	272 (42%)	NA	NA
1 - 10 hours			175 (27%)		
11 - 20 hours			135 (21%)		
21 - 30 hours			40 (6%)		
31 - 40 hours			24 (4%)		
More than 40 hours			8 (1%)		

Question 81: What percentage of your college expenses are you personally responsible for?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
0%	NA	NA	145 (22%)	NA	NA
1% - 25%			260 (40%)		
26% - 50%			83 (13%)		
51% - 75%			47 (7%)		
76% - 100%			118 (18%)		

Question 82: Are you currently employed by the University Recreation department?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
No	1475 (95%)	1169 (94%)	594 (54%)	575 (97%)	306 (97%)
Yes, I am currently employed by University Recreation.	61 (4%)	56 (5%)	50 (8%)	6 (1%)	5 (2%)
I am not currently employed by University Recreation, but have been in the past.	24 (2%)	18 (1%)	7 (1%)	11 (2%)	6 (2%)

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Question 83: What is your expected GPA for this semester?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
3.5 - 4.0	NA	NA	352 (54%)	NA	NA
3.0 - 3.4			263 (40%)		
2.5 - 2.9			36 (6%)		
2.0 - 2.4			2 (0%)		
Below 2.0			0 (0%)		

Question 84: Have you ever been enlisted in any branch of the US military (active duty, veteran, national guard, or reserves)?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Yes	63 (4%)	35 (3%)	19 (3%)	16 (3%)	28 (9%)
No	1500 (96%)	1208 (97%)	633 (97%)	575 (97%)	292 (91%)

Question 85: If you could start over again, would you go to the same institution you are now attending?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Definitely would	NA	NA	396 (60%)	NA	NA
Probably would			193 (29%)		
Probably would not			30 (5%)		
Definitely would not			7 (1%)		
Not sure			29 (4%)		

Question 86: How likely is it that you will be enrolled at this college/university next semester?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Extremely likely	NA	NA	502 (77%)	NA	NA
Somewhat likely			33 (5%)		
Somewhat unlikely			9 (1%)		
Extremely unlikely			7 (1%)		
Not sure			5 (1%)		
Not applicable/Graduating			99 (15%)		

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Question 87: Are you willing to answer additional survey questions about your satisfaction with University Recreation facilities, services, and programs?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Yes	1016 (65%)	774 (62%)	397 (61%)	377 (63%)	242 (75%)
No	555 (35%)	475 (38%)	258 (39%)	217 (37%)	80 (25%)

Question 88: Please indicate your level of agreement with the following statements about recreation staff members: - Professional and student staff members are friendly.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	524 (64%)	394 (62%)	210 (61%)	184 (64%)	130 (70%)
Somewhat agree	247 (30%)	200 (32%)	113 (33%)	87 (30%)	47 (25%)
Neither agree nor disagree	31 (4%)	25 (4%)	16 (5%)	9 (3%)	6 (3%)
Somewhat disagree	9 (1%)	7 (1%)	3 (1%)	4 (1%)	2 (1%)
Strongly disagree	4 (0%)	3 (1%)	1 (0%)	2 (1%)	1 (1%)
No basis to judge	4 (0%)	4 (1%)	3 (1%)	1 (0%)	0 (0%)

Question 89: Please indicate your level of agreement with the following statements about recreation staff members: - Professional and student staff members are knowledgeable.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	376 (46%)	291 (46%)	159 (46%)	132 (46%)	85 (46%)
Somewhat agree	282 (35%)	221 (35%)	122 (35%)	99 (35%)	61 (33%)
Neither agree nor disagree	87 (11%)	67 (11%)	39 (11%)	28 (10%)	20 (11%)
Somewhat disagree	25 (3%)	17 (3%)	8 (2%)	9 (3%)	8 (4%)
Strongly disagree	2 (0%)	1 (0%)	0 (0%)	1 (0%)	1 (1%)
No basis to judge	42 (5%)	32 (5%)	16 (5%)	16 (6%)	10 (6%)

Question 90: Please indicate your level of agreement with the following statements about recreation staff members: - Professional and student staff members are available to answer questions.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	452 (56%)	355 (57%)	197 (57%)	158 (56%)	97 (52%)
Somewhat agree	233 (29%)	179 (29%)	96 (28%)	83 (29%)	54 (29%)
Neither agree nor disagree	70 (9%)	52 (8%)	32 (9%)	20 (7%)	18 (10%)
Somewhat disagree	25 (3%)	19 (3%)	10 (3%)	9 (3%)	6 (3%)
Strongly disagree	2 (0%)	1 (0%)	0 (0%)	1 (0%)	1 (1%)
No basis to judge	30 (4%)	21 (3%)	10 (3%)	11 (4%)	9 (5%)

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Question 91: Please indicate your level of agreement with the following statements: - Recreation facilities are clean.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	431 (53%)	347 (55%)	187 (54%)	160 (56%)	84 (45%)
Somewhat agree	323 (39%)	245 (39%)	141 (41%)	104 (37%)	78 (41%)
Neither agree nor disagree	33 (4%)	22 (3%)	10 (3%)	12 (4%)	11 (6%)
Somewhat disagree	24 (3%)	13 (2%)	7 (2%)	6 (2%)	11 (6%)
Strongly disagree	6 (1%)	2 (0%)	1 (0%)	1 (0%)	4 (2%)
No basis to judge	2 (0%)	2 (0%)	1 (0%)	1 (0%)	0 (0%)

Question 92: Please indicate your level of agreement with the following statements: - Recreation facilities provide a safe environment.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	541 (67%)	427 (68%)	226 (66%)	160 (56%)	114 (62%)
Somewhat agree	228 (28%)	167 (27%)	101 (30%)	104 (37%)	61 (33%)
Neither agree nor disagree	30 (4%)	22 (4%)	11 (3%)	12 (4%)	8 (4%)
Somewhat disagree	8 (1%)	6 (1%)	3 (1%)	6 (2%)	2 (1%)
Strongly disagree	0 (0%)	0 (0%)	0 (0%)	1 (0%)	0 (0%)
No basis to judge	4 (0%)	4 (1%)	1 (0%)	1 (0%)	0 (0%)

Question 93: Please indicate your level of agreement with the following statements: - Recreation facilities are well-maintained to encourage participation (e.g., temperature, ventilation).

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	462 (57%)	373 (59%)	209 (61%)	164 (57%)	89 (48%)
Somewhat agree	277 (34%)	201 (32%)	104 (30%)	97 (34%)	76 (41%)
Neither agree nor disagree	44 (5%)	34 (5%)	21 (6%)	13 (5%)	10 (5%)
Somewhat disagree	29 (4%)	19 (3%)	10 (3%)	9 (3%)	10 (5%)
Strongly disagree	3 (0%)	2 (0%)	0 (0%)	2 (1%)	1 (1%)
No basis to judge	1 (0%)	1 (0%)	0 (0%)	1 (0%)	0 (0%)

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Question 94: Please indicate your level of agreement with the following statements: - Fitness equipment is clean.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	463 (57%)	357 (57%)	191 (56%)	166 (58%)	106 (57%)
Somewhat agree	250 (31%)	192 (31%)	118 (35%)	74 (26%)	58 (31%)
Neither agree nor disagree	43 (5%)	41 (7%)	18 (5%)	23 (8%)	10 (5%)
Somewhat disagree	15 (2%)	17 (3%)	9 (3%)	8 (3%)	5 (3%)
Strongly disagree	2 (0%)	1 (0%)	0 (0%)	1 (0%)	2 (1%)
No basis to judge	23 (3%)	18 (3%)	6 (2%)	12 (4%)	6 (3%)

Question 95: Please indicate your level of agreement with the following statements: - Fitness equipment is well-maintained.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	494 (61%)	386 (61%)	217 (63%)	169 (60%)	108 (59%)
Somewhat agree	235 (29%)	179 (29%)	103 (30%)	76 (27%)	56 (30%)
Neither agree nor disagree	43 (5%)	34 (5%)	16 (5%)	18 (6%)	9 (5%)
Somewhat disagree	15 (2%)	11 (2%)	4 (1%)	7 (2%)	4 (2%)
Strongly disagree	2 (0%)	1 (0%)	0 (0%)	1 (0%)	1 (1%)
No basis to judge	23 (3%)	17 (3%)	5 (1%)	12 (4%)	6 (3%)

Question 96: Please indicate your level of agreement with the following statements: - Fitness equipment is available when I want to use it.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	226 (28%)	162 (26%)	86 (25%)	76 (27%)	64 (34%)
Somewhat agree	326 (40%)	262 (42%)	156 (45%)	106 (37%)	64 (34%)
Neither agree nor disagree	104 (13%)	79 (13%)	37 (11%)	42 (15%)	25 (13%)
Somewhat disagree	109 (13%)	90 (14%)	50 (15%)	40 (14%)	19 (10%)
Strongly disagree	23 (3%)	15 (2%)	10 (3%)	5 (2%)	8 (4%)
No basis to judge	27 (3%)	20 (3%)	5 (1%)	15 (5%)	7 (4%)

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Question 97: Please indicate your level of satisfaction with the following: - Number of weight machines.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	241 (30%)	187 (30%)	115 (34%)	72 (25%)	54 (30%)
Somewhat agree	267 (33%)	206 (33%)	119 (35%)	87 (30%)	61 (33%)
Neither agree nor disagree	84 (10%)	65 (10%)	33 (10%)	32 (11%)	19 (10%)
Somewhat disagree	41 (5%)	33 (5%)	16 (5%)	17 (6%)	8 (4%)
Strongly disagree	4 (0%)	4 (1%)	2 (1%)	2 (1%)	0 (0%)
No basis to judge	176 (22%)	134 (21%)	58 (17%)	76 (27%)	42 (23%)

Question 98: Please indicate your level of satisfaction with the following: - Number of free weights.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	253 (31%)	196 (31%)	122 (35%)	74 (26%)	57 (31%)
Somewhat agree	218 (27%)	164 (26%)	96 (28%)	68 (24%)	54 (30%)
Neither agree nor disagree	88 (11%)	77 (12%)	40 (12%)	37 (13%)	11 (6%)
Somewhat disagree	58 (7%)	49 (8%)	20 (6%)	29 (10%)	9 (5%)
Strongly disagree	10 (1%)	10 (2%)	6 (2%)	4 (1%)	0 (0%)
No basis to judge	183 (23%)	132 (21%)	60 (17%)	72 (25%)	51 (28%)

Question 99: Please indicate your level of satisfaction with the following: - Number of cardio machines

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	279 (34%)	221 (35%)	128 (37%)	93 (33%)	58 (32%)
Somewhat agree	251 (31%)	191 (30%)	110 (32%)	81 (28%)	60 (33%)
Neither agree nor disagree	99 (12%)	79 (13%)	45 (13%)	34 (12%)	20 (11%)
Somewhat disagree	79 (10%)	60 (9%)	36 (10%)	24 (8%)	19 (11%)
Strongly disagree	8 (1%)	8 (1%)	1 (0%)	7 (2%)	0 (0%)
No basis to judge	98 (12%)	73 (12%)	26 (8%)	47 (16%)	25 (14%)

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Question 100: Please indicate your level of satisfaction with the following: - Adequate stretching areas

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	172 (21%)	134 (21%)	66 (19%)	68 (24%)	38 (21%)
Somewhat agree	241 (30%)	190 (30%)	124 (36%)	66 (23%)	51 (28%)
Neither agree nor disagree	104 (13%)	79 (13%)	45 (13%)	34 (12%)	25 (14%)
Somewhat disagree	161 (20%)	129 (21%)	68 (20%)	61 (21%)	32 (18%)
Strongly disagree	35 (4%)	27 (4%)	12 (4%)	15 (5%)	8 (4%)
No basis to judge	94 (12%)	67 (11%)	26 (8%)	41 (14%)	27 (15%)

Question 101: Please indicate your level of satisfaction with the following: - Cleanliness of locker rooms

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	264 (33%)	214 (34%)	117 (34%)	97 (34%)	50 (27%)
Somewhat agree	253 (31%)	186 (30%)	101 (29%)	85 (30%)	67 (36%)
Neither agree nor disagree	112 (14%)	98 (16%)	51 (15%)	47 (17%)	14 (8%)
Somewhat disagree	70 (9%)	42 (7%)	21 (6%)	21 (7%)	28 (15%)
Strongly disagree	24 (3%)	16 (3%)	6 (2%)	10 (4%)	8 (4%)
No basis to judge	88 (11%)	71 (11%)	47 (14%)	24 (8%)	17 (9%)

Question 102: Please indicate your level of satisfaction with the following: - Availability of facilities (e.g., gym, fields, courts) for free play and open recreation

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	229 (28%)	191 (30%)	116 (34%)	75 (27%)	38 (21%)
Somewhat agree	214 (26%)	176 (28%)	108 (31%)	68 (24%)	38 (21%)
Neither agree nor disagree	103 (13%)	82 (13%)	43 (12%)	39 (14%)	21 (12%)
Somewhat disagree	68 (8%)	54 (9%)	21 (6%)	33 (12%)	14 (8%)
Strongly disagree	18 (2%)	12 (2%)	6 (2%)	6 (2%)	6 (3%)
No basis to judge	176 (22%)	112 (18%)	51 (15%)	61 (22%)	64 (35%)

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Question 103: Please indicate your level of satisfaction with the following: - Location of University Recreation facilities

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	387 (48%)	304 (49%)	172 (51%)	132 (46%)	83 (45%)
Somewhat agree	278 (34%)	210 (34%)	115 (34%)	95 (33%)	68 (37%)
Neither agree nor disagree	90 (11%)	69 (11%)	32 (9%)	37 (13%)	21 (11%)
Somewhat disagree	31 (4%)	25 (4%)	11 (3%)	14 (5%)	6 (3%)
Strongly disagree	13 (2%)	11 (2%)	6 (2%)	5 (2%)	2 (1%)
No basis to judge	10 (1%)	6 (1%)	2 (1%)	3 (1%)	4 (2%)

Question 104: Please indicate your level of satisfaction with the following: - Amount of indoor recreation space on campus

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	292 (36%)	234 (37%)	141 (41%)	93 (33%)	58 (32%)
Somewhat agree	270 (33%)	211 (34%)	116 (34%)	95 (33%)	59 (32%)
Neither agree nor disagree	94 (12%)	72 (11%)	37 (11%)	35 (12%)	22 (12%)
Somewhat disagree	66 (8%)	57 (9%)	27 (8%)	30 (11%)	9 (5%)
Strongly disagree	6 (1%)	4 (1%)	2 (1%)	2 (1%)	2 (1%)
No basis to judge	85 (10%)	51 (8%)	22 (6%)	29 (10%)	34 (18%)

Question 105: Please indicate your level of satisfaction with the following: - Amount of outdoor recreation space on campus

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	290 (36%)	239 (38%)	146 (42%)	93 (33%)	51 (28%)
Somewhat agree	235 (29%)	193 (31%)	106 (31%)	87 (31%)	42 (23%)
Neither agree nor disagree	90 (11%)	69 (11%)	38 (11%)	31 (11%)	21 (12%)
Somewhat disagree	37 (5%)	28 (5%)	16 (5%)	12 (4%)	9 (5%)
Strongly disagree	7 (1%)	4 (1%)	2 (1%)	2 (1%)	3 (2%)
No basis to judge	150 (19%)	95 (15%)	36 (10%)	59 (21%)	55 (30%)

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Question 106: Please rate your level of satisfaction University Recreation facilities hours of operation: - Hours of operation during the week (Monday - Friday).

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	495 (60%)	365 (57%)	206 (59%)	159 (55%)	130 (69%)
Somewhat agree	229 (28%)	196 (31%)	105 (30%)	91 (32%)	33 (18%)
Neither agree nor disagree	41 (5%)	32 (5%)	16 (5%)	16 (6%)	9 (5%)
Somewhat disagree	39 (5%)	29 (5%)	15 (4%)	14 (5%)	10 (5%)
Strongly disagree	12 (1%)	6 (1%)	3 (1%)	3 (1%)	6 (3%)
No basis to judge	7 (1%)	7 (1%)	3 (1%)	4 (1%)	0 (0%)

Question 107: Please rate your level of satisfaction University Recreation facilities hours of operation: - Hours of operation during the weekend (Saturday - Sunday).

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	278 (34%)	107 (33%)	126 (36%)	83 (29%)	69 (38%)
Somewhat agree	243 (30%)	198 (31%)	117 (34%)	81 (28%)	45 (25%)
Neither agree nor disagree	77 (9%)	63 (10%)	28 (8%)	35 (12%)	14 (8%)
Somewhat disagree	112 (14%)	98 (16%)	53 (15%)	45 (16%)	14 (8%)
Strongly disagree	34 (4%)	28 (4%)	11 (3%)	17 (6%)	6 (3%)
No basis to judge	71 (9%)	36 (6%)	11 (3%)	25 (9%)	35 (19%)

Question 108: Comments about the hours of operation, facilities, or equipment:

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Question 109: Please rate your level of satisfaction with the following: - Hours of operation of the Carmichael Aquatic Center?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	125 (40%)	89 (38%)	50 (41%)	39 (35%)	36 (44%)
Somewhat agree	81 (26%)	68 (29%)	30 (25%)	38 (34%)	23 (28%)
Neither agree nor disagree	35 (11%)	30 (13%)	18 (15%)	12 (11%)	7 (9%)
Somewhat disagree	10 (3%)	14 (6%)	3 (3%)	11 (10%)	11 (13%)
Strongly disagree	2 (1%)	3 (1%)	1 (1%)	2 (2%)	0(0%)
No basis to judge	29 (10%)	20 (13%)	19 (16%)	11 (10%)	

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Question 110: Please rate your level of satisfaction with the following: - Cleanliness of the pools

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	159 (50%)	114 (49%)	59 (49%)	55 (49%)	45 (55%)
Somewhat agree	81 (26%)	61 (26%)	31 (26%)	30 (27%)	20 (24%)
Neither agree nor disagree	35 (11%)	26 (11%)	12 (10%)	14 (12%)	9 (11%)
Somewhat disagree	10 (3%)	8 (3%)	3 (2%)	5 (4%)	2 (2%)
Strongly disagree	2 (1%)	1 (0%)	0 (0%)	1 (1%)	1 (1%)
No basis to judge	29 (9%)	24 (10%)	16 (13%)	9 (7%)	5 (6%)

Question 111: Please rate your level of satisfaction with the following: - Lifeguards/Other aquatics staff

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	158 (50%)	111 (48%)	58 (48%)	53 (47%)	47 (57%)
Somewhat agree	83 (25%)	66 (28%)	26 (22%)	40 (36%)	17 (21%)
Neither agree nor disagree	24 (8%)	16 (7%)	13 (11%)	3 (3%)	8 (10%)
Somewhat disagree	4 (1%)	3 (1%)	0 (0%)	3 (3%)	1 (1%)
Strongly disagree	1 (0%)	1 (0%)	1 (1%)	0 (0%)	0 (0%)
No basis to judge	44 (14%)	35 (15%)	22 (18%)	13 (12%)	9 (11%)

Question 112: Please rate your level of satisfaction with the following: - Number of group fitness classes

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	184 (43%)	152 (44%)	103 (47%)	49 (38%)	32 (41%)
Somewhat agree	150 (35%)	117 (34%)	69 (32%)	48 (37%)	33 (42%)
Neither agree nor disagree	26 (6%)	20 (6%)	9 (4%)	11 (8%)	6 (8%)
Somewhat disagree	25 (6%)	22 (6%)	9 (4%)	13 (10%)	3 (4%)
Strongly disagree	4 (1%)	4 (1%)	2 (1%)	2 (2%)	0 (0%)
No basis to judge	37 (9%)	33 (9%)	26 (12%)	7 (5%)	4 (5%)

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Question 113: Please rate your level of satisfaction with the following: - Variety of group fitness classes

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	211 (49%)	171 (49%)	109 (50%)	62 (47%)	40 (51%)
Somewhat agree	131 (31%)	108 (31%)	67 (31%)	41 (32%)	23 (29%)
Neither agree nor disagree	25 (6%)	19 (5%)	7 (3%)	12 (9%)	6 (8%)
Somewhat disagree	22 (5%)	17 (5%)	9 (4%)	8 (6%)	5 (6%)
Strongly disagree	2 (0%)	2 (1%)	2 (1%)	0 (0%)	0 (0%)
No basis to judge	36 (8%)	32 (9%)	25 (11%)	7 (5%)	4 (5%)

Question 114: Please rate your level of satisfaction with the following: - Days and times of group fitness classes

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	112 (26%)	92 (27%)	56 (26%)	36 (28%)	20 (26%)
Somewhat agree	132 (31%)	105 (30%)	69 (32%)	36 (28%)	27 (35%)
Neither agree nor disagree	53 (13%)	43 (12%)	30 (14%)	13 (10%)	10 (13%)
Somewhat disagree	76 (18%)	62 (18%)	31 (14%)	31 (24%)	14 (18%)
Strongly disagree	16 (4%)	15 (4%)	7 (3%)	8 (6%)	1 (1%)
No basis to judge	34 (8%)	29 (8%)	23 (11%)	6 (5%)	5 (6%)

Question 115: Please rate your level of satisfaction with the following: - Fitness class instructors

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	214 (50%)	173 (50%)	108 (50%)	65 (50%)	41 (53%)
Somewhat agree	124 (29%)	101 (29%)	58 (27%)	43 (33%)	23 (29%)
Neither agree nor disagree	30 (7%)	24 (7%)	15 (7%)	9 (7%)	6 (8%)
Somewhat disagree	12 (3%)	11 (3%)	7 (7%)	4 (3%)	1 (1%)
Strongly disagree	3 (1%)	3 (1%)	1 (1%)	2 (2%)	0 (0%)
No basis to judge	42 (10%)	35 (10%)	28 (13%)	7 (5%)	7 (9%)

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Question 116: Please rate your level of satisfaction with the following: - Number of team intramural sports offered

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	96 (43%)	95 (44%)	68 (49%)	27 (36%)	1 (13%)
Somewhat agree	59 (26%)	56 (26%)	36 (26%)	20 (26%)	3 (38%)
Neither agree nor disagree	25 (11%)	22 (10%)	14 (10%)	8 (11%)	3 (38%)
Somewhat disagree	6 (3%)	6 (3%)	2 (1%)	4 (5%)	0 (0%)
Strongly disagree	4 (2%)	4 (2%)	2 (1%)	2 (3%)	0 (0%)
No basis to judge	33 (15%)	32 (15%)	17 (12%)	15 (20%)	1 (13%)

Question 117: Please rate your level of satisfaction with the following: - Number of individual/dual intramural sports offered

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	84 (38%)	83 (39%)	61 (45%)	22 (29%)	1 (13%)
Somewhat agree	60 (27%)	58 (27%)	34 (25%)	24 (32%)	2 (25%)
Neither agree nor disagree	20 (9%)	17 (8%)	12 (9%)	5 (7%)	3 (38%)
Somewhat disagree	6 (3%)	6 (3%)	3 (2%)	3 (4%)	0 (0%)
Strongly disagree	2 (1%)	2 (1%)	2 (1%)	0 (0%)	0 (0%)
No basis to judge	22%	46 (22%)	25 (18%)	21 (28%)	2 (25%)

Question 118: Please rate your level of satisfaction with the following: - Variety of team intramural sports offered

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	93 (42%)	92 (43%)	69 (50%)	23 (31%)	1 (13%)
Somewhat agree	62 (28%)	59 (28%)	34 (25%)	25 (33%)	3 (38%)
Neither agree nor disagree	24 (11%)	21 (10%)	15 (11%)	6 (8%)	3 (38%)
Somewhat disagree	24 (11%)	8 (4%)	4 (3%)	4 (5%)	0 (0%)
Strongly disagree	8 (4%)	3 (1%)	1 (1%)	2 (3%)	0 (0%)
No basis to judge	3 (1%)	29 (14%)	14 (10%)	15 (20%)	1 (13%)

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Question 119: Please rate your level of satisfaction with the following: - Variety of individual/dual intramural sports offered

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	86 (39%)	85 (40%)	65 (48%)	20 (27%)	1 (13%)
Somewhat agree	57 (26%)	55 (26%)	29 (21%)	26 (35%)	2 (25%)
Neither agree nor disagree	20 (9%)	17 (8%)	15 (11%)	2 (3%)	3 (38%)
Somewhat disagree	4 (2%)	4 (2%)	2 (1%)	2 (3%)	0 (0%)
Strongly disagree	3 (1%)	3 (1%)	1 (1%)	2 (3%)	0 (0%)
No basis to judge	49 (22%)	47 (22%)	24 (18%)	23 (31%)	2 (25%)

Question 120: Please rate your level of satisfaction with the following: - Number of Club Sports offered

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	46 (49%)	46 (51%)	38 (59%)	8 (31%)	0 (0%)
Somewhat agree	26 (28%)	26 (29%)	18 (28%)	8 (31%)	0 (0%)
Neither agree nor disagree	10 (11%)	7 (8%)	4 (6%)	3 (12%)	3 (75%)
Somewhat disagree	5 (5%)	4 (4%)	3 (5%)	1 (4%)	1 (25%)
Strongly disagree	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
No basis to judge	7 (7%)	7 (8%)	1 (2%)	6 (23%)	0 (0%)

Question 121: Please rate your level of satisfaction with the following: - Variety of Club Sports offered

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	45 (48%)	45 (50%)	37 (58%)	8 (31%)	0 (0%)
Somewhat agree	26 (28%)	24 (27%)	16 (25%)	8 (31%)	2 (67%)
Neither agree nor disagree	11 (12%)	10 (11%)	5 (8%)	5 (19%)	1 (33%)
Somewhat disagree	3 (3%)	3 (3%)	3 (5%)	0 (0%)	0 (0%)
Strongly disagree	1 (1%)	1 (1%)	1 (2%)	0 (0%)	0 (0%)
No basis to judge	7 (8%)	7 (8%)	2 (3%)	5 (19%)	0 (0%)

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Question 122: Please rate your level of satisfaction with the following: - Fitness facilities

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	412 (42%)	315 (42%)	190 (50%)	125 (33%)	97 (42%)
Somewhat agree	348 (35%)	257 (34%)	121 (32%)	136 (36%)	91 (39%)
Neither agree nor disagree	53 (5%)	39 (5%)	21 (6%)	18 (5%)	14 (6%)
Somewhat disagree	18 (2%)	15 (2%)	7 (2%)	8 (2%)	3 (6%)
Strongly disagree	4 (0%)	3 (0%)	1 (0%)	2 (1%)	1 (0%)
No basis to judge	150 (15%)	123 (16%)	38 (10%)	85 (23%)	27 (12%)

Question 123: Please rate your level of satisfaction with the following: - Fitness assessments

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	26 (42%)	20 (39%)	11 (34%)	9 (47%)	6 (55%)
Somewhat agree	16 (26%)	13 (25%)	8 (25%)	5 (26%)	3 (27%)
Neither agree nor disagree	6 (10%)	6 (12%)	5 (16%)	1 (5%)	0 (0%)
Somewhat disagree	2 (3%)	1 (2%)	0 (0%)	1 (5%)	1 (9%)
Strongly disagree	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
No basis to judge	12 (19%)	11 (22%)	8 (25%)	3 (16%)	1 (9%)

Question 124: Please rate your level of satisfaction with the following: - Personal training

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	27 (37%)	23 (37%)	10 (33%)	13 (41%)	4 (36%)
Somewhat agree	19 (26%)	17 (27%)	5 (17%)	12 (38%)	2 (18%)
Neither agree nor disagree	9 (12%)	7 (11%)	5 (17%)	2 (9%)	2 (18%)
Somewhat disagree	1 (1%)	1 (2%)	0 (0%)	1 (3%)	0 (0%)
Strongly disagree	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
No basis to judge	17 (23%)	14 (23%)	10 (33%)	4 (13%)	3 (27%)

Question 125: Comments about any recreational activities, programs, or services you participate in

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Question 126: How do you learn about what is happening in University Recreation? (Check all that apply)

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
College/university web page	511 (52%)	389 (52%)	187 (50%)	202 (55%)	122 (53%)
Posters/flyers	258 (26%)	215 (29%)	146 (39%)	69 (19%)	43 (19%)
Brochures	42 (4%)	35 (5%)	18 (5%)	17 (5%)	7 (3%)
Word of mouth	421 (43%)	362 (49%)	219 (58%)	143 (39%)	59 (25%)
Newspaper	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
Direct mailings	129 (13%)	93 (12%)	46 (12%)	47 (13%)	36 (16%)
Social media (e.g., Facebook, Twitter, instagram, email, recreation guide, guidebook)	225 (23%)	184 (25%)	122 (32%)	62 (17%)	41 (18%)
Other (please specify)	63 (6%)	37 (5%)	17 (5%)	20 (5%)	26 (11%)
Not applicable	76 (8%)	58 (8%)	17 (5%)	41 (11%)	18 (8%)

Question 127: Please rate your level of agreement with the following statements. - Recreational activities and services are effectively promoted.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	201 (21%)	151 (20%)	95 (25%)	56 (15%)	50 (23%)
Somewhat agree	356 (37%)	272 (36%)	148 (39%)	124 (34%)	84 (38%)
Neither agree nor disagree	155 (16%)	116 (16%)	55 (15%)	61 (16%)	39 (18%)
Somewhat disagree	141 (15%)	115 (15%)	42 (11%)	73 (20%)	26 (12%)
Strongly disagree	52 (5%)	44 (6%)	22 (6%)	22 (6%)	8 (4%)
No basis to judge	64 (7%)	49 (7%)	15 (4%)	34 (9%)	15 (7%)

Question 128: Please rate your level of agreement with the following statements. - The University Recreation publications - flyers, poster, and brochures - effectively promote activities and services.

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Strongly agree	210 (22%)	154 (21%)	107 (29%)	47 (13%)	56 (25%)
Somewhat agree	300 (31%)	234 (32%)	133 (36%)	101 (27%)	66 (29%)
Neither agree nor disagree	163 (17%)	121 (16%)	50 (13%)	71 (19%)	42 (19%)
Somewhat disagree	131 (14%)	106 (14%)	42 (11%)	64 (17%)	25 (11%)
Strongly disagree	52 (5%)	43 (6%)	15 (4%)	28 (8%)	9 (4%)
No basis to judge	110 (11%)	84 (11%)	26 (7%)	58 (16%)	26 (12%)

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Question 129: If you were improving/expanding University Recreation facilities, which of the following would be important to you? (Check all that apply)

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Multi-purpose courts (gymnasiums)	185 (19%)	166 (22%)	88 (24%)	78 (21%)	19 (8%)
Additional strength equipment (weights)	328 (34%)	263 (35%)	157 (42%)	106 (29%)	65 (29%)
Additional cardio equipment	351 (36%)	272 (37%)	162 (43%)	110 (30%)	79 (35%)
Additional racquetball courts	59 (6%)	52 (7%)	17 (5%)	35 (10%)	7 (3%)
Additional tennis courts	49 (5%)	44 (6%)	18 (5%)	26 (7%)	5 (2%)
Additional aquatic offerings	174 (18%)	125 (17%)	52 (14%)	73 (20%)	49 (22%)
Additional fields	84 (9%)	75 (10%)	47 (13%)	28 (8%)	9 (4%)
Additional parking space	306 (32%)	253 (34%)	148 (40%)	105 (29%)	53 (23%)
Personal training	214 (22%)	178 (24%)	88 (24%)	90 (24%)	36 (16%)
Multi-purpose rooms for group fitness and other classes	234 (24%)	184 (25%)	101 (27%)	83 (23%)	50 (22%)
Mind/body offerings	278 (29%)	235 (32%)	121 (32%)	114 (31%)	43 (19%)
Indoor track	184 (19%)	141 (19%)	78 (21%)	63 (17%)	43 (19%)
Adding child care facilities	72 (7%)	49 (7%)	13 (3%)	36 (10%)	23 (10%)
Adding a social lounge area	100 (10%)	90 (12%)	59 (16%)	31 (8%)	10 (4%)
Adding a juice bar or food service area	283 (29%)	255 (34%)	159 (43%)	96 (26%)	28 (12%)
Challenge course	233 (24%)	202 (27%)	128 (34%)	74 (20%)	31 (14%)
Ropes course	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
Expand outdoor or seasonal activities	146 (15%)	121 (16%)	70 (19%)	51 (14%)	25 (11%)
Climbing wall	184 (19%)	162 (22%)	79 (21%)	83 (23%)	22 (10%)
Skate park	85 (9%)	71 (10%)	39 (10%)	32 (9%)	14 (6%)
Other (please specify)	111 (11%)	60 (8%)	22 (6%)	38 (10%)	51 (22%)
None of the above	41 (4%)	22 (3%)	10 (3%)	12 (3%)	19 (8%)

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Question 132: Which best describes how often you visit the recreation web page?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
5 or more times a week	23 (2%)	15 (2%)	10 (3%)	5 (1%)	8 (3%)
3 - 4 times per week	61 (6%)	47 (6%)	21 (6%)	26 (7%)	14 (6%)
1 - 2 times per week	146 (15%)	120 (16%)	60 (16%)	60 (16%)	26 (11%)
1 - 2 times per month	268 (27%)	198 (27%)	105 (28%)	93 (25%)	70 (30%)
1 - 2 times per semester	280 (29%)	205 (27%)	97 (26%)	108 (29%)	75 (32%)
Never	199 (20%)	161 (22%)	83 (22%)	78 (21%)	38 (16%)

Question 133: What do you use the University Recreation web page for?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Check hours when facilities are open	629 (61%)	479 (83%)	245 (84%)	234 (81%)	150 (78%)
Find information about activities, programs, and services	382 (49%)	296 (51%)	150 (52%)	146 (50%)	86 (45%)
Check schedule of events	384 (50%)	303 (52%)	174 (60%)	129 (44%)	81 (42%)
Register for events and activities	172 (22%)	142 (24%)	73 (25%)	69 (24%)	30 (16%)
Staff information	28 (4%)	15 (3%)	11 (4%)	4 (1%)	13 (7%)
Apply for employment	39 (5%)	39 (7%)	23 (8%)	16 (6%)	0 (0%)
Other (please specify)	10 (1%)	8 (1%)	5 (2%)	3 (1%)	2 (1%)

Question 134: Were you able to find the information that you were looking for on the University Recreation web page?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Yes	741 (96%)	556 (96%)	284 (97%)	272 (95%)	185 (97%)
No	28 (4%)	23 (4%)	8 (3%)	15 (5%)	5 (3%)

Question 135: Please explain what information you were looking for that you could not find.

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Question 136: How important is physical activity to your health and well-being?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very important	748 (76%)	543 (73%)	267 (71%)	276 (74%)	205 (88%)
Moderately important	217 (22%)	189 (25%)	98 (26%)	91 (25%)	28 (12%)
Not important	13 (1%)	13 (2%)	9 (2%)	4 (1%)	0 (0%)

Question 137: To what extent do you feel on-campus recreation and fitness facilities and programs have an impact on the following? Please select one answer per objective: - Improving the quality of life at NC State

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Significant impact	619 (63%)	448 (60%)	214 (57%)	234 (63%)	171 (73%)
Moderate impact	302 (31%)	253 (34%)	139 (37%)	114 (31%)	49 (21%)
Little impact	42 (4%)	32 (4%)	16 (4%)	16 (4%)	10 (4%)
No impact	15 (2%)	12 (2%)	5 (1%)	7 (2%)	3 (1%)

Question 138: To what extent do you feel on-campus recreation and fitness facilities and programs have an impact on the following? Please select one answer per objective: - Stress reduction

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Significant impact	642 (66%)	484 (65%)	242 (65%)	242 (65%)	158 (68%)
Moderate impact	278 (28%)	212 (28%)	104 (28%)	108 (29%)	66 (28%)
Little impact	40 (4%)	33 (4%)	19 (5%)	14 (4%)	7 (3%)
No impact	18 (2%)	16 (2%)	9 (2%)	7 (2%)	2 (1%)

Question 139: To what extent do you feel on-campus recreation and fitness facilities and programs have an impact on the following? Please select one answer per objective: - Reducing anxiety

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Significant impact	578 (59%)	436 (59%)	214 (57%)	222 (60%)	142 (61%)
Moderate impact	316 (32%)	236 (32%)	120 (32%)	116 (21%)	80 (34%)
Little impact	62 (6%)	54 (7%)	30 (8%)	24 (6%)	8 (3%)
No impact	22 (2%)	19 (3%)	10 (3%)	9 (2%)	3 (1%)

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Question 140: To what extent do you feel on-campus recreation and fitness facilities and programs have an impact on the following? Please select one answer per objective: - Reducing depression

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Significant impact	530 (54%)	390 (52%)	184 (49%)	206 (56%)	140 (60%)
Moderate impact	335 (34%)	261 (35%)	133 (36%)	128 (35%)	74 (32%)
Little impact	79 (8%)	66 (9%)	38 (10%)	28 (8%)	13 (6%)
No impact	34 (3%)	28 (4%)	19 (5%)	9 (2%)	6 (3%)

Question 141: To what extent do you feel on-campus recreation and fitness facilities and programs have an impact on the following? Please select one answer per objective: - Improving sleep difficulties

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Significant impact	475 (49%)	343 (46%)	155 (41%)	188 (51%)	132 (57%)
Moderate impact	336 (34%)	265 (36%)	150 (40%)	115 (31%)	71 (31%)
Little impact	120 (12%)	98 (13%)	51 (14%)	47 (13%)	22 (9%)
No impact	47 (5%)	39 (5%)	18 (5%)	21 (6%)	8 (3%)

Question 142: In the next 5-10 years, how high of a priority do you feel improved recreational sports and/or fitness facilities at NC State?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very high	306 (31%)	211 (28%)	101 (27%)	110 (30%)	95 (41%)
High	339 (35%)	263 (35%)	130 (35%)	133 (36%)	76 (33%)
Medium	272 (28%)	219 (29%)	113 (30%)	106 (29%)	53 (23%)
Low	44 (5%)	36 (5%)	20 (5%)	16 (4%)	8 (3%)
Very low	17 (2%)	16 (2%)	10 (3%)	6 (2%)	1 (0%)

Question 143: If identified low or very low priority, why do you think improved recreational sports and/or fitness facilities are a low priority? (Check all that apply)

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
University has more pressing priorities.	43 (72%)	39 (76%)	22 (73%)	17 (81%)	4 (44%)
I do not workout and therefore not personally interested.	12 (20%)	11 (22%)	7 (23%)	4 (19%)	1 (11%)
I workout off campus and am therefore not personally interested.	12 (20%)	12 (24%)	4 (13%)	8 (38%)	0 (0%)
I am satisfied with current facilities.	26 (43%)	21 (41%)	13 (43%)	8 (38%)	5 (56%)

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Question 144: How helpful would it be to your personal well-being to have access to health and wellness resources in one location (e.g., nutrition, physical activity, counseling services, occupational, financial)?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very helpful	466 (48%)	370 (50%)	192 (52%)	178 (48%)	96 (42%)
Moderately helpful	291 (30%)	232 (21%)	110 (30%)	122 (33%)	59 (26%)
Slightly helpful	153 (16%)	107 (14%)	58 (16%)	49 (13%)	46 (20%)
Not at all helpful	59 (6%)	32 (4%)	12 (3%)	20 (5%)	27 (12%)

Question 145: How important is it to improve Miller Field turf conditions?

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very important	166 (17%)	134 (18%)	68 (18%)	66 (18%)	32 (14%)
Moderately important	434 (45%)	340 (46%)	178 (48%)	162 (44%)	94 (41%)
Not important	369 (38%)	267 (36%)	126 (34%)	141 (38%)	102 (45%)

Question 146: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Weight management programs

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	244 (25%)	188 (25%)	91 (24%)	97 (26%)	56 (25%)
Likely	250 (26%)	192 (26%)	97 (26%)	95 (26%)	58 (25%)
Unlikely	245 (25%)	193 (26%)	103 (28%)	90 (24%)	52 (23%)
Very unlikely	230 (24%)	168 (23%)	81 (22%)	87 (24%)	62 (27%)

Question 147: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Walking/physical activity challenges

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	242 (25%)	178 (24%)	81 (22%)	97 (26%)	64 (28%)
Likely	342 (35%)	265 (36%)	128 (34%)	137 (37%)	77 (34%)
Unlikely	233 (24%)	193 (26%)	115 (31%)	78 (21%)	40 (18%)
Very unlikely	152 (16%)	105 (14%)	48 (13%)	57 (15%)	47 (21%)

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Question 148: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Healthy cooking classes

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	310 (32%)	264 (34%)	142 (38%)	122 (33%)	46 (20%)
Likely	306 (32%)	245 (33%)	125 (34%)	120 (33%)	61 (27%)
Unlikely	188 (19%)	134 (18%)	65 (17%)	69 (19%)	54 (24%)
Very unlikely	165 (17%)	94 (13%)	40 (11%)	58 (16%)	67 (29%)

Question 149: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Grocery store tours

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	112 (12%)	99 (13%)	49 (13%)	50 (14%)	13 (6%)
Likely	154 (16%)	139 (19%)	70 (19%)	69 (19%)	15 (7%)
Unlikely	325 (34%)	246 (33%)	132 (35%)	114 (31%)	79 (35%)
Very unlikely	378 (39%)	257 (35%)	121 (33%)	136 (37%)	121 (53%)

Question 150: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Meditation/Quiet Room

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	181 (19%)	157 (22%)	72 (19%)	85 (23%)	24 (11%)
Likely	255 (26%)	203 (37%)	101 (27%)	102 (28%)	52 (23%)
Unlikely	264 (27%)	205 (28%)	111 (30%)	94 (25%)	59 (26%)
Very unlikely	269 (28%)	176 (24%)	88 (24%)	88 (24%)	93 (41%)

Question 151: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Small group counseling

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	84 (9%)	74 (10%)	30 (8%)	44 (12%)	10 (4%)
Likely	166 (17%)	148 (20%)	58 (16%)	90 (24%)	18 (8%)
Unlikely	356 (37%)	281 (38%)	158 (42%)	123 (33%)	75 (33%)
Very unlikely	363 (37%)	238 (32%)	126 (34%)	112 (30%)	125 (55%)

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Question 152: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Stress management classes

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	151 (16%)	126 (17%)	56 (15%)	70 (19%)	25 (11%)
Likely	275 (28%)	226 (31%)	107 (29%)	119 (32%)	49 (21%)
Unlikely	299 (31%)	229 (31%)	126 (34%)	103 (28%)	70 (31%)
Very unlikely	244 (25%)	160 (22%)	83 (22%)	77 (21%)	84 (37%)

Question 153: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Late night campus programming

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	131 (14%)	119 (16%)	60 (16%)	59 (16%)	12 (5%)
Likely	207 (21%)	188 (25%)	102 (27%)	86 (23%)	19 (8%)
Unlikely	274 (28%)	215 (29%)	116 (31%)	99 (27%)	59 (26%)
Very unlikely	357 (37%)	219 (30%)	94 (25%)	125 (34%)	138 (61%)

Question 154: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Drug and Alcohol education (not recovery and addiction group)

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	36 (4%)	33 (4%)	15 (4%)	18 (5%)	3 (1%)
Likely	58 (6%)	54 (7%)	22 (6%)	32 (9%)	4 (2%)
Unlikely	278 (29%)	220 (30%)	123 (33%)	97 (26%)	58 (25%)
Very unlikely	597 (62%)	434 (59%)	212 (57%)	222 (60%)	163 (71%)

Question 155: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Smoking cessation programs

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	42 (4%)	38 (5%)	12 (3%)	26 (7%)	4 (2%)
Likely	47 (5%)	46 (6%)	19 (5%)	27 (7%)	1 (0%)
Unlikely	213 (22%)	175 (24%)	102 (27%)	73 (20%)	38 (17%)
Very unlikely	667 (69%)	482 (65%)	239 (64%)	243 (66%)	185 (81%)

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Question 156: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Sexual health workshops

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	70 (7%)	43 (12%)	19 (5%)	62 (8%)	8 (4%)
Likely	132 (14%)	67 (18%)	51 (14%)	118 (16%)	14 (6%)
Unlikely	262 (27%)	85 (23%)	130 (35%)	215 (29%)	47 (21%)
Very unlikely	505 (52%)	174 (47%)	172 (46%)	346 (47%)	159 (70%)

Question 157: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Condom distribution

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	98 (10%)	90 (12%)	49 (13%)	41 (11%)	8 (4%)
Likely	155 (16%)	147 (20%)	73 (20%)	74 (20%)	14 (6%)
Unlikely	245 (25%)	198 (27%)	104 (28%)	94 (25%)	47 (21%)
Very unlikely	471 (29%)	306 (41%)	146 (40%)	160 (43%)	159 (70%)

Question 158: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Financial management workshops

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	158 (16%)	138 (19%)	67 (18%)	71 (19%)	20 (9%)
Likely	270 (28%)	226 (31%)	129 (35%)	97 (26%)	44 (19%)
Unlikely	225 (23%)	180 (24%)	94 (25%)	86 (23%)	45 (20%)
Very unlikely	316 (33%)	197 (27%)	82 (22%)	115 (31%)	119 (52%)

Question 159: How likely would you utilize the following wellness programs/resources to improve your personal well-being? - Wellness coaching

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very likely	197 (20%)	160 (22%)	73 (20%)	87 (24%)	37 (16%)
Likely	297 (31%)	233 (31%)	111 (30%)	122 (33%)	64 (28%)
Unlikely	235 (24%)	187 (25%)	111 (30%)	76 (21%)	48 (21%)
Very unlikely	240 (25%)	161 (22%)	77 (21%)	84 (23%)	79 (35%)

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Question 160: Please rate your level of satisfaction with the following: - Hours of outdoor rental center

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very satisfied	137 (14%)	116 (16%)	65 (17%)	51 (14%)	21 (9%)
Somewhat satisfied	195 (20%)	160 (22%)	83 (22%)	77 (21%)	35 (15%)
Neither satisfied or dissatisfied	590 (20%)	424 (57%)	208 (56%)	216 (59%)	166 (73%)
Somewhat dissatisfied	39 (4%)	34 (5%)	12 (3%)	22 (6%)	5 (2%)
Very dissatisfied	8 (1%)	7 (1%)	4 (1%)	3 (1%)	1 (0%)

Question 161: Please rate your level of satisfaction with the following: - Hours of climbing wall

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very satisfied	94 (10%)	80 (11%)	46 (12%)	34 (9%)	14 (6%)
Somewhat satisfied	155 (16%)	134 (18%)	71 (19%)	63 (17%)	21 (9%)
Neither satisfied or dissatisfied	652 (67%)	467 (63%)	223 (60%)	244 (66%)	185 (81%)
Somewhat dissatisfied	46 (5%)	41 (6%)	21 (6%)	20 (5%)	5 (2%)
Very dissatisfied	22 (2%)	19 (3%)	11 (3%)	8 (2%)	3 (1%)

Question 162: Please rate your level of satisfaction with the following: - Number of outdoor trips offered

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very satisfied	122 (13%)	105 (14%)	63 (17%)	42 (11%)	17 (7%)
Somewhat satisfied	156 (16%)	132 (18%)	69 (19%)	63 (17%)	24 (11%)
Neither satisfied or dissatisfied	638 (66%)	455 (61%)	215 (58%)	240 (65%)	183 (80%)
Somewhat dissatisfied	39 (4%)	36 (5%)	19 (5%)	17 (5%)	3 (1%)
Very dissatisfied	14 (1%)	13 (2%)	6 (2%)	7 (2%)	1 (0%)

Question 163: Please rate your level of satisfaction with the following: - Variety of outdoor trips offered

	Overall	Students	Undergraduate Students	Graduate Students	All Non-Students
Very satisfied	133 (14%)	115 (16%)	68 (18%)	47 (13%)	18 (8%)
Somewhat satisfied	156 (16%)	131 (18%)	68 (18%)	63 (17%)	25 (11%)
Neither satisfied or dissatisfied	638 (66%)	456 (62%)	218 (59%)	238 (65%)	182 (80%)
Somewhat dissatisfied	28 (3%)	26 (4%)	12 (3%)	14 (4%)	2 (1%)
Very dissatisfied	14 (1%)	13 (2%)	6 (2%)	7 (2%)	1 (0%)