

## Campus Recreation Survey, Spring 2009

### Outcomes of Campus Recreation

Please rate your agreement with the following items:	Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
Use of campus recreation programs, services and facilities has expanded my interest in staying fit and healthy	915	48.9%	34.6%	14.4%	1.5%	0.5%
Campus recreation programs, services, and facilities contribute to the quality of life at FAU	908	61.0%	33.0%	5.6%	0.0%	0.3%
My recreational needs are met by the Department of Campus Recreation	913	40.4%	40.0%	15.3%	3.7%	0.5%
Participation in recreational activities has provided me with skills and abilities that I will use after college.	915	33.4%	28.2%	33.4%	4.0%	0.9%

Use of campus recreation programs, services, and facilities, has lead to an increase in:	Total	Definitely	Somewhat	Not at all
Fitness level	894	65.4%	30.9%	3.7%
Balance/coordination	886	43.3%	43.9%	12.8%
Physical strength	885	64.3%	31.2%	4.5%
Feeling of well being	888	68.6%	27.7%	3.7%
Stress management	889	59.5%	32.7%	7.8%
Weight control	889	52.5%	37.6%	9.9%
Overall health	894	67.7%	28.9%	3.5%

	Total	Very important	Moderately important	Slightly important	Not at all important
How important were recreation, sports, and fitness activities to you BEFORE you enrolled at FAU?	897	50.9%	31.0%	13.9%	4.1%
How important will recreation, sports, and fitness activities be to you AFTER YOU LEAVE FAU?	894	68.5%	25.6%	5.5%	0.4%
How important was maintaining a healthy lifestyle BEFORE you enrolled at FAU?	896	51.0%	34.5%	11.6%	2.9%
How important will it be to you to maintain a healthy lifestyle AFTER YOU LEAVE FAU?	896	76.5%	20.8%	2.8%	0.0%