

Spring/Summer 2011 Campus Recreation Program Survey

Spring/Summer 2011 Campus Recreation Program Survey

Campus Recreation Programs participated in.

		Count	Column N %
Select all of the Campus Recreation Programs you have participated in -	Not selected	219	55.0%
	Selected	179	45.0%
Intramural Sports (leagues & tournaments)	Total	398	100.0%
Select all of the Campus Recreation Programs you have participated in - Club Sports	Not selected	331	83.2%
	Selected	67	16.8%
	Total	398	100.0%
Select all of the Campus Recreation Programs you have participated in - Instructional Programs	Not selected	341	85.7%
	Selected	57	14.3%
	Total	398	100.0%
Select all of the Campus Recreation Programs you have participated in - Group Fitness	Not selected	165	41.5%
	Selected	233	58.5%
	Total	398	100.0%
Select all of the Campus Recreation Programs you have participated in - Personal Training	Not selected	365	91.7%
	Selected	33	8.3%
	Total	398	100.0%
Select all of the Campus Recreation Programs you have participated in - Massage Therapy	Not selected	388	97.5%
	Selected	10	2.5%
	Total	398	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

League Sports participated in.

		Count	Column N %
Please select all league sports you have participated in - 7-on-7 Flag Football	Not selected	105	61.8%
	Selected	65	38.2%
	Total	170	100.0%
Please select all league sports you have participated in - Indoor Volleyball	Not selected	132	77.6%
	Selected	38	22.4%
	Total	170	100.0%
Please select all league sports you have participated in - Indoor Soccer	Not selected	115	67.6%
	Selected	55	32.4%
	Total	170	100.0%
Please select all league sports you have participated in - 5-on-5 Basketball	Not selected	115	67.6%
	Selected	55	32.4%
	Total	170	100.0%
Please select all league sports you have participated in - Outdoor Soccer	Not selected	105	61.8%
	Selected	65	38.2%
	Total	170	100.0%
Please select all league sports you have participated in - Softball	Not selected	133	78.2%
	Selected	37	21.8%
	Total	170	100.0%
Please select all league sports you have participated in - 4-on-4 Flag Football	Not selected	123	72.4%
	Selected	47	27.6%
	Total	170	100.0%
Please select all league sports you have participated in - Innertube Water Polo	Not selected	154	90.6%
	Selected	16	9.4%
	Total	170	100.0%
Please select all league sports you have participated in - Team Handball	Not selected	164	96.5%
	Selected	6	3.5%
	Total	170	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Intramural Sports Tournaments participated in.

		Count	Column N %
Please select all Intramural Sport Tournaments that you have participated in - Dodgeball	Not selected	45	81.8%
	Selected	10	18.2%
	Total	55	100.0%
Please select all Intramural Sport Tournaments that you have participated in - 3-on-3 Basketball	Not selected	42	76.4%
	Selected	13	23.6%
	Total	55	100.0%
Please select all Intramural Sport Tournaments that you have participated in - Wiffleball	Not selected	38	69.1%
	Selected	17	30.9%
	Total	55	100.0%
Please select all Intramural Sport Tournaments that you have participated in - Ultimate Frisbee	Not selected	50	90.9%
	Selected	5	9.1%
	Total	55	100.0%
Please select all Intramural Sport Tournaments that you have participated in - Tennis	Not selected	46	83.6%
	Selected	9	16.4%
	Total	55	100.0%
Please select all Intramural Sport Tournaments that you have participated in - Sand Volleyball	Not selected	38	69.1%
	Selected	17	30.9%
	Total	55	100.0%
Please select all Intramural Sport Tournaments that you have participated in - Kickball	Not selected	46	83.6%
	Selected	9	16.4%
	Total	55	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Participation in Friday night Intramural Sports Leagues or Tournaments.

	Count	Column N %
If there were Intramural Sport leagues or tournaments offered on Friday nights, would you choose to play at this time?		
Yes	54	30.5%
Maybe, but it depends on the sport	86	48.6%
No	37	20.9%
Total	177	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Which of the following would you participate in on Friday night?

		Count	Column N %
Which of the following would you participate in on Friday nights? - 7-on-7 Flag Football	Not selected	49	57.6%
	Selected	36	42.4%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - Indoor Volleyball	Not selected	61	71.8%
	Selected	24	28.2%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - Indoor Soccer	Not selected	61	71.8%
	Selected	24	28.2%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - 5-on-5 Basketball	Not selected	67	78.8%
	Selected	18	21.2%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - Outdoor Soccer	Not selected	59	69.4%
	Selected	26	30.6%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - Softball	Not selected	63	74.1%
	Selected	22	25.9%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - 4-on-4 Flag Football	Not selected	67	78.8%
	Selected	18	21.2%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - Innertube Water Polo	Not selected	73	85.9%
	Selected	12	14.1%
	Total	85	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Which of the following would you participate in on Friday night?

		Count	Column N %
Which of the following would you participate in on Friday nights? - Team Handball	Not selected	79	92.9%
	Selected	6	7.1%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - Dodgeball	Not selected	62	72.9%
	Selected	23	27.1%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - 3-on-3 Basketball	Not selected	75	88.2%
	Selected	10	11.8%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - Wiffleball	Not selected	73	85.9%
	Selected	12	14.1%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - Ultimate Frisbee	Not selected	72	84.7%
	Selected	13	15.3%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - Tennis	Not selected	77	90.6%
	Selected	8	9.4%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - Sand Volleyball	Not selected	57	67.1%
	Selected	28	32.9%
	Total	85	100.0%
Which of the following would you participate in on Friday nights? - Kickball	Not selected	62	72.9%
	Selected	23	27.1%
	Total	85	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Participation in Intramural Sports Leagues or Tournaments offered on Saturday.

	Count	Column N %
If there were Intramural Sport leagues or tournaments offered on Saturday, would you choose to play at this time?		
Yes	54	30.3%
Maybe, but it depends on the sport	64	36.0%
No	60	33.7%
Total	178	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Which of the following would you participate in on Saturday?

		Count	Column N %
Which of the following would you participate in on Saturday? - 7-on-7 Flag Football	Not selected	36	58.1%
	Selected	26	41.9%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - Indoor Volleyball	Not selected	43	69.4%
	Selected	19	30.6%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - Indoor Soccer	Not selected	38	61.3%
	Selected	24	38.7%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - 5-on-5 Basketball	Not selected	47	75.8%
	Selected	15	24.2%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - Outdoor Soccer	Not selected	37	59.7%
	Selected	25	40.3%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - Softball	Not selected	53	85.5%
	Selected	9	14.5%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - 4-on-4 Flag Football	Not selected	50	80.6%
	Selected	12	19.4%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - Innertube Water Polo	Not selected	52	83.9%
	Selected	10	16.1%
	Total	62	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Which of the following would you participate in on Saturday?

		Count	Column N %
Which of the following would you participate in on Saturday? - Team Handball	Not selected	57	91.9%
	Selected	5	8.1%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - Dodgeball	Not selected	49	79.0%
	Selected	13	21.0%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - 3-on-3 Basketball	Not selected	56	90.3%
	Selected	6	9.7%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - Wiffleball	Not selected	55	88.7%
	Selected	7	11.3%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - Ultimate Frisbee	Not selected	51	82.3%
	Selected	11	17.7%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - Tennis	Not selected	56	90.3%
	Selected	6	9.7%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - Sand Volleyball	Not selected	48	77.4%
	Selected	14	22.6%
	Total	62	100.0%
Which of the following would you participate in on Saturday? - Kickball	Not selected	45	72.6%
	Selected	17	27.4%
	Total	62	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

What sports (if any) would you participate in if added to the Intramural Sports calendar?

		Count	Column N %
What sports (if any) would you participate in if added to the Intramural Sports calendar? - Floor Hockey	Not selected	112	76.7%
	Selected	34	23.3%
	Total	146	100.0%
What sports (if any) would you participate in if added to the Intramural Sports calendar? - Golf	Not selected	113	77.4%
	Selected	33	22.6%
	Total	146	100.0%
What sports (if any) would you participate in if added to the Intramural Sports calendar? - 3-on-3 Soccer	Not selected	99	67.8%
	Selected	47	32.2%
	Total	146	100.0%
What sports (if any) would you participate in if added to the Intramural Sports calendar? - Kickball	Not selected	75	51.4%
	Selected	71	48.6%
	Total	146	100.0%
What sports (if any) would you participate in if added to the Intramural Sports calendar? - Disc Golf	Not selected	122	83.6%
	Selected	24	16.4%
	Total	146	100.0%
What sports (if any) would you participate in if added to the Intramural Sports calendar? - Water Volleyball	Not selected	97	66.4%
	Selected	49	33.6%
	Total	146	100.0%
What sports (if any) would you participate in if added to the Intramural Sports calendar? - Badminton	Not selected	124	84.9%
	Selected	22	15.1%
	Total	146	100.0%
What sports (if any) would you participate in if added to the Intramural Sports calendar? - Other	Not selected	130	89.0%
	Selected	16	11.0%
	Total	146	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

How did you first hear about Intramural Sports?

		Count	Column N %
How did you first hear about Intramural Sports? - Campus Recreation Magazine	Not selected	139	79.9%
	Selected	35	20.1%
	Total	174	100.0%
How did you first hear about Intramural Sports? - Signage in the Recreation & Fitness Center	Not selected	142	81.6%
	Selected	32	18.4%
	Total	174	100.0%
How did you first hear about Intramural Sports? - Campus Rec Website	Not selected	141	81.0%
	Selected	33	19.0%
	Total	174	100.0%
How did you first hear about Intramural Sports? - Email from the Department of Campus Recreation	Not selected	164	94.3%
	Selected	10	5.7%
	Total	174	100.0%
How did you first hear about Intramural Sports? - Freshman Orientation	Not selected	143	82.2%
	Selected	31	17.8%
	Total	174	100.0%
How did you first hear about Intramural Sports? - Campus Recreation Employee	Not selected	154	88.5%
	Selected	20	11.5%
	Total	174	100.0%
How did you first hear about Intramural Sports? - Friend or Classmate	Not selected	53	30.5%
	Selected	121	69.5%
	Total	174	100.0%
How did you first hear about Intramural Sports? - Other	Not selected	164	94.3%
	Selected	10	5.7%
	Total	174	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

How satisfied are you with:

		Count	Column N %
Number of sports offered per semester	Very satisfied	66	37.1%
	Satisfied	83	46.6%
	Neither satisfied nor dissatisfied	15	8.4%
	Dissatisfied	11	6.2%
	Very dissatisfied	3	1.7%
	Total	178	100.0%
Number of tournaments offered per semester	Very satisfied	55	31.1%
	Satisfied	69	39.0%
	Neither satisfied nor dissatisfied	33	18.6%
	Dissatisfied	16	9.0%
	Very dissatisfied	4	2.3%
	Total	177	100.0%
Online registration process	Very satisfied	78	44.3%
	Satisfied	53	30.1%
	Neither satisfied nor dissatisfied	35	19.9%
	Dissatisfied	8	4.5%
	Very dissatisfied	2	1.1%
	Total	176	100.0%
Ability to access schedule	Very satisfied	71	40.1%
	Satisfied	66	37.3%
	Neither satisfied nor dissatisfied	28	15.8%
	Dissatisfied	8	4.5%
	Very dissatisfied	4	2.3%
	Total	177	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

How satisfied are you with:

		Count	Column N %
Officials' knowledge of sports rules	Very satisfied	46	26.0%
	Satisfied	48	27.1%
	Neither satisfied nor dissatisfied	33	18.6%
	Dissatisfied	26	14.7%
	Very dissatisfied	24	13.6%
	Total	177	100.0%
Quality of equipment	Very satisfied	63	35.6%
	Satisfied	69	39.0%
	Neither satisfied nor dissatisfied	34	19.2%
	Dissatisfied	7	4.0%
	Very dissatisfied	4	2.3%
	Total	177	100.0%
Student supervisors' knowledge of sports	Very satisfied	56	31.6%
	Satisfied	60	33.9%
	Neither satisfied nor dissatisfied	38	21.5%
	Dissatisfied	11	6.2%
	Very dissatisfied	12	6.8%
	Total	177	100.0%

Are you (or have you served) as a team captain for an intramural sports team?

	Count	Column N %
Are you (or have you served) as a team captain for an intramural sports team? Yes	62	36.3%
No	109	63.7%
Total	171	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

From your participation in Intramural Sports, indicate the level of improvement or increase in:

		Count	Column N %
Self-confidence	A great deal	61	34.5%
	Some	75	42.4%
	A little	20	11.3%
	None	21	11.9%
	Total	177	100.0%
Fitness level	A great deal	66	37.3%
	Some	71	40.1%
	A little	22	12.4%
	None	18	10.2%
	Total	177	100.0%
Multicultural awareness	A great deal	55	31.1%
	Some	60	33.9%
	A little	24	13.6%
	None	38	21.5%
	Total	177	100.0%
Sense of belonging/association	A great deal	67	37.9%
	Some	75	42.4%
	A little	20	11.3%
	None	15	8.5%
	Total	177	100.0%
Communication skills	A great deal	64	36.2%
	Some	73	41.2%
	A little	19	10.7%
	None	21	11.9%
	Total	177	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

From your participation in Intramural Sports, indicate the level of improvement or increase in:

		Count	Column N %
Leadership skills	A great deal	72	40.7%
	Some	63	35.6%
	A little	15	8.5%
	None	27	15.3%
	Total	177	100.0%
Ability to develop healthy relationships	A great deal	70	39.8%
	Some	63	35.8%
	A little	20	11.4%
	None	23	13.1%
	Total	176	100.0%
Stress management	A great deal	77	43.8%
	Some	58	33.0%
	A little	23	13.1%
	None	18	10.2%
	Total	176	100.0%
Overall health	A great deal	75	42.9%
	Some	65	37.1%
	A little	21	12.0%
	None	14	8.0%
	Total	175	100.0%
Academic performance	A great deal	46	26.3%
	Some	55	31.4%
	A little	29	16.6%
	None	45	25.7%
	Total	175	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Club Sports Participated in:

		Count	Column N %
Select the Club Sport that you have participated in (select all that apply): - Airsoft	Not selected	62	96.9%
	Selected	2	3.1%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Badminton	Not selected	64	100.0%
	Selected	0	.0%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Climbing	Not selected	56	87.5%
	Selected	8	12.5%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Cricket	Not selected	63	98.4%
	Selected	1	1.6%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Cuong Nhu	Not selected	64	100.0%
	Selected	0	.0%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Dive	Not selected	56	87.5%
	Selected	8	12.5%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Equestrian	Not selected	64	100.0%
	Selected	0	.0%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Fishing	Not selected	64	100.0%
	Selected	0	.0%
	Total	64	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Club Sports Participated in:

		Count	Column N %
Select the Club Sport that you have participated in (select all that apply): - Flag Football	Not selected	60	93.8%
	Selected	4	6.3%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Gymnastics	Not selected	64	100.0%
	Selected	0	.0%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Ice Hockey	Not selected	64	100.0%
	Selected	0	.0%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Judo	Not selected	60	93.8%
	Selected	4	6.3%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Kiteboarding	Not selected	63	98.4%
	Selected	1	1.6%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Lacrosse (Men's)	Not selected	63	98.4%
	Selected	1	1.6%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Lacrosse (Women's)	Not selected	58	90.6%
	Selected	6	9.4%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Paintball	Not selected	63	98.4%
	Selected	1	1.6%
	Total	64	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Club Sports Participated in:

		Count	Column N %
Select the Club Sport that you have participated in (select all that apply): - Roller Hockey	Not selected	63	98.4%
	Selected	1	1.6%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Rugby (Men's)	Not selected	58	90.6%
	Selected	6	9.4%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Rugby (Women's)	Not selected	61	95.3%
	Selected	3	4.7%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Runner's Club	Not selected	53	82.8%
	Selected	11	17.2%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Sailing	Not selected	60	93.8%
	Selected	4	6.3%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Shorinji Kempo	Not selected	60	93.8%
	Selected	4	6.3%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Skim	Not selected	62	96.9%
	Selected	2	3.1%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Skydiving Club	Not selected	64	100.0%
	Selected	0	.0%
	Total	64	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Club Sports Participated in:

		Count	Column N %
Select the Club Sport that you have participated in (select all that apply): - Soccer	Not selected	55	85.9%
	Selected	9	14.1%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Softball	Not selected	55	85.9%
	Selected	9	14.1%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Strength & Power Sports	Not selected	57	89.1%
	Selected	7	10.9%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Surf	Not selected	63	98.4%
	Selected	1	1.6%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Taekwondo	Not selected	61	95.3%
	Selected	3	4.7%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Tri-Owls	Not selected	62	96.9%
	Selected	2	3.1%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Ultimate Frisbee	Not selected	57	89.1%
	Selected	7	10.9%
	Total	64	100.0%
Select the Club Sport that you have participated in (select all that apply): - Wrestling	Not selected	58	90.6%
	Selected	6	9.4%
	Total	64	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Length of involvement in Club Sports

		Count	Column N %
How long have you been involved with Club Sports?	< 6 months	15	23.1%
	6 months - 1 year	17	26.2%
	1 - 2 years	19	29.2%
	More than 2 years	14	21.5%
	Total	65	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

From your participation in Club Sports, indicate the level of improvement or increase in:

		Count	Column N %
Self-confidence	A great deal	28	44.4%
	Some	19	30.2%
	A little	11	17.5%
	None	5	7.9%
	Total	63	100.0%
Fitness level	A great deal	33	52.4%
	Some	17	27.0%
	A little	9	14.3%
	None	4	6.3%
	Total	63	100.0%
Multicultural awareness	A great deal	21	33.9%
	Some	21	33.9%
	A little	10	16.1%
	None	10	16.1%
	Total	62	100.0%
Sense of belonging/association	A great deal	34	54.0%
	Some	17	27.0%
	A little	6	9.5%
	None	6	9.5%
	Total	63	100.0%
Communication skills	A great deal	29	46.0%
	Some	18	28.6%
	A little	10	15.9%
	None	6	9.5%
	Total	63	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

From your participation in Club Sports, indicate the level of improvement or increase in:

		Count	Column N %
Leadership skills	A great deal	23	36.5%
	Some	20	31.7%
	A little	11	17.5%
	None	9	14.3%
	Total	63	100.0%
Ability to develop healthy relationships	A great deal	23	36.5%
	Some	25	39.7%
	A little	9	14.3%
	None	6	9.5%
	Total	63	100.0%
Stress management	A great deal	28	44.4%
	Some	22	34.9%
	A little	4	6.3%
	None	9	14.3%
	Total	63	100.0%
Overall health	A great deal	28	44.4%
	Some	21	33.3%
	A little	8	12.7%
	None	6	9.5%
	Total	63	100.0%
Academic performance	A great deal	21	33.3%
	Some	16	25.4%
	A little	10	15.9%
	None	16	25.4%
	Total	63	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Instructional Programs taken:

		Count	Column N %
Instructional Programs you have taken (select all that apply): - Adult Beginning Swimming	Not selected	38	92.7%
	Selected	3	7.3%
	Total	41	100.0%
Instructional Programs you have taken (select all that apply): - Advanced Swim Workout	Not selected	35	85.4%
	Selected	6	14.6%
	Total	41	100.0%
Instructional Programs you have taken (select all that apply): - Women on Weights (WOW)	Not selected	33	80.5%
	Selected	8	19.5%
	Total	41	100.0%
Instructional Programs you have taken (select all that apply): - Asana Breakdown	Not selected	38	92.7%
	Selected	3	7.3%
	Total	41	100.0%
Instructional Programs you have taken (select all that apply): - Perfect Your Posture	Not selected	38	92.7%
	Selected	3	7.3%
	Total	41	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Instructional Programs taken:

		Count	Column N %
Instructional Programs you have taken (select all that apply): - Balancing and Backbends	Not selected	37	90.2%
	Selected	4	9.8%
	Total	41	100.0%
Instructional Programs you have taken (select all that apply): - Personal Trainer Prep Course	Not selected	39	95.1%
	Selected	2	4.9%
	Total	41	100.0%
Instructional Programs you have taken (select all that apply): - Group Fitness Instructor Prep Course	Not selected	31	75.6%
	Selected	10	24.4%
	Total	41	100.0%
Instructional Programs you have taken (select all that apply): - Basic Kenpo Self-Defense	Not selected	34	82.9%
	Selected	7	17.1%
	Total	41	100.0%
Instructional Programs you have taken (select all that apply): - American Red Cross Adult CPR/AED and First Aid Training	Not selected	31	75.6%
	Selected	10	24.4%
	Total	41	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Instructional Program Class sessions attended:

	Count
How many class sessions did you attend for Adult Beginning Swimming?	0
All	0
Most	2
Some	0
Few or none	1
Total	3
How many class sessions did you attend for Advanced Swim Workout?	1
All	1
Most	3
Some	1
Few or none	1
Total	6
How many class sessions did you attend for Women on Weights (WOW)?	3
All	3
Most	4
Some	1
Few or none	0
Total	8
How many class sessions did you attend for Asana Breakdown?	2
All	2
Most	1
Some	0
Few or none	0
Total	3
How many class sessions did you attend for Perfect your Posture?	0
All	0
Most	1
Some	1
Few or none	1
Total	3

Spring/Summer 2011 Campus Recreation Program Survey

Instructional Program Class sessions attended:

	Count
How many class sessions did you attend for Balancing and Backbends?	
All	2
Most	1
Some	0
Few or none	1
Total	4
How many class sessions did you attend for Personal Trainer Prep Course?	
All	0
Most	1
Some	1
Few or none	0
Total	2
How many class sessions did you attend for Group Fitness Instructor Prep Course?	
All	4
Most	1
Some	2
Few or none	3
Total	10
How many class sessions did you attend for Basic Kenpo Self Defense?	
All	2
Most	1
Some	0
Few or none	4
Total	7
How many class sessions did you attend for American Red Cross Adult CPR/AED and First Aid Training?	
All	6
Most	2
Some	0
Few or none	2
Total	10

Spring/Summer 2011 Campus Recreation Program Survey

How did you first hear about FAU Instructional Programs?

		Count	Column N %
How did you first hear about FAU's Instructional Programs? - Campus Recreation Magazine	Not selected	32	57.1%
	Selected	24	42.9%
	Total	56	100.0%
How did you first hear about FAU's Instructional Programs? - Signage in the Recreation & Fitness Center	Not selected	37	66.1%
	Selected	19	33.9%
	Total	56	100.0%
How did you first hear about FAU's Instructional Programs? - Campus Rec Website	Not selected	43	76.8%
	Selected	13	23.2%
	Total	56	100.0%
How did you first hear about FAU's Instructional Programs? - Email from the Department of Campus Recreation	Not selected	46	82.1%
	Selected	10	17.9%
	Total	56	100.0%
How did you first hear about FAU's Instructional Programs? - Freshman Orientation	Not selected	51	91.1%
	Selected	5	8.9%
	Total	56	100.0%
How did you first hear about FAU's Instructional Programs? - Campus Recreation Employee	Not selected	47	83.9%
	Selected	9	16.1%
	Total	56	100.0%
How did you first hear about FAU's Instructional Programs? - Friend or Classmate	Not selected	39	69.6%
	Selected	17	30.4%
	Total	56	100.0%
How did you first hear about FAU's Instructional Programs? - Other	Not selected	53	94.6%
	Selected	3	5.4%
	Total	56	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

What other specialized classes would you participate in if added to Instructional Programs?

		Count	Column N %
What other specialized classes (if any) would you participate in if added to Instructional Programs? - Belly Dancing	Not selected	26	53.1%
	Selected	23	46.9%
	Total	49	100.0%
What other specialized classes (if any) would you participate in if added to Instructional Programs? - Break dancing	Not selected	37	75.5%
	Selected	12	24.5%
	Total	49	100.0%
What other specialized classes (if any) would you participate in if added to Instructional Programs? - Reformer Pilates	Not selected	35	71.4%
	Selected	14	28.6%
	Total	49	100.0%
What other specialized classes (if any) would you participate in if added to Instructional Programs? - Tai Chi (Mind-Body Karate)	Not selected	27	55.1%
	Selected	22	44.9%
	Total	49	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

What other specialized classes would you participate in if added to Instructional Programs?

		Count	Column N %
What other specialized classes (if any) would you participate in if added to Instructional Programs? - Lifeguard Certification Course	Not selected	28	57.1%
	Selected	21	42.9%
	Total	49	100.0%
What other specialized classes (if any) would you participate in if added to Instructional Programs? - Learn to Box	Not selected	27	55.1%
	Selected	22	44.9%
	Total	49	100.0%
What other specialized classes (if any) would you participate in if added to Instructional Programs? - Kettlebell Training	Not selected	35	71.4%
	Selected	14	28.6%
	Total	49	100.0%
What other specialized classes (if any) would you participate in if added to Instructional Programs? - Other	Not selected	42	85.7%
	Selected	7	14.3%
	Total	49	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Rating of Adult Beginning Swim Instructor and program

		Count
The Adult Beginning Swimming instructor was knowledgeable	Strongly agree	2
	Agree	1
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3
The Adult Beginning Swimming instructor was professional	Strongly agree	2
	Agree	1
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3
The difficulty level of the Adult Beginning Swimming class was appropriate for the ability of those in the class	Strongly agree	1
	Agree	2
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3

Spring/Summer 2011 Campus Recreation Program Survey

Rating of Advanced Swim Workout Instructor and program

	Count
The Advanced Swim Workout instructor was knowledgeable	
Strongly agree	5
Agree	1
Disagree	0
Strongly disagree	0
Don't know/not applicable	0
Total	6
The Advanced Swim Workout instructor was professional	
Strongly agree	6
Agree	0
Disagree	0
Strongly disagree	0
Don't know/not applicable	0
Total	6
The difficulty level of the Advanced Swim Workout class was appropriate for the ability of those in the class	
Strongly agree	4
Agree	2
Disagree	0
Strongly disagree	0
Don't know/not applicable	0
Total	6

Spring/Summer 2011 Campus Recreation Program Survey

Rating of Women on Weights (WOW) Instructor and program

		Count
The Women on Weights (WOW) instructor was knowledgeable	Strongly agree	8
	Agree	0
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	8
The Women on Weights (WOW) instructor was professional	Strongly agree	8
	Agree	0
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	8
The difficulty level of the Women on Weights (WOW) class was appropriate for the ability of those in the class	Strongly agree	4
	Agree	4
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	8

Spring/Summer 2011 Campus Recreation Program Survey

Rating of Asana Breakdown Instructor and program

		Count
The Asana Breakdown instructor was knowledgeable	Strongly agree	3
	Agree	0
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3
The Asana Breakdown instructor was professional	Strongly agree	3
	Agree	0
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3
The difficulty level of the Asana Breakdown class was appropriate for the ability of those in the class	Strongly agree	3
	Agree	0
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3

Spring/Summer 2011 Campus Recreation Program Survey

Rating of Perfect your Posture Instructor and program

		Count
The Perfect your Posture instructor was knowledgeable	Strongly agree	3
	Agree	0
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3
The Perfect your Posture instructor was professional	Strongly agree	3
	Agree	0
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3
The difficulty level of the Perfect your Posture class was appropriate for the ability of those in the class	Strongly agree	3
	Agree	0
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3

Spring/Summer 2011 Campus Recreation Program Survey

Rating of Balancing & Backbends Instructor and program

		Count
The Balancing and Backbends instructor was knowledgeable	Strongly agree	3
	Agree	0
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3
The Balancing and Backbends instructor was professional	Strongly agree	3
	Agree	0
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3
The difficulty level of the Balancing and Backbends class was appropriate for the ability of those in the class	Strongly agree	2
	Agree	1
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	3

Spring/Summer 2011 Campus Recreation Program Survey

Rating of Personal Trainer Prep Course Instructor and program

		Count
The Personal Trainer Prep Course instructor was knowledgeable	Strongly agree	0
	Agree	1
	Disagree	1
	Strongly disagree	0
	Don't know/not applicable	0
	Total	2
The Personal Trainer Prep Course instructor was professional	Strongly agree	0
	Agree	1
	Disagree	1
	Strongly disagree	0
	Don't know/not applicable	0
	Total	2
The difficulty level of the Personal Trainer Prep Course was appropriate for the ability of those in the class	Strongly agree	0
	Agree	2
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	2

Spring/Summer 2011 Campus Recreation Program Survey

Rating of Group Fitness Instructor Prep Course Instructor and program

		Count
The Group Fitness Instructor Prep Course instructor was knowledgeable	Strongly agree	6
	Agree	2
	Disagree	0
	Strongly disagree	1
	Don't know/not applicable	0
	Total	9
The Group Fitness Instructor Prep Course instructor was professional	Strongly agree	6
	Agree	2
	Disagree	1
	Strongly disagree	0
	Don't know/not applicable	0
	Total	9
The difficulty level of the Group Fitness Instructor Prep Course was appropriate for the ability of those in the class	Strongly agree	6
	Agree	2
	Disagree	0
	Strongly disagree	1
	Don't know/not applicable	0
	Total	9

Spring/Summer 2011 Campus Recreation Program Survey

Rating of Basic Kenpo Self Defense Instructor and program

		Count
The Basic Kenpo Self Defense instructor was knowledgeable	Strongly agree	6
	Agree	1
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	7
The Basic Kenpo Self Defense instructor was professional	Strongly agree	6
	Agree	1
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	7
The difficulty level of the Basic Kenpo Self Defense class was appropriate for the ability of those in the class	Strongly agree	5
	Agree	2
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	7

Spring/Summer 2011 Campus Recreation Program Survey

Rating of American Red Cross Adult CPR/AED and First Aid Training Instructor and program

		Count
The American Red Cross Adult CPR/AED and First Aid Training instructor was knowledgeable	Strongly agree	8
	Agree	2
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	10
The American Red Cross Adult CPR/AED and First Aid Training instructor was professional	Strongly agree	8
	Agree	2
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	10
The difficulty level of the American Red Cross Adult CPR/AED and First Aid Training class was appropriate for the ability of those in the class	Strongly agree	7
	Agree	3
	Disagree	0
	Strongly disagree	0
	Don't know/not applicable	0
	Total	10

Spring/Summer 2011 Campus Recreation Program Survey

From your participation in Instructional Programs, indicate the level of improvement or increase in:

		Count	Column N %
Self-confidence	A great deal	27	51.9%
	Some	14	26.9%
	A little	8	15.4%
	None	3	5.8%
	Total	52	100.0%
Fitness level	A great deal	24	46.2%
	Some	20	38.5%
	A little	4	7.7%
	None	4	7.7%
	Total	52	100.0%
Multicultural awareness	A great deal	12	23.1%
	Some	14	26.9%
	A little	10	19.2%
	None	16	30.8%
	Total	52	100.0%
Sense of belonging/association	A great deal	21	40.4%
	Some	15	28.8%
	A little	10	19.2%
	None	6	11.5%
	Total	52	100.0%
Ability to develop healthy relationships	A great deal	19	37.3%
	Some	16	31.4%
	A little	6	11.8%
	None	10	19.6%
	Total	51	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

From your participation in Instructional Programs, indicate the level of improvement or increase in:

		Count	Column N %
Stress management	A great deal	23	44.2%
	Some	16	30.8%
	A little	9	17.3%
	None	4	7.7%
	Total	52	100.0%
Weight control	A great deal	20	38.5%
	Some	9	17.3%
	A little	15	28.8%
	None	8	15.4%
	Total	52	100.0%
Overall health	A great deal	26	50.0%
	Some	12	23.1%
	A little	8	15.4%
	None	6	11.5%
	Total	52	100.0%
Academic performance	A great deal	10	19.6%
	Some	15	29.4%
	A little	9	17.6%
	None	17	33.3%
	Total	51	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Group Fitness Classes Participated In:

		Count	Column N %
Please select all Group Fitness classes you have participated in. - Aqua Fit	Not selected	220	97.3%
	Selected	6	2.7%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Barbell Strength	Not selected	221	97.8%
	Selected	5	2.2%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Body Sculpt	Not selected	180	79.6%
	Selected	46	20.4%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Boot Camp	Not selected	185	81.9%
	Selected	41	18.1%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Bosu Core	Not selected	206	91.2%
	Selected	20	8.8%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Capoeira	Not selected	211	93.4%
	Selected	15	6.6%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Cardio Dance	Not selected	201	88.9%
	Selected	25	11.1%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Circuit Training	Not selected	212	93.8%
	Selected	14	6.2%
	Total	226	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Group Fitness Classes Participated In:

		Count	Column N %
Please select all Group Fitness classes you have participated in. - Contemporary Dance	Not selected	213	94.2%
	Selected	13	5.8%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Core Blast	Not selected	160	70.8%
	Selected	66	29.2%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Core Stretch	Not selected	206	91.2%
	Selected	20	8.8%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Court Sport	Not selected	223	98.7%
	Selected	3	1.3%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Cycle	Not selected	144	63.7%
	Selected	82	36.3%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Endurance Cycle	Not selected	204	90.3%
	Selected	22	9.7%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Full Body Fusion	Not selected	214	94.7%
	Selected	12	5.3%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Hatha Flow	Not selected	210	92.9%
	Selected	16	7.1%
	Total	226	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Group Fitness Classes Participated In:

		Count	Column N %
Please select all Group Fitness classes you have participated in. - Hip-Hop	Not selected	195	86.3%
	Selected	31	13.7%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Interval Cycle	Not selected	205	90.7%
	Selected	21	9.3%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Kickboxing	Not selected	196	86.7%
	Selected	30	13.3%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Night Owl Yoga	Not selected	170	75.2%
	Selected	56	24.8%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Outdoor Cross Training	Not selected	216	95.6%
	Selected	10	4.4%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Pilates	Not selected	168	74.3%
	Selected	58	25.7%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Race Day Cycle	Not selected	218	96.5%
	Selected	8	3.5%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Speed & Agility	Not selected	217	96.0%
	Selected	9	4.0%
	Total	226	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Group Fitness Classes Participated In:

		Count	Column N %
Please select all Group Fitness classes you have participated in. - Strength & Core	Not selected	214	94.7%
	Selected	12	5.3%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Strength Cycle	Not selected	213	94.2%
	Selected	13	5.8%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Strike	Not selected	206	91.2%
	Selected	20	8.8%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Tabata Interval	Not selected	212	93.8%
	Selected	14	6.2%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - TurboKick	Not selected	209	92.5%
	Selected	17	7.5%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Yoga	Not selected	128	56.6%
	Selected	98	43.4%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Zumba	Not selected	170	75.2%
	Selected	56	24.8%
	Total	226	100.0%
Please select all Group Fitness classes you have participated in. - Zumba Hip-Hop	Not selected	180	79.6%
	Selected	46	20.4%
	Total	226	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Number of Group Fitness classes typically attended per week.

		Count	Column N %
How many Group Fitness classes per week do you typically attend?	1-2	171	75.7%
	3-4	46	20.4%
	5-6	5	2.2%
	7 or more	4	1.8%
	Total	226	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Times you would attend Group Fitness classes if more classes were offered.

		Count	Column N %
Select all times that you are likely to attend Group Fitness classes if more classes were offered. - 6:00- 8:00 a.m.	Not selected	167	72.6%
	Selected	63	27.4%
	Total	230	100.0%
Select all times that you are likely to attend Group Fitness classes if more classes were offered. - 9:00-11:00 a.m.	Not selected	159	69.1%
	Selected	71	30.9%
	Total	230	100.0%
Select all times that you are likely to attend Group Fitness classes if more classes were offered. - 3:00-5:00 p.m.	Not selected	120	52.2%
	Selected	110	47.8%
	Total	230	100.0%
Select all times that you are likely to attend Group Fitness classes if more classes were offered. - 8:00 p.m.-close.	Not selected	106	46.1%
	Selected	124	53.9%
	Total	230	100.0%
Select all times that you are likely to attend Group Fitness classes if more classes were offered. - Weekend mornings	Not selected	165	71.7%
	Selected	65	28.3%
	Total	230	100.0%
Select all times that you are likely to attend Group Fitness classes if more classes were offered. - Weekend evenings	Not selected	169	73.5%
	Selected	61	26.5%
	Total	230	100.0%
Select all times that you are likely to attend Group Fitness classes if more classes were offered. - Other:	Not selected	210	91.3%
	Selected	20	8.7%
	Total	230	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Classes you would participate in if they were added to the Group Fitness schedule for upcoming semesters:

		Count	Column N %
Cycle Fusion (Combination Cycling/strength)	Not selected	140	66.4%
	Selected	71	33.6%
	Total	211	100.0%
Step aerobics	Not selected	139	65.9%
	Selected	72	34.1%
	Total	211	100.0%
Cardio BOSU	Not selected	160	75.8%
	Selected	51	24.2%
	Total	211	100.0%
Strength Training	Not selected	128	60.7%
	Selected	83	39.3%
	Total	211	100.0%
Resistance Ball Training	Not selected	153	72.5%
	Selected	58	27.5%
	Total	211	100.0%
Hips, Thighs and Buns	Not selected	79	37.4%
	Selected	132	62.6%
	Total	211	100.0%
Other	Not selected	193	91.5%
	Selected	18	8.5%
	Total	211	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

How did you first hear about FAU Group Fitness classes?

		Count	Column N %
How did you first hear about FAU's Group Fitness Classes?... - Campus Recreation Magazine	Not selected	167	73.6%
	Selected	60	26.4%
	Total	227	100.0%
How did you first hear about FAU's Group Fitness Classes?... - Signage in the Recreation & Fitness Center	Not selected	169	74.4%
	Selected	58	25.6%
	Total	227	100.0%
How did you first hear about FAU's Group Fitness Classes?... - Campus Rec Website	Not selected	152	67.0%
	Selected	75	33.0%
	Total	227	100.0%
How did you first hear about FAU's Group Fitness Classes?... - Email from the Department of Campus Recreation	Not selected	203	89.4%
	Selected	24	10.6%
	Total	227	100.0%
How did you first hear about FAU's Group Fitness Classes?... - Freshman Orientation	Not selected	185	81.5%
	Selected	42	18.5%
	Total	227	100.0%
How did you first hear about FAU's Group Fitness Classes?... - Campus Recreation Employee	Not selected	195	85.9%
	Selected	32	14.1%
	Total	227	100.0%
How did you first hear about FAU's Group Fitness Classes?... - Friend or Classmate	Not selected	134	59.0%
	Selected	93	41.0%
	Total	227	100.0%
How did you first hear about FAU's Group Fitness Classes?... - Other	Not selected	217	95.6%
	Selected	10	4.4%
	Total	227	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Satisfaction with Group Fitness Instructors

		Count	Column N %
How satisfied are you with the Group Fitness Instructors?	Very satisfied	145	63.6%
	Satisfied	81	35.5%
	Dissatisfied	2	.9%
	Very dissatisfied	0	.0%
	Total	228	100.0%

How long have you been participating in FAU's Group Fitness Classes?

		Count	Column N %
How long have you been participating in FAU's Group Fitness Classes?	1-6 months	96	41.7%
	7-12 months	53	23.0%
	1-2 years	65	28.3%
	3 or more years	16	7.0%
	Total	230	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Reported Level of Improvement in various attributes as a result of participation in Group Fitness classes:

		Count	Column N %
Self-confidence	A great deal	94	41.8%
	Some	87	38.7%
	A little	28	12.4%
	None	16	7.1%
	Total	225	100.0%
Fitness level	A great deal	110	48.9%
	Some	83	36.9%
	A little	24	10.7%
	None	8	3.6%
	Total	225	100.0%
Multicultural awareness	A great deal	62	27.8%
	Some	69	30.9%
	A little	42	18.8%
	None	50	22.4%
	Total	223	100.0%
Sense of belonging/association	A great deal	74	32.9%
	Some	74	32.9%
	A little	41	18.2%
	None	36	16.0%
	Total	225	100.0%
Ability to develop healthy relationships	A great deal	67	30.2%
	Some	82	36.9%
	A little	30	13.5%
	None	43	19.4%
	Total	222	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Reported Level of Improvement in various attributes as a result of participation in Group Fitness classes:

		Count	Column N %
Stress management	A great deal	109	48.7%
	Some	75	33.5%
	A little	24	10.7%
	None	16	7.1%
	Total	224	100.0%
Weight control	A great deal	81	36.2%
	Some	82	36.6%
	A little	42	18.8%
	None	19	8.5%
	Total	224	100.0%
Overall health	A great deal	108	48.4%
	Some	79	35.4%
	A little	26	11.7%
	None	10	4.5%
	Total	223	100.0%
Academic performance	A great deal	65	29.3%
	Some	63	28.4%
	A little	39	17.6%
	None	55	24.8%
	Total	222	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

How did you first hear about FAU's Personal Training?

		Count	Column N %
How did you first hear about FAU's Personal Training?	Not selected	19	70.4%
(select all that apply) -	Selected	8	29.6%
Campus Recreation Magazine	Total	27	100.0%
How did you first hear about FAU's Personal Training?	Not selected	21	77.8%
(select all that apply) -	Selected	6	22.2%
Signage in the Recreation & Fitness Center	Total	27	100.0%
How did you first hear about FAU's Personal Training?	Not selected	18	66.7%
(select all that apply) -	Selected	9	33.3%
Campus Rec Website	Total	27	100.0%
How did you first hear about FAU's Personal Training?	Not selected	25	92.6%
(select all that apply) - Email from the Department of Campus Recreation	Selected	2	7.4%
	Total	27	100.0%
How did you first hear about FAU's Personal Training?	Not selected	24	88.9%
(select all that apply) -	Selected	3	11.1%
Freshman Orientation	Total	27	100.0%
How did you first hear about FAU's Personal Training?	Not selected	21	77.8%
(select all that apply) -	Selected	6	22.2%
Campus Recreation Employee	Total	27	100.0%
How did you first hear about FAU's Personal Training?	Not selected	22	81.5%
(select all that apply) - Friend or Classmate	Selected	5	18.5%
	Total	27	100.0%
How did you first hear about FAU's Personal Training?	Not selected	26	96.3%
(select all that apply) - Other	Selected	1	3.7%
	Total	27	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Primary Personal Trainer

		Count
Who is/was your primary personal trainer (select one):	Reed Phinisey	2
	Ronald Johnson	4
	Kyle Schau	4
	Zack Hobrock	6
	Michelle Rich	3
	Ryan Klopfer	1
	Carlton Smith	0
	Joe Drake	4
	Total	24

Spring/Summer 2011 Campus Recreation Program Survey

Level of improvement or increase in various attributes as a result of participation with a Personal Trainer:

		Count	Column N %
Self-confidence	A great deal	14	56.0%
	Some	10	40.0%
	A little	0	.0%
	None	1	4.0%
	Total	25	100.0%
Fitness level	A great deal	17	65.4%
	Some	9	34.6%
	A little	0	.0%
	None	0	.0%
	Total	26	100.0%
Multicultural awareness	A great deal	6	24.0%
	Some	8	32.0%
	A little	4	16.0%
	None	7	28.0%
	Total	25	100.0%
Sense of belonging/association	A great deal	10	40.0%
	Some	5	20.0%
	A little	3	12.0%
	None	7	28.0%
	Total	25	100.0%
Ability to develop healthy relationships	A great deal	10	40.0%
	Some	7	28.0%
	A little	2	8.0%
	None	6	24.0%
	Total	25	100.0%

Level of improvement or increase in various attributes as a result of participation with a Personal Trainer:

		Count	Column N %
Stress management	A great deal	13	52.0%
	Some	10	40.0%
	A little	2	8.0%
	None	0	.0%
	Total	25	100.0%
Weight control	A great deal	13	50.0%
	Some	11	42.3%
	A little	2	7.7%
	None	0	.0%
	Total	26	100.0%
Overall health	A great deal	18	69.2%
	Some	8	30.8%
	A little	0	.0%
	None	0	.0%
	Total	26	100.0%
Academic performance	A great deal	6	24.0%
	Some	8	32.0%
	A little	4	16.0%
	None	7	28.0%
	Total	25	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Ratings of Massage Therapist & Massage Therapy:

		Count	Column N %
The massage therapist was professional	Strongly agree	7	70.0%
	Agree	3	30.0%
	Disagree	0	.0%
	Strongly disagree	0	.0%
	Don't know/not applicable	0	.0%
	Total	10	100.0%
The massage therapist was welcoming	Strongly agree	8	80.0%
	Agree	2	20.0%
	Disagree	0	.0%
	Strongly disagree	0	.0%
	Don't know/not applicable	0	.0%
	Total	10	100.0%
The massage therapist addressed areas of concern and pain	Strongly agree	9	90.0%
	Agree	1	10.0%
	Disagree	0	.0%
	Strongly disagree	0	.0%
	Don't know/not applicable	0	.0%
	Total	10	100.0%
The massage therapist used an appropriate amount of pressure	Strongly agree	8	80.0%
	Agree	2	20.0%
	Disagree	0	.0%
	Strongly disagree	0	.0%
	Don't know/not applicable	0	.0%
	Total	10	100.0%
I would recommend Massage Therapy from Campus Recreation to others	Strongly agree	10	100.0%
	Agree	0	.0%
	Disagree	0	.0%
	Strongly disagree	0	.0%
	Don't know/not applicable	0	.0%
	Total	10	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

How did you first hear about FAU's Massage Therapy?

		Count	Column N %
How did you first hear about FAU's Massage Therapy?	Not selected	8	80.0%
(select all that apply) -	Selected	2	20.0%
Campus Recreation Magazine	Total	10	100.0%
How did you first hear about FAU's Massage Therapy?	Not selected	5	50.0%
(select all that apply) -	Selected	5	50.0%
Signage in the Recreation & Fitness Center	Total	10	100.0%
How did you first hear about FAU's Massage Therapy?	Not selected	8	80.0%
(select all that apply) -	Selected	2	20.0%
Campus Rec Website	Total	10	100.0%
How did you first hear about FAU's Massage Therapy?	Not selected	7	70.0%
(select all that apply) - Email from the Department of Campus Recreation	Selected	3	30.0%
	Total	10	100.0%
How did you first hear about FAU's Massage Therapy?	Not selected	9	90.0%
(select all that apply) -	Selected	1	10.0%
Freshman Orientation	Total	10	100.0%
How did you first hear about FAU's Massage Therapy?	Not selected	9	90.0%
(select all that apply) -	Selected	1	10.0%
Campus Recreation Employee	Total	10	100.0%
How did you first hear about FAU's Massage Therapy?	Not selected	9	90.0%
(select all that apply) -	Selected	1	10.0%
Friend or Classmate	Total	10	100.0%
How did you first hear about FAU's Massage Therapy?	Not selected	10	100.0%
(select all that apply) - Other	Selected	0	.0%
	Total	10	100.0%

Outcomes of Campus Recreation

Use of campus recreation programs, services, and facilities at FAU has resulted in:

		Count	Column N %
Improved overall fitness level	Strongly agree	205	51.3%
	Agree	174	43.5%
	Disagree	7	1.8%
	Strongly disagree	2	.5%
	Don't know/not applicable	12	3.0%
	Total	400	100.0%
Increased balance & coordination	Strongly agree	165	41.3%
	Agree	192	48.0%
	Disagree	15	3.8%
	Strongly disagree	1	.3%
	Don't know/not applicable	27	6.8%
	Total	400	100.0%
Increased physical strength	Strongly agree	185	46.3%
	Agree	178	44.5%
	Disagree	18	4.5%
	Strongly disagree	2	.5%
	Don't know/not applicable	17	4.3%
	Total	400	100.0%
Greater feeling of well being	Strongly agree	204	51.3%
	Agree	167	42.0%
	Disagree	13	3.3%
	Strongly disagree	1	.3%
	Don't know/not applicable	13	3.3%
	Total	398	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Use of campus recreation programs, services, and facilities at FAU has resulted in:

		Count	Column N %
Improved ability to manage stress	Strongly agree	185	46.3%
	Agree	166	41.5%
	Disagree	22	5.5%
	Strongly disagree	1	.3%
	Don't know/not applicable	26	6.5%
	Total	400	100.0%
Weight control	Strongly agree	171	43.0%
	Agree	169	42.5%
	Disagree	25	6.3%
	Strongly disagree	0	.0%
	Don't know/not applicable	33	8.3%
	Total	398	100.0%
Improved overall health	Strongly agree	202	51.5%
	Agree	163	41.6%
	Disagree	8	2.0%
	Strongly disagree	2	.5%
	Don't know/not applicable	17	4.3%
	Total	392	100.0%

Contribution of Campus Recreation programs, services, & facilities to the quality of life at FAU:

	Count	Column N %
Campus recreation programs, Strongly agree	296	73.4%
services, and facilities Agree	100	24.8%
contribute to the quality of life Disagree	3	.7%
at FAU. Strongly disagree	1	.2%
Don't know/not applicable	3	.7%
Total	403	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Demographic Characteristics:

Residence

	Count	Column N %
Where do you currently live? On-campus	118	28.8%
Off-campus, < 1 mile from campus	79	19.3%
Off-campus, > 1 mile from campus	213	52.0%
Total	410	100.0%

Membership Status

	Count	Column N %
Please select your membership status from the list below (select all that apply) - Part-time student		
Not selected	375	91.7%
Selected	34	8.3%
Total	409	100.0%
Please select your membership status from the list below (select all that apply) - Full-time student		
Not selected	52	12.7%
Selected	357	87.3%
Total	409	100.0%
Please select your membership status from the list below (select all that apply) - Faculty		
Not selected	398	97.3%
Selected	11	2.7%
Total	409	100.0%
Please select your membership status from the list below (select all that apply) - Staff		
Not selected	377	92.2%
Selected	32	7.8%
Total	409	100.0%
Please select your membership status from the list below (select all that apply) - Alumni		
Not selected	397	97.1%
Selected	12	2.9%
Total	409	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Primary Campus

		Count	Column N %
What is your primary FAU campus?	Boca Raton	374	97.4%
	Dania Beach (Seatech)	1	.3%
	Davie	4	1.0%
	Fort Lauderdale	4	1.0%
	Harbor Branch	1	.3%
	Jupiter	0	.0%
	Treasure Coast (Port St. Lucie)	0	.0%
	Total	384	100.0%

Class level

		Count	Column N %
Class level	Freshman (first year)	74	19.3%
	Sophomore	57	14.8%
	Junior	67	17.4%
	Senior	108	28.1%
	Graduate student	71	18.5%
	Non-degree seeking	7	1.8%
	Total	384	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

Expected GPA

		Count	Column N %
What is your expected GPA for this semester?	3.5 - 4.0	160	41.7%
	3.0 - 3.49	158	41.1%
	2.5 - 2.99	52	13.5%
	2.0 - 2.49	14	3.6%
	Below 2.0	0	.0%
	Total	384	100.0%

Spring/Summer 2011 Campus Recreation Program Survey

How do you learn about what is happening with Campus Recreation?

		Count	Column N %
Campus Recreation website	Not selected	232	57.4%
	Selected	172	42.6%
	Total	404	100.0%
Word of mouth	Not selected	168	41.6%
	Selected	236	58.4%
	Total	404	100.0%
Campus Recreation Magazine	Not selected	324	80.2%
	Selected	80	19.8%
	Total	404	100.0%
Campus Recreation Facebook site	Not selected	376	93.1%
	Selected	28	6.9%
	Total	404	100.0%
Signage in the Recreation & Fitness Center	Not selected	278	68.8%
	Selected	126	31.2%
	Total	404	100.0%
Emails from Campus Recreation	Not selected	256	63.4%
	Selected	148	36.6%
	Total	404	100.0%
Freshmen Orientation	Not selected	378	93.6%
	Selected	26	6.4%
	Total	404	100.0%
Other	Not selected	392	97.0%
	Selected	12	3.0%
	Total	404	100.0%