

---

UW-STOUT

---

---

# UNIVERSITY RECREATION

---

---

A place for lifelong learning and lifetime fitness.

---

## 2015-2016 NIRSA Campus Recreation Report December 4<sup>rd</sup>, 2016



# 2015-2016 NIRSA Campus Recreation Report

Prepared by:  
Rahmi Arian

Prepared for:  
Lori Anda

Survey created by:  
  
National Intramural-Recreational  
Sports Association (NIRSA)  
  
UW-Stout University Recreation

Report distributed to:  
Lori Anda

This survey was developed by and is owned by UW-Stout and may not be copied without permission. For further information about this survey, please contact the researcher. (arianr0771@my.uwstout.edu).

## **2015-2016 NIRSA Campus Recreation Report**

### **Executive Summary**

The purpose of this NIRSA survey was to provide “*a benchmarking mechanism to capture ways in which campus recreation enhances the lives of students*”. The survey was written as a collaborative effort of the National Intramural-Recreational Sports Association (NIRSA) and Student Voice, and administered electronically by Student Voice. A total of 1,706 UW-Stout students completed the survey. Responses for these students are compared to 2016 national benchmark data (available from Student Voice) as well as 2012 UW-Stout data.

The author believes the data support the following conclusions:

#### *Recreation Importance*

The following items were rated on a 4-point scale where 1 = *Not at all important* and 4 = *Very important*:

1. In 2016, UW-Stout respondents rated the importance of recreation programs/facilities higher than past data in terms of their influence in deciding to attend/continue attending UW-Stout.
  - a. Importance of programs when deciding to continue attending Stout was rated statistically higher by 2016 Stout respondents.
  - b. Compared to 2016 national data, 2016 Stout respondents rated importance of programs for attending statistically higher and importance of facilities for continued attendance statistically higher as well.
2. Respondents rated the importance of recreation/fitness facilities and maintaining a healthy lifestyle prior to enrolling or after leaving the institution:
  - a. 2016 Stout respondents rated importance of recreation activities prior to enrollment statistically higher and maintenance of a healthy lifestyle after you leave statistically lower compared to 2016 national respondents.
  - b. Importance of recreation activities after you leave were rated statistically higher by 2016 Stout respondents compared to 2012 Stout respondents.

#### *University Recreation Use*

3. Twenty-one percent of 2016 UW-Stout respondents participate in on-campus recreation *1 time/week*. This was statistically lower than the 2016 national average.
4. During the week, approximately 31% of 2016 UW-Stout respondents utilize facilities after 5 pm. This was higher than the 2016 national average and lower than the 2008 Stout data.
5. *Mid-day* or *Afternoon* was the most frequent usage time on weekends for 2016 Stout respondents. This was similar to 2016 national and 2012 UW-Stout data.
6. The *Health and Fitness Center*, *open recreation facilities*, *intramural sports*, and *swimming pool* were the most frequent activities participated in by 2016 Stout respondents.
7. Among 2012 Stout, 2012 national, and 2008 Stout respondents, *cardiovascular training (treadmill, elliptical, stationary bike, etc.)*, *weight training* and *open recreation (pick-up basketball, volleyball, soccer, etc.)* were the most frequent recreation activities.

#### *Overall Impact*

Respondents rated six statements regarding recreation impact on a 5-point scale (1 = *Strongly disagree*, 5 = *Strongly Agree*).

8. For Stout 2016, five of seven statements had mean ratings above 4.0 with the highest rating occurring for *I enjoy participating in [Recreation] activities and/or utilizing facilities and Overall, I would recommend Campus Recreation facilities, programs, and services to others*. (4.29).
  - a. Compared to 2016 national data, there were statistical differences for five of seven statements.
  - b. Compared to 2012 Stout data, there were statistical differences for four of seven statements.

Respondents rated the personal, academic, and physical effects of using recreation facilities, programs, or services on a 3-point scale (1 = *Not at all*, 3 = *Definitely*).

9. Personal skills: 2016 Stout respondents rated the effect of recreation statistically higher for seven of eight items compared to 2016 national data and all items compared to 2012 Stout data.
10. Academic skills: 2016 Stout respondents rated the effect of recreation statistically higher for eight of eight items compared to 2016 national data and 2012 Stout data.
11. Physical skills: 2016 Stout respondents rated the effect of recreation statistically higher for five of seven items compared to 2016 national data and six of seven items compared to 2012 Stout data.
12. *Socializing “Make/Build Friendship”, Physical/Mental Health, and Opportunities* were other ways participation enhanced experiences.

#### *Facilities*

13. Approximately 33% of 2016 Stout respondents use university recreation facilities. This was significantly higher than the 2016 national average and 2012 Stout data.
14. *Outdoor (run, bike, etc.)* was the most frequent non-university recreational facility used by 2016 Stout respondents, 2016 national respondents, and 2012 Stout respondents.
15. Agreement with *fitness equipment is available when I want to use it* was statistically higher for 2016 Stout respondents compared to 2012 Stout respondents and 2016 national average.
16. *Adding additional strength equipment, adding additional cardio equipment, and adding Multi-Purpose courts (gymnasiums)* were top three important expansions to recreation facilities noted by 2016 Stout respondents.
17. *A dome to increase outdoor space during the winter Outdoor turf field and Indoor turf field* were the top three most important additions to UREC facilities indicated by 2016 Stout respondents.
18. *Expanding free weight fitness space, expanding cardio fitness space and more intramural sport leagues and/or tournaments* were the top three changes to UREC programs indicated by 2016 Stout respondents.
19. *Satisfied/Happy/N-A, Facilities, and Classes or Activities* were the top three themes for desired additional offerings.
20. *Cost, Facilities, Space, and Time/Hours of Operation/Class time* were the top three themes for desire changes that would enhance likelihood of use.
21. On a 5-point scale (1 = *Very dissatisfied*, 5 = *Very satisfied*), mean satisfaction ratings for various campus recreation components ranged from 3.13-4.20 for 2016 Stout respondents.
  - a. *Location of campus recreation facilities* had the highest mean rating.
  - b. Compared to 2012 Stout data, mean ratings were statistically lower for seven of nine components. Approximately, 39% of Stout 2016 respondents were *somewhat satisfied* overall with UREC programs, services, facilities, and staff.
22. *Intramurals, Club Involvement, and Classes* were the top three themes for additional comments regarding UREC components.
23. A majority of 2016 Stout respondents were *Very satisfied* with the hours of operation both during the week or on weekends.
24. *Hours of Access, Update/Expand Facilities, and Overall Satisfaction* were the top three theme for additional comments related to hours of operation, facilities, or equipment.
25. Agreement with *Overall, I would recommend [Recreation] facilities, programs, and services to others* was rated similarly by 2016 Stout respondents compared to 2012 Stout respondents.

#### *Finances*

26. The majority of 2016 Stout respondents reported *not applicable* for off-campus monthly dues.
27. About 62% of 2012 Stout respondents would support an increase in segregated fees, with approximately 52% of these respondents supporting an increase of \$2.00 or \$2.50 per credit.

*Awareness and Promotion of University Recreation Programs & Services*

28. *Posters/flyers, word of mouth, and University of Wisconsin-Stout web-page* were the most frequently chosen methods for learning about recreation events for all three groups.
29. Agreement with both recreation promotion statements was rated statistically higher by 2016 Stout respondents compared to 2016 National Average Data.
30. Roughly 32% of 2016 Stout respondents *never* use the university recreation webpage. Respondents that do use the webpage most frequently use it for *checking hours when facilities are open, checking schedule of events, or finding information about activities, programs, and services*. Approximately 96% reported they were able to find what they were looking for.

*Barriers to Use*

31. *No time, facilities are too crowded and price/not affordable* were most frequently indicated as barriers to using recreation among 2016 Stout respondents.

*Choose UW-Stout Again?*

32. Approximately 45% of 2016 Stout respondents indicated they would choose UW-Stout again if they had to start over.

## INDEX OF TABLES

Table 1: Demographics .....	10
Table 2: Participation in Student Clubs, Intercollegiate Teams, or Intramural/Club Sport.....	155
Table 3: Importance of Recreation Before or After Enrollment .....	188
Table 4: Importance of Healthy Lifestyle Before or After Enrollment .....	19
Table 5: University Recreation Use: Frequency .....	2120
Table 6: University Recreation Use: Facility Usage Times (Monday-Friday).....	221
Table 7: University Recreation Use: Facility Usage Times (Saturday-Sunday) .....	222
Table 8: University Recreation Use: Minutes Spent Using Facilities .....	232
Table 9: University Recreation Use: Participation in UREC Programs .....	23
Table 10: Participation in Activities .....	244-28
Table 11: Overall Effect: Impact of Participation in Activities .....	30
Table 12: Overall Effect: Other Ways Participation has Enhanced Stout Experience .....	36-37-38
Table 13: Facilities: Use of University Recreation Facilities, Programs, or Services .....	399
Table 14: Facilities: Use of Other Recreational Facilities .....	40
Table 15: Use of Other Rec. Facilities: Other.....	41
Table 16: Facilities: Availability of Fitness Equipment .....	4242
Table 17: Facilities: Improvement/Expansion of Recreation Facilities.....	4343
Table 18: Improvements or Expansions: Other .....	444
Table 19: Facilities: Five Most Important Changes to Sports Complex Facilities .....	45
Table 20: Five Most Important Additions: Other .....	46
Table 21: Facilities: Five Most Important Changes to UREC Programs.....	477
Table 22: Five Most Important Program Changes: Other .....	488
Table 23: Additional Recreational Offerings.....	50-51-52
Table 24: Changes to Recreation Program that would Enhance Likelihood of Use .....	54-55
Table 25: Level of Satisfaction .....	566
Table 26: Comments about Recreational Activities, Programs or Services Participated In.....	577-60
Table 27: Level of Satisfaction: Hours of Operation.....	622
Table 28: Comments About Hours of Operation, Facilities, or Equipment .....	633-64-65
Table 29: Facilities: Recommend to Others.....	66
Table 30: Methods for Learning about University Recreation Events .....	71
Table 31: Learning about UREC Events: Other .....	72
Table 32: Level of Satisfaction with UREC Promotion .....	73
Table 33: Frequency of University Recreation Webpage Visits .....	74
Table 34: Uses of University Recreation Webpage .....	755
Table 35: Uses of University Recreation Webpage: Other .....	76
Table 36: Helpfulness of University Recreation Webpage.....	766
Table 37: Unavailable Information .....	777
Table 38: Barriers to Use: Factors that Impede Use .....	788
Table 39: Factors that Impede Use: Other .....	79-80

## INDEX OF FIGURES

Figure A: Demographics: Subject Area of Majors .....	11
Figure B: Hours/Week Spent Working .....	122
Figure C: Participation in On-campus Recreational Sports, Programs, and/or Activities.....	133
Figure D: Miles from On-campus Sports and Fitness Center .....	144
Figure E: Importance of University Recreation Facilities/Program .....	177
Figure F: Overall Effect: Personal Skills .....	32
Figure G: Overall Effect: Academic Skills .....	3333
Figure H: Overall Effect: Physical Skills.....	34
Figure I: Level of Satisfaction with UREC Programs, Services, Facilities, and Staff .....	61
Figure J: Monthly Off-Campus Dues .....	688
Figure K: Willingness to Increase Segregated Fees .....	699
Figure L: Segregated Fees: Amount Willing to Increase.....	7070
Figure M: Choose UW-Stout Again? .....	81

## ***NIRSA: Campus Recreation Student Outcomes Benchmarking Survey*** **FULL REPORT**

### **OVERVIEW**

The stated purpose of this NIRSA survey is to “*provide a benchmarking mechanism to capture ways in which campus recreation enhances the lives of students*”. It is further described as providing actionable data on

- *The impact of campus recreation programs and services on recruitment and retention*
- *Student learning outcomes*
- *Information to justify new facilities, an expansion, or new programs*
- *Support for fee increases*
- *Satisfaction with facilities, programs, and services*
- *Needed changes and enhancements to existing programs and services*
- *Interest in new programs and services*

### **METHODOLOGY**

The survey was written as a collaborative effort of National Intramural-Recreational Sports Association (NIRSA) and StudentVoice. The University of Wisconsin-Stout (UW-Stout) University Recreation (UREC) department was allowed to add several questions to the survey, which was administered electronically by StudentVoice in Spring 2016. A total of 1,706 on-campus UW-Stout students completed the survey. Distance education students were not included in the sample. See appendix A for the survey instrument.

Survey results were made available via the StudentVoice webpage. A comparison report was created on the StudentVoice website which included data from the 2016 UW-Stout survey, the 2012 UW-Stout Survey, and the 2016 National Benchmark Data. Statistical differences between the groups were indicated on the report generated on StudentVoice.

#### ***Benchmark***

The benchmark group was composed of the national average of all participating institutions. See appendix B for a list of the institutions included in the benchmark group to which UW-Stout data was compared. All calculations were performed by utilizing the benchmarking application on the StudentVoice webpage. The results were imported into a Word file, and then converted into Excel to make the following charts and graphs.



## *Data Analysis*

### Quantitative Data

Quantitative data was analyzed by the researcher utilizing the StudentVoice website. Descriptive statistics and mean comparisons were provided on the comparison report created by the website.

### Qualitative Data

Some of the qualitative responses were analyzed using NVivo software. Themes and definitions were identified after an initial reading. Responses were coded into the themes. Comments contained in the qualitative tables are representative, not inclusive. Comments are taken directly from the survey instrument and are not edited for spelling/grammar. Comments may be edited for length (indicated by ellipses), but are not edited to alter intent. Identifiers have been removed.

Frequencies in the theme tables are calculated by dividing the total number of comments offered for each theme by the total number of respondents for each question. Main-theme frequencies and percentages include the number of comments coded for each corresponding sub-theme. For example, if the main theme listed has a frequency of 100 and has two sub-themes, the frequency of 100 includes the comments coded directly into the main theme as well as the comments coded into the sub-themes. The number of respondents for each qualitative question is identified in the narrative above it.

## Demographics

For this survey, female and male students were almost equally represented in the respondents. Nearly all the participants were full-time students, and majority of students were not transfer students. Students who lived on campus were slightly more than students who live off campus. All classes were fairly represented in the survey (see table 1 below).

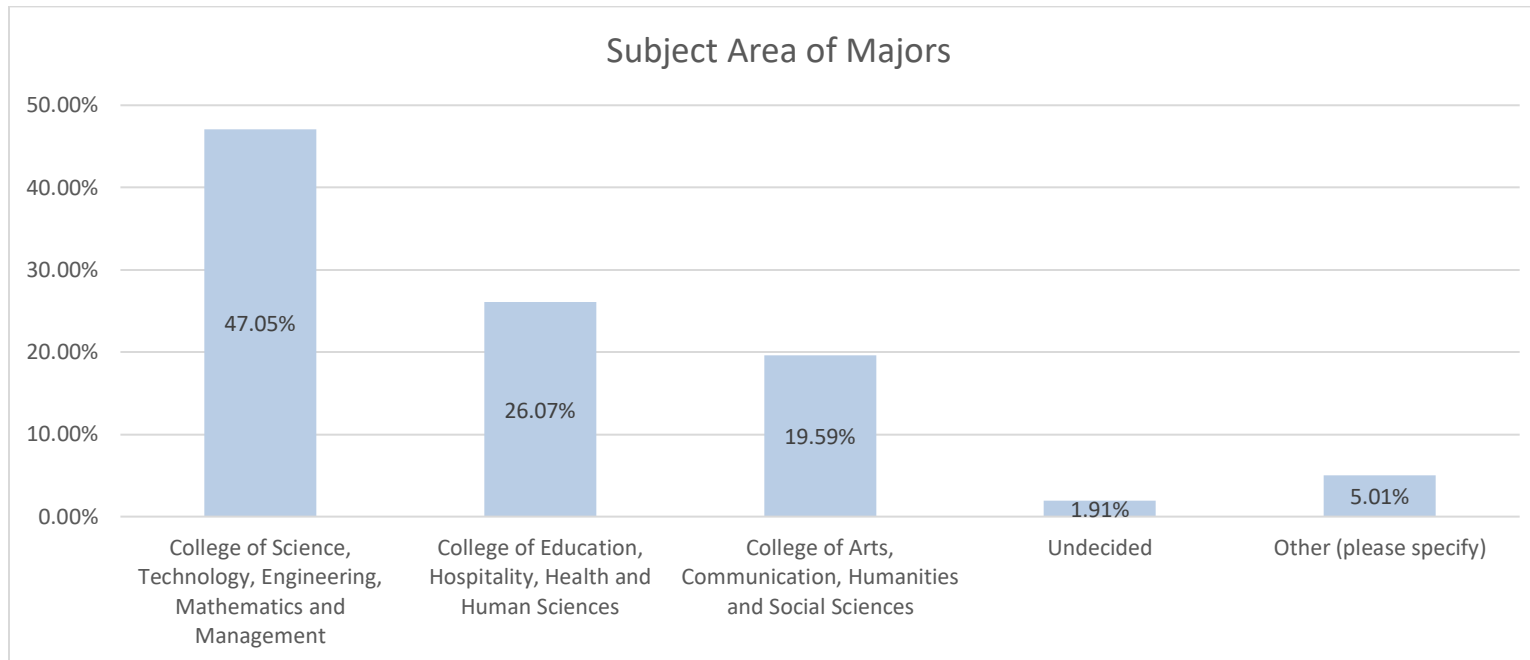
**Table 1: Demographics**

Demographic Group		Percentage
Gender	Female	50.6%
	Male	48.3%
Student Status	Full-time	95.4%
	Part-time	4.6%
Transfer	Yes	19.5%
	No	80.5%
Where live	On-campus	51.2%
	Off-campus	48.8%
Class Standing	Freshman	28.0%
	Sophomore	22.0%
	Junior	21.1%
	Senior	24.5%
	Graduate	4.0 %
Average Age	20.8	

## Major

Approximately 47% of respondents were in *College of Science* majors, 26.7% were *College of Education* majors, and 19.6% were *College of Art* majors (see figure A below).

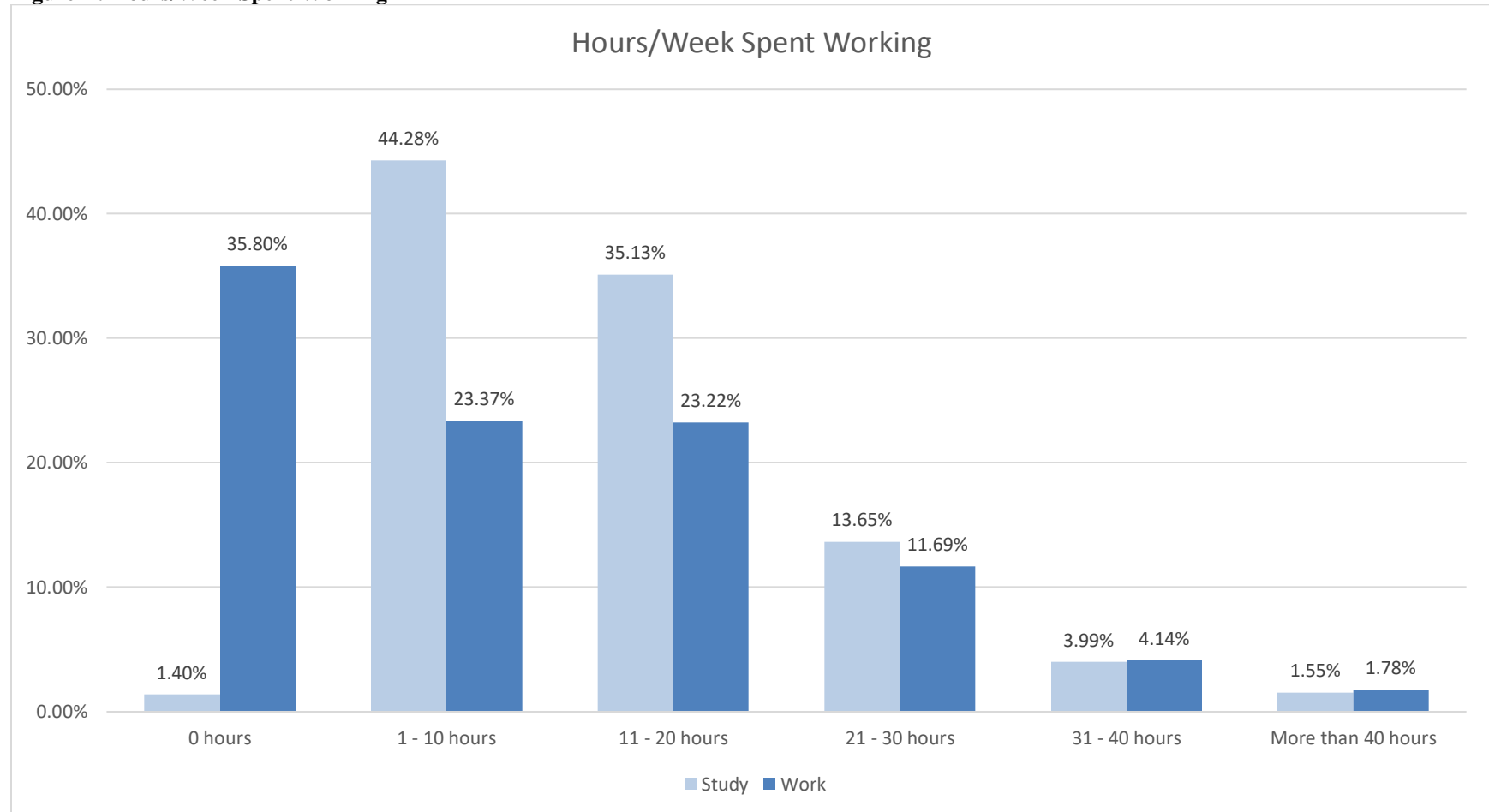
**Figure A: Demographics: Subject Area of Majors**



## Hours Spent Working/Studying

Approximately 36% of respondents reported they did not spend any hours per week working, while about 18% reported working more than 21 hours per week. The majority of respondents (44%) reported studying and working (23%) for at least one to 10 hours per week (see figure B below).

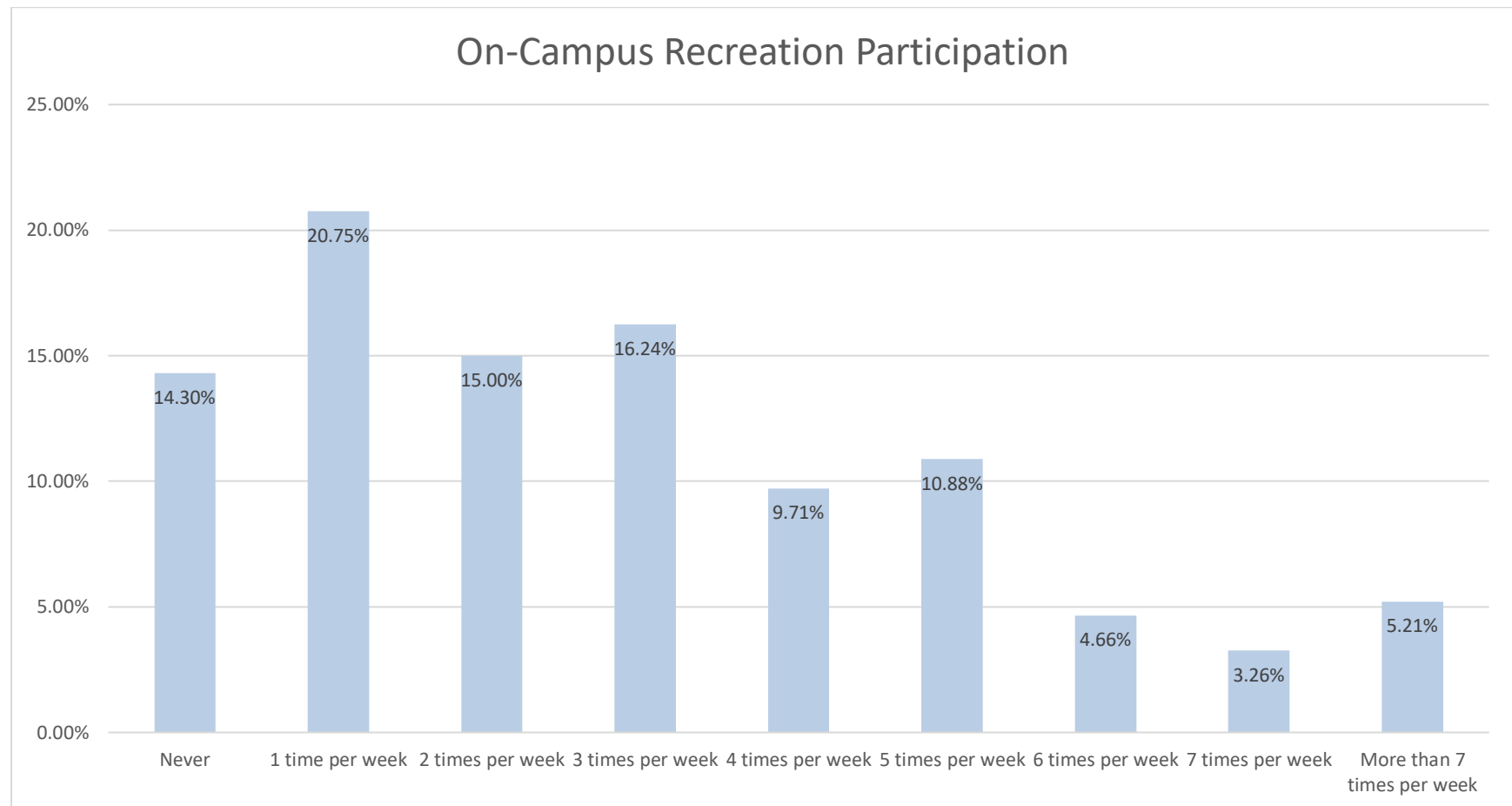
**Figure B: Hours/Week Spent Working**



### On-Campus Recreation Participation

Nearly 21% of respondents indicated they participate in on-campus recreational sports, programs, and/or activities at least once per week, with approximately 16% of respondents indicating participation from three times per week (see figure C below).

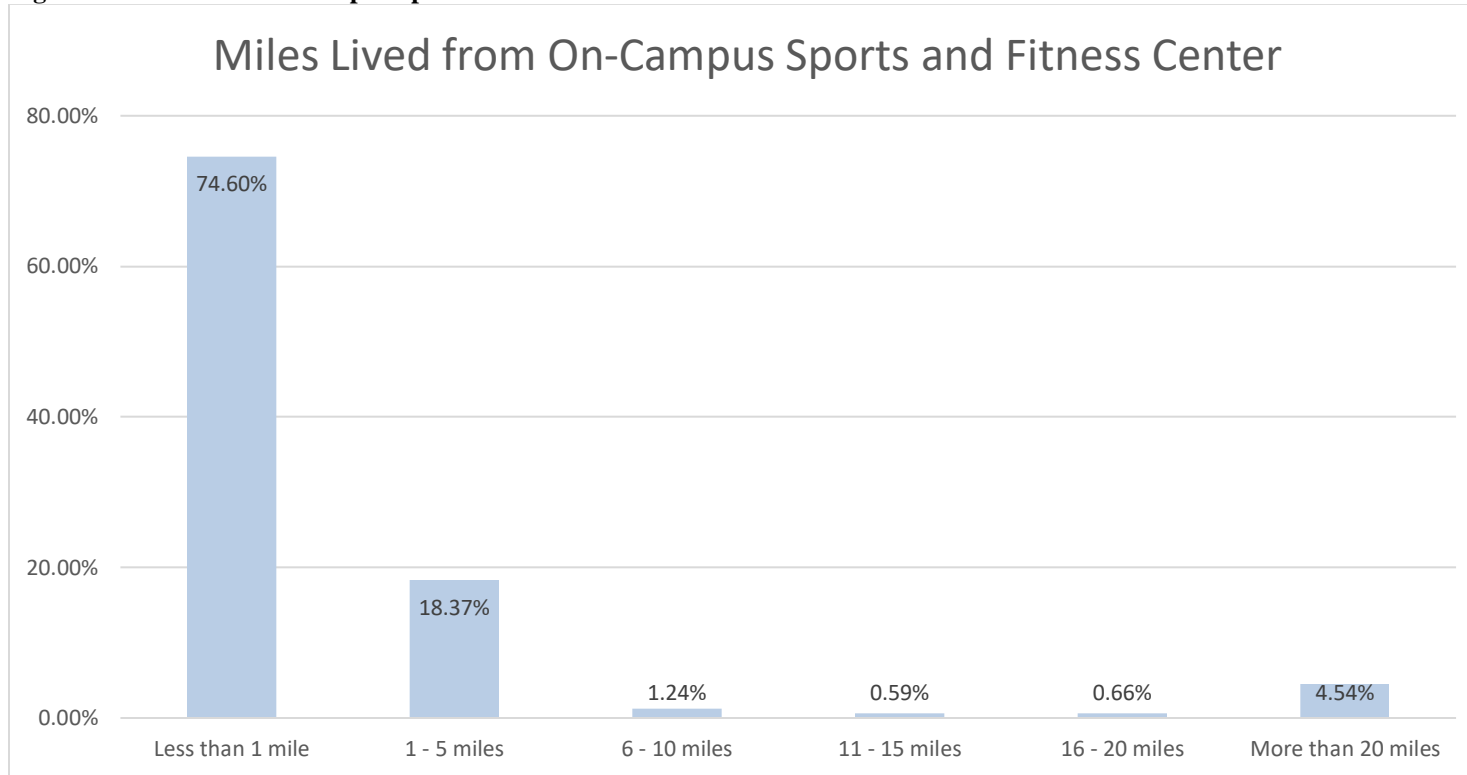
**Figure C: Participation in On-campus Recreational Sports, Programs, and/or Activities**



### Miles Lived from On-Campus Sports and Fitness Center

Nearly 75% of respondents live less than one-mile from an on-campus sports and fitness center (see figure D below).

**Figure D: Miles from On-campus Sports and Fitness Center**



### Participation in Student Clubs, Intercollegiate Teams, or Intramural/Club Sports

The majority of respondents participated in a *student club or organization*, however, did not participate in an *intercollegiate sports team* (see table 2 below). Approximately 39% of respondents indicated participating in an *intramural group, club sport, or organized fitness activity*.

**Table 2: Participation in Student Clubs, Intercollegiate Teams, or Intramural/Club Sport**

Group	Answer	Percentage
Student club or organization	Yes	66.18%
	No	31.76%
Intercollegiate team	Yes	15.32%
	No	80.38%
Intramural group, club sport, or organized fitness activity	Yes	38.54%
	No	58.51%
Greek Organization	Yes	6.32%
	No	90.94%

## RESULTS

### *Recreation Importance*

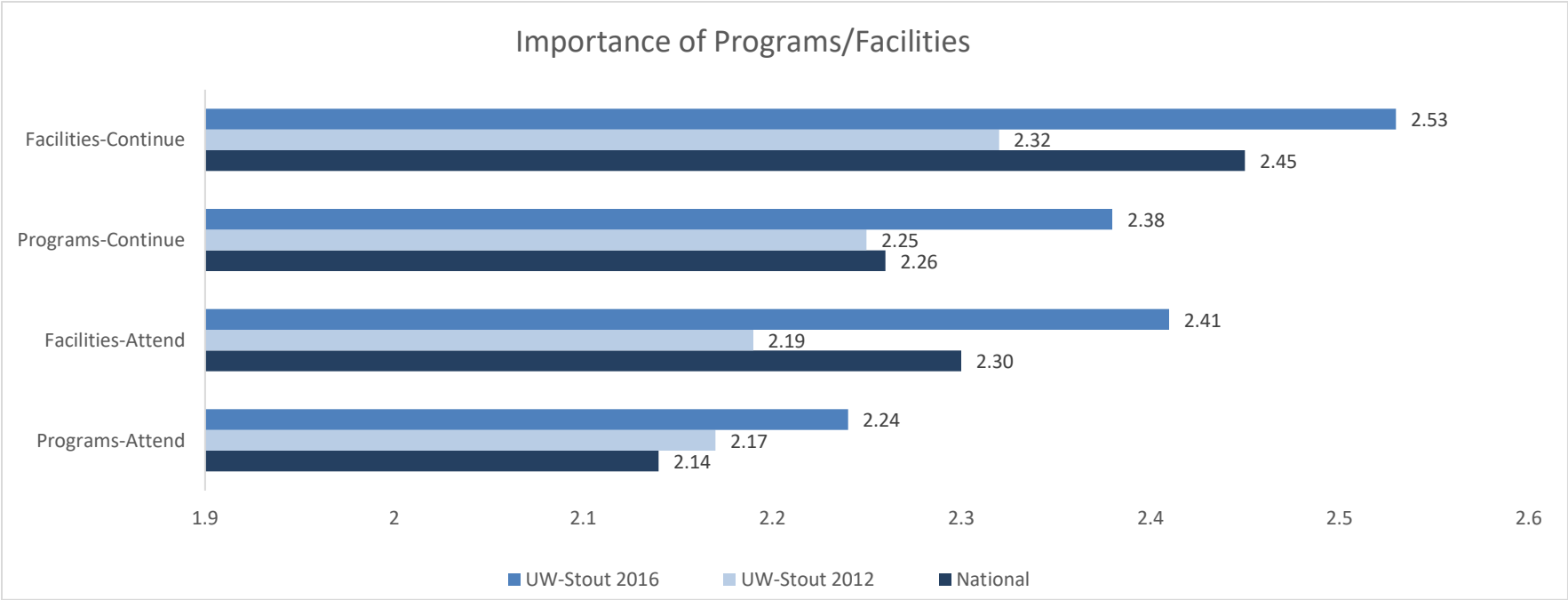
Respondents were asked to indicate the importance of university recreation facilities and programs when deciding whether to attend or to continue attending their institution. Ratings were made on a 4-point scale where 1 = *Not at all important* and 4 = *Very important*. Mean ratings (2016) for programs and facilities were similar for decisions to attend Stout and decisions to continue attending Stout (see figure E below).

Compared to 2016 national data, 2016 UW-Stout mean ratings were statistically higher for importance of programs in attending and statistically lower for importance of facilities in continuing to attend.

Importance of programs in deciding to attend or continue attending Stout was rated statistically higher by 2016 UW-Stout respondents compared to 2012 UW-Stout respondents.



Figure E: Importance of University Recreation Facilities/Program



### Recreation Importance: Healthy Lifestyles

Respondents rated the importance of recreation/fitness activities or maintaining a healthy lifestyle prior to enrolling at the institution and after leaving the institution on a 4-point scale were 1 = *Not at all important* and 4 = *Very important* (see tables 3 & 4 below).

Compared to 2016 national data, mean ratings for UW-Stout 2016 were statistically higher for *importance of recreation, sports, and/or fitness prior to enrolling* and statistically lower for *maintenance of a healthy lifestyle after you leave*.

Compared to 2012 UW-Stout and 2016 National data, mean ratings for UW-Stout 2016 were statistically higher for *importance of recreation, sports, and/or fitness activities after you leave*. Also, the difference between UW-Stout 2016 data and National 2016 data is not significant on *importance of recreation, sports, and/or fitness activities after you leave*.

**Table 3: Importance of Recreation Before or After Enrollment**

	<b>Very Important</b>	<b>Moderately Important</b>	<b>Slightly Important</b>	<b>No Importance</b>	<b>Mean Rating</b>
<i>How important were recreation, sports, and/or fitness activities to you <u>prior</u> to enrolling at this college?</i>					
UW-Stout 2016 (N=1,578)	558 (35.36%)	481 (30.48%)	320 (20.28%)	219 (13.88%)	2.87*
UW-Stout 2012 (N=1,750)	578 (33.03%)	502 (28.69%)	424 (24.23%)	246 (14.06%)	2.81
National 2016 (N=25,430)	8,035(31.58%)	7,400(29.11%)	5,787 (22.76%)	4,208 (16.55%)	2.76
<i>How important will recreation, sports, and/or fitness activities be to you <u>after you leave</u> this college?</i>					
UW-Stout 2016 (N=1,567)	544 (34.72%)	562 (35.86%)	320 (20.42%)	141 (9.00%)	2.96
UW-Stout 2012 (N=1,749)	564 (32.25%)	656 (37.51%)	339 (19.38%)	190 (10.86%)	2.91
National 2016 (N=25,438)	8,954 (35.20%)	9,333(36.69%)	4,828(18.98%)	2,323(9.14%)	2.98

\* statistically higher compared to Spring 2016 National data

\*\* statistically lower compared to Spring 2016 National data

**Table 4: Importance of Healthy Lifestyle Before or After Enrollment**

	<b>Very Important</b>	<b>Moderately Important</b>	<b>Slightly Important</b>	<b>No Importance</b>	<b>Mean Rating</b>
<i>How important was maintaining a healthy lifestyle to you prior to enrolling at this college?</i>					
UW-Stout 2016 (N=1,572)	659 (41.92%)	525 (33.40%)	275 (17.49%)	113 (7.19%)	3.10
UW-Stout 2012 (N=1,757)	687 (39.10%)	624 (35.52%)	340 (19.35%)	106 (6.03%)	3.08
National 2012 (N=25,451)	10,844(42.61%)	8,196(32.20%)	4,762(18.71%)	1,649(6.48%)	3.11
<i>How important will maintaining a healthy lifestyle be to you <u>after you leave</u> this institution?</i>					
UW-Stout 2016 (N=1,584)	925 (58.40%)	481 (30.37%)	138 (8.71%)	40 (2.53%)	3.45
UW-Stout 2012 (N=1,763)	949 (53.83%)	611 (34.66%)	145 (8.22%)	58 (3.29%)	3.39
National 2016 (N=25,632)	15,828(61.75%)	7,597(29.63%)	1,679(6.55%)	528(2.06%)	3.51*

\* statistically higher compared to Spring 2016 National data

\*\* statistically lower compared to Spring 2016 National data

## University Recreation Use

### University Recreation Use: Frequency

Respondents indicated how many times per week they participate in on-campus recreational sports, programs, and/or activities (see table 5 below). In 2016, the highest percentage (20.75%) of UW-Stout respondents participated in these activities *1 time/week*. This was slightly lower than the 2016 national average (24.18%).

**Table 5: University Recreation Use: Frequency**

<i>On average, how many times per week do you participate in on-campus recreational sports, programs, and/or activities?</i>	<b>UW-Stout 2016 (N=1287)</b>	<b>UW-Stout 2012 (N=1,256)</b>	<b>National 2016 (N=22,653)</b>
More than 7 times/week	67 (5.21%)	26 (2.07%)	(1.45%)
7 times/week	42 (3.26%)	37 (2.95%)	(1.64%)
6 times/week	60 (4.66%)	40 (3.18%)	(3.20%)
5 times/week	140 (10.88%)	102 (8.12%)	(8.55%)
4 times/week	125 (9.71%)	120 (9.55%)	(9.41%)
3 times/week	209 (16.24%)	210 (16.72%)	(17.03%)
2 times/week	193 (15.00%)	238 (18.95%)	(17.69%)
1 time/week	267 (20.75%)	308 (24.52%)	(24.18%)
Never	184 (14.30%)	175 (13.93%)	(16.85%)

### University Recreation Use: Facility Usage Times

Respondents indicated the time of the day they are most likely to utilize facilities both during the week and on the weekends. During the week, the majority of UW-Stout 2016 respondents (68.4%) noted being most likely to use the facilities after 2 pm, with 31.4% of the respondents using the facilities from 5-8 pm (see table 6 below). On weekends, the majority of respondents indicated they would be more likely to use facilities *mid-day* or *afternoon* (see table 7 below).

Compared to national data, UW-Stout 2016 respondents were more likely to utilize the facilities mostly during the afternoon and evening on weekdays. During weekends, there were no large differences between UW-Stout and the national average for likely usage time on the weekends.

Compared to 2012 UW-Stout data, likely weekday facility usage times were similar for all times of day. On weekends, 2012 Stout respondents were more likely to use facilities during the *afternoon* or *early evening*, and a higher percentage of respondents indicated not being likely to use facilities on weekends.

**Table 6: University Recreation Use: Facility Usage Times**

<b><i>Which times of the day are you most likely to utilize facilities: - During the week (Monday - Friday)</i></b>	<b>UW-Stout 2016 (N=1284)</b>	<b>UW-Stout 2012 (N=1,263)</b>	<b>National 2016 (N=22,823)</b>
Early morning (before 8AM)	126 (9.81%)	69 (5.46%)	(10.08%)
Morning (8AM-11AM)	132 (10.28%)	100 (7.92%)	(9.95%)
Mid-day (11AM-2PM)	118 (9.19%)	103 (8.16%)	(11.68%)
Afternoon (2PM-5PM)	259 (20.17%)	233 (18.45%)	(16.46%)
Early evening (5PM-8PM)	403 (31.39%)	450 (35.63%)	(30.63%)
Late evening (after 8PM)	216 (16.82%)	278 (22.01%)	(18.24%)
Never	30 (2.34%)	30 (2.38%)	(2.97%)

**Table 7: University Recreation Use: Facility Usage Times**

<i>Which times of the day are you most likely to utilize facilities: - On the weekend (Saturday - Sunday)</i>	<b>UW-Stout 2016 (N=1264)</b>	<b>UW-Stout 2012 (N=1,261)</b>	<b>National 2016 (N=22,361)</b>
Early morning (before 8AM)	30 (2.37%)	29 (2.30%)	(3.14%)
Morning (8AM-11AM)	226 (17.88%)	169 (13.40%)	(16.76%)
Mid-day (11AM-2PM)	313 (24.76%)	345 (27.36%)	(21.14%)
Afternoon (2PM-5PM)	273 (21.60%)	327 (25.93%)	(19.36%)
Early evening (5PM-8PM)	160 (12.66%)	166 (13.16%)	(11.21%)
Late evening (after 8PM)	106 (8.39%)	95 (7.53%)	(8.16%)
Never	156 (12.34%)	130 (10.31%)	(20.24%)

Respondents indicated the average number of minutes per visit they spend utilizing the facilities or participating in programs/activities. In 2016, the majority of Stout respondents (42.8%) spent between 30 and 59 minutes utilizing the facilities or participating in programs/activities. This was similar to both 2016 national data and 2012 Stout data. Also, 2016 UW-Stout respondents significantly increased the 90 minutes or longer per visit (17.2%) compared to UW-Stout 2012 data and National data (see table 8 below).

**Table 8: University Recreation Use: Minutes Spent Using Facilities**

<i>On average, how many minutes do you spend utilizing the on-campus recreational facilities or participating in programs or activities?</i>	<b>UW-Stout 2016 (N=1286)</b>	<b>UW-Stout 2012 (N=1,268)</b>	<b>National 2016 (N=22,998)</b>
Less than 30 minutes per visit	121 (9.41%)	146 (11.51%)	(9.91%)
30-59 minutes per visit	550 (42.77%)	586 (46.21%)	(47.50%)
60-89 minutes per visit	394 (30.64%)	388 (30.60%)	(31.99%)
90 minutes or longer per visit	221 (17.19%)	148 (11.67%)	(10.61%)

### University Recreation Use: Participation in UREC Programs

2016 UW-Stout respondents indicated which facilities they have used during their participation in UREC programs. Nearly 70% indicated they used the *Health and Fitness Center* while 61% indicated using *open recreation facilities* (see table 9 below).

**Table 9: University Recreation Use: Participation in UREC Programs**

<i><b>During your participation in University Recreation programs, have you . . .? (Check all that apply)</b></i>	<b>UW-Stout 2016 (N=1,498)</b>	<b>UW-Stout 2012 (N=1,254)</b>
Utilized the Health & Fitness Center	1048 (69.96%)	988 (78.79%)
Used open recreation facilities	916 (61.15 %)	734 (58.53%)
Participated in Intramural Sports	640 (42.72%)	580 (46.25%)
Utilized the swimming pool	521 (34.78%)	566 (45.14%)
Utilized the North Point Fitness Center	516 (34.45%)	341 (27.19%)
Utilized Stout Adventures climbing wall	388 (25.90%)	385 (30.70%)
Participated in a Group Fitness Class	368 (24.57%)	424 (33.81%)
Participated on a Sport Club	292 (19.49%)	230 (18.34%)
Utilized Stout Adventures equipment rental	218 (14.55%)	N/A
Utilized Stout Adventures challenge course	121 (8.08%)	N/A
Participated in Stout Adventures trips and clinics	52 (3.47%)	97 (2.20%)
Utilized Personal Trainer	48 (3.20%)	N/A
Other	N/A	66 (5.26%)

## Participation in University Recreation Activities

All respondents indicated the frequency with which they participated in various university recreation activities (see table 10 below). *Cardiovascular training (treadmill, elliptical, stationary bike, etc.)* (74%), *Weight training* (72%), *Open recreation (pick-up basketball, volleyball, soccer, etc.)* (63%) and *Intramural Sports* (52%), were the activities with the highest percentage of participation among 2016 UW-Stout respondents.

Among these respondents, approximately 24% do *weight training* and 25% do *cardiovascular training* at least 3-4 times per week, and about 19% participate in *open recreation* activities at least 1-2 times per semester. These percentages are higher compared to 2012 UW-Stout data.

These four activities also had the higher percentage of participation (at least 3-4 times per semester) nationally in 2016.

**Table 10: Participation in Activities**

<b>Intramural Sports</b>	<b>UW-Stout 2016 (N=1277)</b>	<b>UW-Stout 2012 (N=1,252)</b>	<b>National 2016 (N=20,196)</b>
5 or more times per <b>week</b>	26 (2.04%)	11 (0.88%)	(1.13%)
3-4 times per <b>week</b>	43 (3.37%)	41 (3.27%)	(2.64%)
1-2 times per <b>week</b>	255 (19.97%)	244 (19.49%)	(12.73%)
1-2 times per <b>month</b>	91 (7.13%)	63 (5.03%)	(6.12%)
1-2 times per <b>semester</b>	243 (19.03%)	248 (19.81%)	(13.70%)
Never	619 (48.47%)	645 (51.52%)	(63.69%)
<b>Sport Clubs (martial arts, basketball, volleyball, etc...)</b>	<b>UW-Stout 2016 (N=1271)</b>	<b>UW-Stout 2012 (N=1,230)</b>	<b>National 2016 (N=18,852)</b>
5 or more times per <b>week</b>	84 (6.61%)	63 (5.12%)	(2.17%)
3-4 times per <b>week</b>	93 (7.32%)	66 (5.37%)	(3.67%)
1-2 times per <b>week</b>	84 (6.61%)	58 (4.72%)	(5.12%)
1-2 times per <b>month</b>	39 (3.07%)	42 (3.41%)	(3.08%)
1-2 times per <b>semester</b>	100(7.87%)	80 (6.50%)	(6.04%)
Never	871 (68.53%)	921 (74.88%)	(79.93%)



<b>Aquatics (Aquatics/pool)</b>	<b>UW-Stout 2016 (N=1259)</b>	<b>UW-Stout 2012 (N=1,216)</b>	<b>National 2016 (N=20,659)</b>
5 or more times per <b>week</b>	16 (1.27%)	7 (0.58%)	(1.27%)
3-4 times per <b>week</b>	36 (2.86%)	34 (2.80%)	(2.81%)
1-2 times per <b>week</b>	92 (7.31%)	85 (6.99%)	(7.02%)
1-2 times per <b>month</b>	123 (9.77%)	183 (15.05%)	(8.25%)
1-2 times per <b>semester</b>	259 (20.57%)	288 (23.68%)	(17.68%)
Never	733 (58.22%)	619 (50.90%)	(62.97%)
<b>Instructor-led group fitness or exercise classes</b>	<b>UW-Stout 2016 (N=1244)</b>	<b>UW-Stout 2012 (N=1,217)</b>	<b>National 2016 (N=22,018)</b>
5 or more times per <b>week</b>	13 (1.05%)	13 (1.07%)	(1.15%)
3-4 times per <b>week</b>	27 (2.17%)	43 (3.53%)	(4.35%)
1-2 times per <b>week</b>	103 (8.28%)	114 (9.37%)	(12.25%)
1-2 times per <b>month</b>	112 (9.00%)	129 (10.60%)	(9.80%)
1-2 times per <b>semester</b>	161 (12.94%)	216 (17.75%)	(15.78%)
Never	828 (66.56%)	702 (57.68%)	(56.68%)
<b>Weight training</b>	<b>UW-Stout 2016 (N=1268)</b>	<b>UW-Stout 2012 (N=1,244)</b>	<b>National 2016 (N=22,228)</b>
5 or more times per <b>week</b>	244 (19.24%)	157 (12.62%)	(10.73%)
3-4 times per <b>week</b>	303 (23.90%)	276 (22.19%)	(18.62%)
1-2 times per <b>week</b>	201 (15.85%)	214 (17.20%)	(19.64%)
1-2 times per <b>month</b>	78 (6.15%)	101 (8.12%)	(10.86%)
1-2 times per <b>semester</b>	84 (6.62%)	116 (9.32%)	(9.66%)
Never	358 (28.23%)	380 (30.55%)	(30.48%)
<b>Cardiovascular training (treadmill, elliptical, stationary bike, etc...)</b>	<b>UW-Stout 2016 (N=1267)</b>	<b>UW-Stout 2012 (N=1,236)</b>	<b>National 2016 (N=22,309)</b>
5 or more times per <b>week</b>	183 (14.44%)	173 (14.00%)	(10.72%)

3-4 times per <b>week</b>	317 (25.02%)	279 (22.57%)	(22.95%)
1-2 times per <b>week</b>	256 (20.21%)	271 (21.93%)	(25.28%)
1-2 times per <b>month</b>	98 (7.73%)	109 (8.82%)	(13.13%)
1-2 times per <b>semester</b>	86 (6.79%)	94 (7.61%)	(9.14%)
Never	327 (25.81%)	310 (25.08%)	(18.78%)
<b>Open recreation (pick-up basketball, volleyball, soccer, etc...)</b>	<b>UW-Stout 2016 (N=1267)</b>	<b>UW-Stout 2012 (N=1,241)</b>	<b>National 2016 (N=22,058)</b>
5 or more times per <b>week</b>	53 (4.18%)	41 (3.30%)	(2.72%)
3-4 times per <b>week</b>	113(8.92%)	76 (6.12%)	(5.43%)
1-2 times per <b>week</b>	184 (14.52%)	180 (14.50%)	(12.15%)
1-2 times per <b>month</b>	215 (16.97%)	237 (19.10%)	(12.13%)
1-2 times per <b>semester</b>	239 (18.86%)	219 (17.65%)	(13.36%)
Never	463 (36.54%)	488 (39.32%)	(53.60%)
<b>Racquet sports (racquetball, squash, badminton, tennis, etc...)</b>	<b>UW-Stout 2016 (N=1259)</b>	<b>UW-Stout 2012 (N=1,229)</b>	<b>National 2016 (N=18,096)</b>
5 or more times per <b>week</b>	13 (1.03%)	14 (1.14%)	(1.17%)
3-4 times per <b>week</b>	24 (1.91%)	25 (2.03%)	(2.18%)
1-2 times per <b>week</b>	64 (5.08%)	82 (6.67%)	(5.44%)
1-2 times per <b>month</b>	136 (10.80%)	162 (13.18%)	(8.59%)
1-2 times per <b>semester</b>	236 (18.75%)	240 (19.53%)	(14.26%)
Never	786 (62.43%)	706 (57.45%)	(68.37%)
<b>Outdoor adventure activities and/or trips (hiking, rock climbing, scuba etc...)</b>	<b>UW-Stout 2016 (N=1261)</b>	<b>UW-Stout 2012 (N=1,229)</b>	<b>National 2016 (N=18,115)</b>
5 or more times per <b>week</b>	15 (1.19%)	13 (1.06%)	(1.44 %)
3-4 times per <b>week</b>	24 (1.90%)	16 (1.30%)	(2.42%)
1-2 times per <b>week</b>	44 (3.49%)	36 (2.93%)	(5.64%)
1-2 times per <b>month</b>	65 (5.15%)	57 (4.64%)	(7.92%)

1-2 times per semester	174 (13.80%)	150 (12.21%)	(14.89%)
Never	939 (74.46%)	957 (77.87%)	(67.68%)
<b>Personal training</b>	<b>UW-Stout 2016 (N=1256)</b>	<b>UW-Stout 2012 (N=1,230)</b>	<b>National 2016 (N=21,434)</b>
5 or more times per week	25 (1.99%)	34 (2.76%)	(1.80%)
3-4 times per week	20 (1.59%)	36 (2.93%)	(2.89%)
1-2 times per week	22 (1.75%)	69 (5.61%)	(4.09%)
1-2 times per month	17 (1.35%)	38 (3.09%)	(2.68%)
1-2 times per semester	41 (3.26%)	54 (4.39%)	(4.30%)
Never	1131 (90.05%)	999 (81.22%)	(84.25%)
<b>Classes (safety classes, non-credit recreation, or for credit recreation)</b>	<b>UW-Stout 2016 (N=1256)</b>	<b>UW-Stout 2012 (N=1,233)</b>	<b>National 2016 (N=18,500)</b>
5 or more times per week	17 (1.35%)	14 (1.14%)	(1.14%)
3-4 times per week	17 (1.35%)	23 (1.87%)	(1.72%)
1-2 times per week	39 (3.11%)	76 (6.16%)	(4.74%)
1-2 times per month	32 (2.55%)	64 (5.19%)	(3.40%)
1-2 times per semester	136 (10.83%)	174 (14.11%)	(10.81%)
Never	1015 (80.81%)	882 (71.53%)	(78.19%)
<b>Fitness of Assessment or Testing</b>	<b>UW-Stout 2016 (N=1253)</b>	<b>UW-Stout 2012 (N=1,221)</b>	<b>National 2016 (N=19,515)</b>
5 or more times per week	18 (1.44%)	11 (0.90%)	(0.75%)
3-4 times per week	14 (1.12%)	15 (1.23%)	(1.05%)
1-2 times per week	17 (1.36%)	37 (3.03%)	(1.81%)
1-2 times per month	27 (2.15%)	45 (3.69%)	(2.39%)
1-2 times per semester	87 (6.94%)	84 (6.88%)	(7.83%)

Never	1090 (86.99%)	1,029 (84.28%)	(86.16%)
<b>Wellness Programs</b>	<b>UW-Stout 2016 (N=1254)</b>	<b>UW-Stout 2012 (N=1,226)</b>	<b>National 2016 (N=21,077)</b>
5 or more times per <b>week</b>	19 (1.52%)	14 (1.14%)	(1.02%)
3-4 times per <b>week</b>	18 (1.44%)	12 (0.98%)	(1.39%)
1-2 times per <b>week</b>	36 (2.87%)	46 (3.75%)	(3.15%)
1-2 times per <b>month</b>	46 (3.67%)	57 (4.65%)	(4.54%)
1-2 times per <b>semester</b>	112 (8.93%)	132 (10.77%)	(12.33%)
Never	1023 (81.58%)	965 (78.71%)	(77.57%)

### *Overall Impact*

Respondents rated their level of agreement with six statements pertaining to the impact of participating in recreation activities (see Table 11 below). Ratings were made on a 5-point scale where 1 = *Strongly disagree* and 5 = *Strongly agree*. The statement with the highest mean rating for UW-Stout 2016 was *I enjoy participating in Campus Recreation activities and/or utilizing facilities and I would recommend Campus Recreation facilities, programs, and services to others* ( $M=4.29$ ). Five of the seven statements had mean ratings above four.

UW-Stout 2016 data revealed that two out of seven statements were significantly higher than UW-Stout 2012 data: *Participating in Campus Recreation activities and programs has expanded my interest in staying fit and healthy* ( $M=4.12$ ), and *Campus Recreation activities and programs contribute to the quality of life at this institution* ( $M=4.21$ ).

**Table 4: Overall Effect: Impact of Participation in Activities**

<i>Please rate your level of agreement with the following statement</i>	<b>UW-Stout 2016</b>		<b>UW-Stout 2012</b>		<b>National 2016</b>	
	<b>N</b>	<b>Mean</b>	<b>N</b>	<b>Mean</b>	<b>N</b>	<b>Mean</b>
Participating in Campus Recreation activities and programs has expanded my interest in staying fit and healthy.	1167	4.12*	1,162	3.97	20,358	4.07
Campus Recreation activities and programs contribute to the quality of life at this institution.	1163	4.21*	1,164	4.10	20,336	4.30
Campus Recreation offers "something for everyone."	1168	4.11**	1,160	4.18	20,284	4.25
My recreational needs are met by Campus Recreation.	1158	3.87**	1,151	4.05	20,237	4.13
I enjoy participating in Campus Recreation activities and/or utilizing facilities.	1154	4.29**	1,145	4.29	20,243	4.39
Participation in recreational activities has provided me with skills/abilities that I will use after college.	1152	3.90	1,146	3.87	17,749	3.88
Overall, I would recommend Campus Recreation facilities, programs, and services to others.	1160	4.29**	1163	4.33	20,296	4.42

\* statistically higher compared to Spring 2012 National data

\*\* statistically lower compared to Spring 2016 National data

Respondents rated the effect – personal, academic, physical – of using the recreation facilities, programs or services (see figures F-G-H below).

### Personal Skills

For all of the eight personal skills items, 2016 UW-Stout participants had statistically higher mean scores compared to the 2016 national benchmark group and 2012 UW-Stout data for agreement with the statements that participation in University Recreation has “*increased or improved my ...*”. (Figure F)

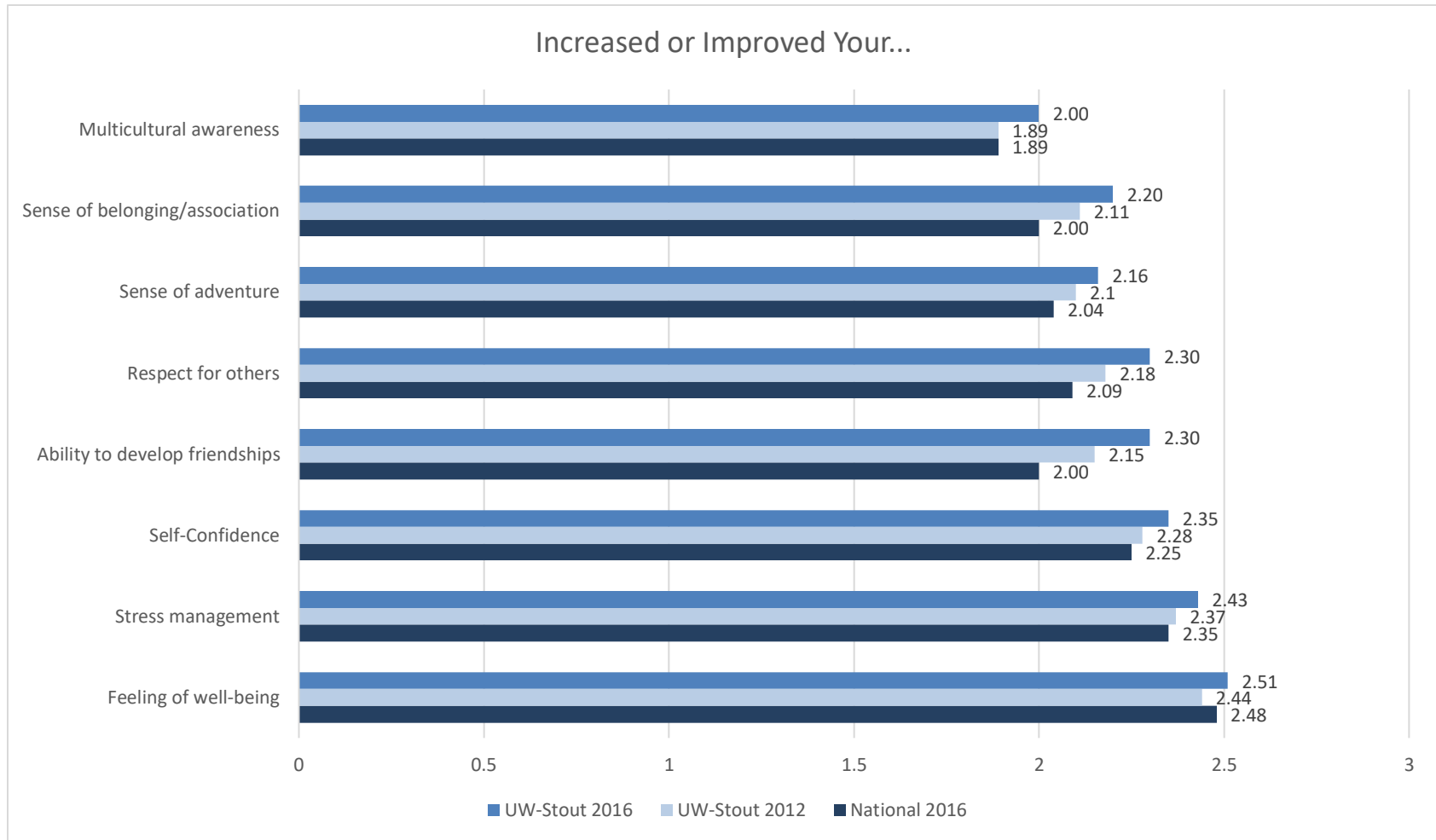
### Academic Skills

For all of the eight academic skills items, 2016 UW-Stout participants had statistically higher mean scores compared to the 2016 national benchmark group and 2012 UW-Stout data for agreement with the statements that participation in University Recreation has “*increased or improved my ...*”. (Figure G)

### Physical Skills

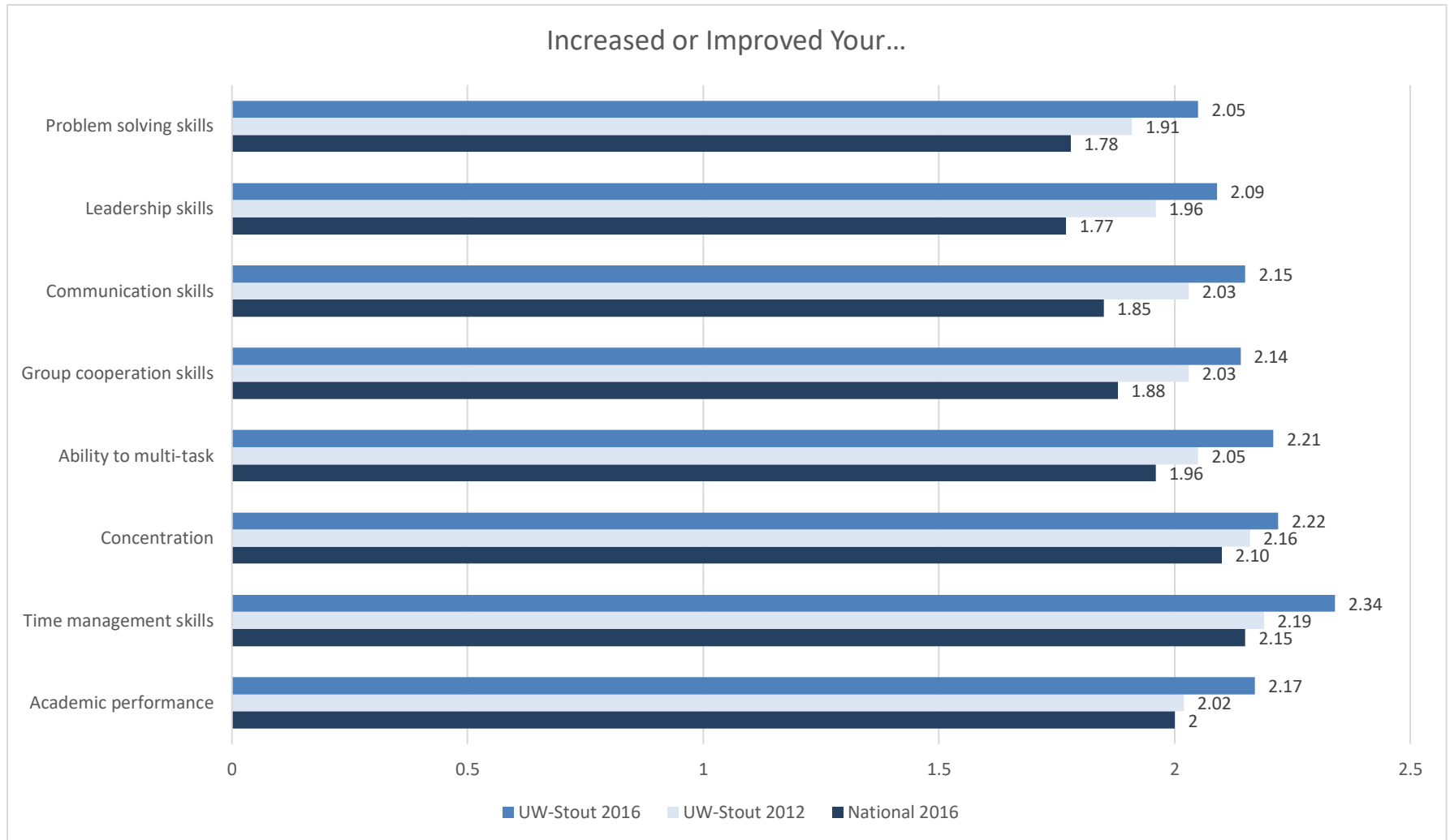
For all of the seven physical skills items, 2016 UW-Stout participants had statistically higher mean scores compared to the 2016 national benchmark group and 2012 UW-Stout data for agreement with the statements that participation in University Recreation has “*increased or improved my ...*”. (Figure H)

**Figure F: Overall Effect: Personal Skills**

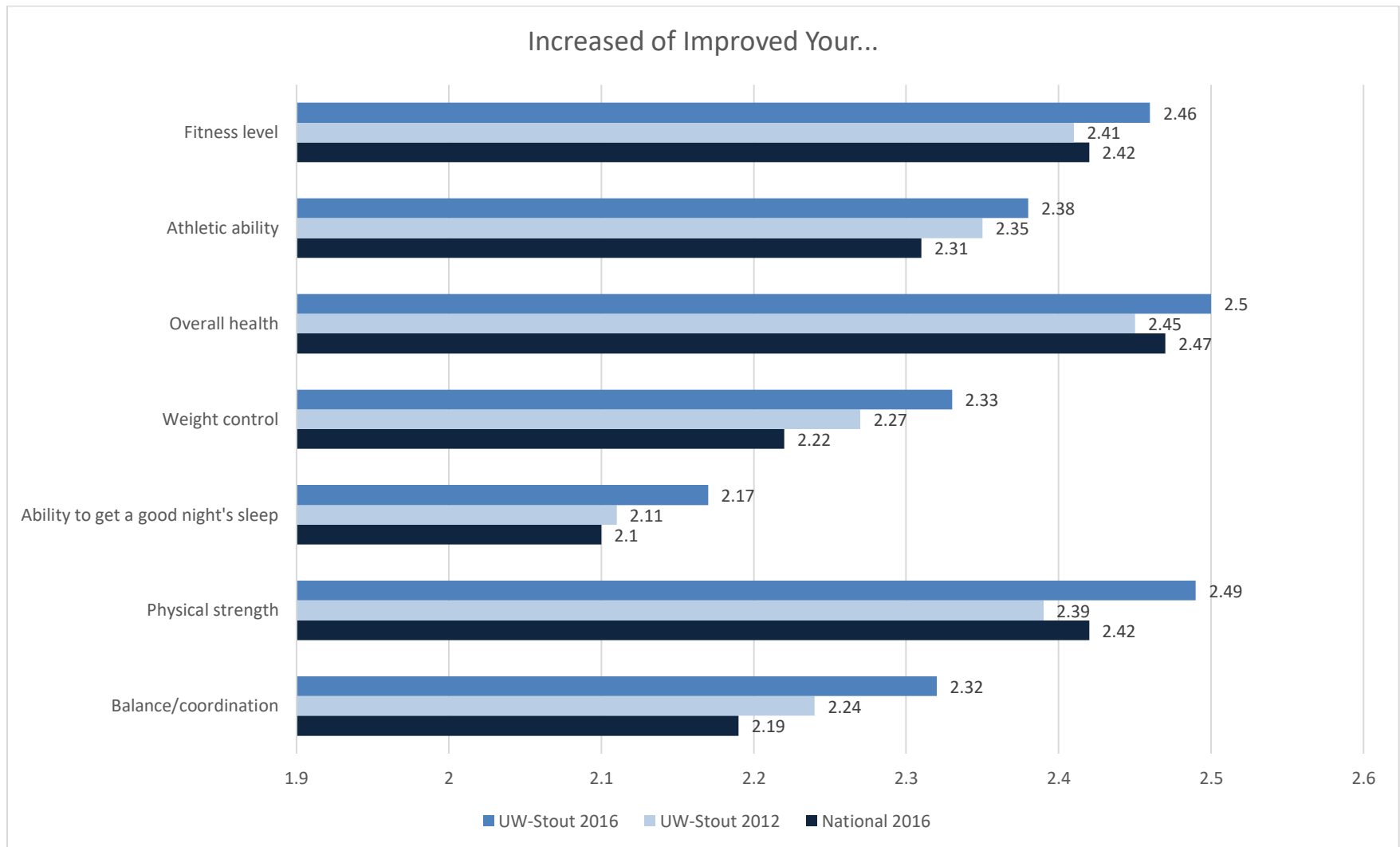




**Figure G: Overall Effect: Academic Skills**



**Figure H: Overall Effect: Physical Skills**



### Other Ways Participation Has Enhanced Stout Experience

2016 UW-Stout respondents were asked to write in their responses to the question, *in what other ways has your participation in UREC activities, programs, and services helped or enhanced your experience at the University of Wisconsin-Stout?* Comments from 464 respondents were coded into one of 15 themes (see table 12 below). Overall, the theme with the greatest number of comments was *Socializing “Make/Build Friendship”* (31%). Comments in this theme pertained to UREC participation providing a way to meet new people, make friends, hang out and bond with others, or become more involved.

The second most common theme identified related to *Physical/Mental Health* (17%).

*Opportunities* was the third most common theme (12%). Comments in this theme noted how participation in UREC discovered new things such as new places, new experiences.

**Table 5: Overall Effect: Other Ways Participation has Enhanced Stout Experience**

Theme	Examples	Response Rate
<b>Socializing “Make/Build Friendship”</b>	<ul style="list-style-type: none"> <li>Allowed me to meet other people on campus</li> <li>Working out with the facilities and intramurals my mental health has gone up and I have met new people through different sports.</li> <li>U-Rec has helped me meet a lot of people of all different ages throughout campus that share similar interests with me.</li> </ul>	149 (31%)
<b>Physical/Mental Health</b>	<ul style="list-style-type: none"> <li>Allowed me to fit time into my schedule to maintain a healthy lifestyle</li> <li>As a transfer student not knowing anyone prior to coming here in the fall campus recreation was a great way for me to integrate myself into the dynamics of the school and make great friends.</li> <li>Before coming to Stout, I would sometimes go to the gym, but I would go alone and wouldn't enjoy it quite as much. After coming to Stout, I am able to go and enjoy my workouts with friends, there is also a wider variety of workout equipment/machines that help.</li> </ul>	82 (17%)
<b>Opportunities</b>	<ul style="list-style-type: none"> <li>Being on a sports team here at Stout has given me many opportunities that some students here on campus may never be able to experience.</li> <li>By being involved in campus recreation activities I discovered new places and locations at Stout that I wouldn't have otherwise known of.</li> <li>Given opportunities to get out and do something else whenever you want to, like lifting at north point whenever you want.</li> </ul>	58 (12%)
<b>Escape/Relax/Destress</b>	<ul style="list-style-type: none"> <li>A place to escape when the rest of my world seems to be falling apart.</li> <li>Gives me a place to go and relieve the stress in my life while being able to maintain a healthy lifestyle.</li> <li>I am bale to concentrate in classes because I am able to burn off my extra energy.</li> </ul>	57 (12%)
<b>Facilities/Access</b>	<ul style="list-style-type: none"> <li>Being a student athlete, it is vital to have adequate access to recreational facilities.</li> <li>Campus Recreation was always highly convenient when I lived on campus so I would go more often.</li> <li>For me, It's good to have a space where I can go and openly play basketball without worry. On multiple occassions, the gym hasn't been open for basketball so sometimes it is frustrating</li> </ul>	17 (3%)

<b>Time Management</b>	<ul style="list-style-type: none"> <li>• Ability to stay on task and finish all in to-do list.</li> <li>• Develop and increase Self Discipline</li> <li>• It has helped me learn to plan for activities and to become more fit and able.</li> </ul>	16 (3%)
<b>Enjoyment Fun</b>	<ul style="list-style-type: none"> <li>• I work here and find it an awesome place to work!</li> <li>• It has enhanced my sense of adventure</li> <li>• It has made college a lot of fun</li> </ul>	16 (3%)
<b>Team/Teamwork</b>	<ul style="list-style-type: none"> <li>• Being a part of the soccer team has showed me how to be a team player and has greatly enhanced my well being</li> <li>• Helped build team communication skills.</li> <li>• it gave me the opportunity to travel (nationals) and it helped me to understand that college isn't such a scary place. Also, my team mates became a source of guidance if I ever had questions about things that they don't tell you about at freshman orientation.</li> </ul>	9 (2%)
<b>Staff</b>	<ul style="list-style-type: none"> <li>• Everybody is very friendly and nice when you need questions answered. They are always willing to find an answer for you if they don't know it</li> <li>• It offers a good relief after long days and friendly staff</li> <li>• A personal trainer helped me get through a knee injury. I love to work out but after my injury last year I needed help knowing what would make it worse and what would help it...</li> </ul>	6 (1%)
<b>Learning/Knowledge</b>	<ul style="list-style-type: none"> <li>• I have learned the basics of Yoga.</li> <li>• increased my overall knowledge of health and fitness</li> <li>• improved my climbing ability</li> </ul>	6 (1%)
<b>Confidence</b>	<ul style="list-style-type: none"> <li>• I am much more confident and out going and have a desire to try new activities.</li> <li>• I definitely have increased my self-confidence and feeling of self-worth by using the facilities.</li> <li>• It makes me feel more comfortable in my own body</li> </ul>	5 (1%)

<b>Price</b>	<ul style="list-style-type: none"> <li>• Availability to facilities I would otherwise not have living off campus in Menomonie without paying much more for a gym membership.</li> <li>• I at least gives options for something to do besides drink in this town. But the times of the gym being open is extremely inconvenient and I wish it was open 24/7. As well as the price is too high for a lump sum pay up like that.</li> <li>• The north campus gym is so very convenient. I wish the year long membership was cheaper.</li> </ul>	5 (1%)
<b>Leadership</b>	<ul style="list-style-type: none"> <li>• As mentioned above it has greatly helped with my leadership skills. I ran for the roll of vice president of swim club and received the position.</li> <li>• Has allowed me to develop a leadership role</li> <li>• Being a part of the gymnastics team for 4 years has taught me teamwork, time management, communication skills, and leadership skills. These are skills that I will use for the rest of my life</li> </ul>	3 (0.6%)
<b>Dissatisfaction</b>	<ul style="list-style-type: none"> <li>• I have not participated in any Campus Rec. activities, programs, or services. It seems to be a full judgment zone and I'm not okay with that. They need to appeal to us bigger folk to get us interested in these programs.</li> <li>• It hasn't, the main fitness center is disgusting. There's crud in the hard to wipe spots, which makes sense because whenever I go there I always see no less than 3 people sitting in the office.</li> <li>• It really has not done much else.</li> </ul>	3 (0.6%)
<b>Others (None-Don't use, N/A)</b>	<ul style="list-style-type: none"> <li>• I dont participate in recreational activities. I am too busy with my NCAA sport</li> <li>• No other ways that I can think of</li> <li>• N/A</li> </ul>	32 (7%)

## Facilities

The next sections discuss topics specifically related specifically to facility usage and experiences.

### Use of Facilities

Respondents indicated whether they use any of the University Recreation facilities, programs, or services on their campus. In 2016, approximately 83% of UW-Stout respondents used recreation facilities, programs, or services. This is about 3% above the 2016 national average and 10% above the 2008 UW-Stout rate.

**Table 6: Facilities: Use of University Recreation Facilities, Programs, or Services**

<i>Do you utilize any of the UREC facilities, programs, or services?</i>	<b>UW-Stout 2016 (N=1698)</b>	<b>UW-Stout 2012 (N=1,856)</b>	<b>National 2016 (N=32,240)</b>
Yes	1417 (83.45%)	1,356 (73.06%)	(79.91%)
No	281 (16.55%)	500 (26.95%)	(20.09%)

## Use of Other Recreational Facilities

Respondents were asked to indicate any other, non-university recreational facilities they use. In 2016, the most frequent response for UW-Stout was *outdoor (run, bike, etc.)*. This was also the most frequent response nationally in 2016 and for UW-Stout in 2012. However, 2016 UW-Stout respondents have a lower mean on outdoor (run, bike, etc.) than 2012 UW-Stout respondents.

**Table 7: Facilities: Use of Other Recreational Facilities**

<i><b>Which of the following other recreational facilities do you currently use? (Check all that apply)</b></i>	<b>UW-Stout 2016 (N=1351)</b>	<b>UW-Stout 2012 (N=1,553)</b>	<b>National 2016 (N=25,213)</b>
Outdoor (run, bike, etc.)	921 (68.17%)*	1,144 (73.66%)	(60.80%)
Community parks and recreational facilities	376 (27.83%)	421 (27.11%)	(25.67%)
Home equipment	365 (27.02%)	467 (30.07%)	(27.95%)
None of the above	205 (15.17%)**	180 (11.59%)	(16.44%)
Facilities at your place of residence	199 (14.73%)**	198 (12.75%)	(18.03%)
Local health clubs	175 (12.95%)**	244 (15.71%)	(14.75%)
Other (please specify)	37 (2.74%)**	56 (3.61%)	(4.22%)

\* statistically higher compared to Spring 2016 National data

\*\* statistically lower compared to Spring 2016 National data



Thirty-Six respondents who indicated other for the previous question elaborated on their responses (see table 15 below). Comments were condensed by a single reviewer into general themes. About 58% of other responses related to On-Campus Facilities such as athletic weight room, fieldhouse, Multi-Purpose Room (MPR) etc.

**Table 8: Use of Other Rec. Facilities: Other**

<b>Topic</b>	<b>Examples</b>	<b>Response Rate (%)</b>
On-Campus Facilities	Athletic weight room, campus, Fieldhouse, MPR, School's fitness room and gym	19 (58%)
Off-campus Establishments	Another gym, AnyTime Fitness, Fitness Clubs at home, health club in hometown, Lifetime Fitness (Minneapolis Area), MachineShed Crossfit Box, work facilities	11 (31%)
Sport-Specific Activities or Facilities	Aerobic dance, club specific equipment, dance studio, Ice Age Trail for hiking and other state parks and trails in the area, motocross tracks, sailing, studio rental for Dance Ensemble, trap range-archery range.	6 (17%)

### Availability of Fitness Equipment

Respondents indicated their agreement with the statement *Fitness equipment is available when I want to use it*. The mean rating by 2016 UW-Stout respondents was 3.73 on a 5-point scale where 1 = *Strongly disagree* and 5 = *Strongly agree*. This was statistically higher than the mean rating given by 2012 UW-Stout respondents and the 2016 national mean rating.

**Table 9: Facilities: Availability of Fitness Equipment**

<i>Please indicate your agreement with the following statements:</i>	<b>UW-Stout 2016</b>		<b>UW-Stout 2012</b>		<b>National 2016</b>	
	<b>N</b>	<b>Mean</b>	<b>N</b>	<b>Mean</b>	<b>N</b>	<b>Mean</b>
Fitness equipment is available when I want to use it.	698	3.73*	947	3.68	11,490	3.67

\* statistically higher compared to Spring 2016 National data

\*\* statistically lower compared to Spring 2016 National data

## Facilities: Improvement or Expansion

Respondents were presented with options for expanding/improving recreation facilities and asked to indicate which options would be important to them (see table 17 below). The top five options chosen by 2016 UW-Stout respondents were *adding additional strength equipment (weights)*, *additional cardio equipment*, *multipurpose courts (gymnasiums)*, *additional open and/or park space* and *mind/body offerings*. These top five options were also among the most frequently chosen options by 2012 UW-Stout respondents.

**Table 10: Facilities: Improvement/Expansion of Recreation Facilities**

<i><b>If you were improving/ expanding recreation facilities, what would be important to you? (check all that apply)</b></i>	<b>UW-Stout 2016 (N=797)</b>	<b>UW-Stout 2012 (N=1,465)</b>	<b>National 2016 (N=14,321)</b>
Additional strength equipment (weights)	411 (51.57%)	427 (29.15%)	(38.63%)
Additional cardio equipment	368 (46.17%)	609 (41.57%)	(40.07%)
Multi-purpose courts (gymnasiums)	316 (39.65%)	411 (28.05%)	(23.80%)
Additional open and/or park space	283 (35.51%)	399 (27.24%)	(30.77%)
Mind/body offerings	234 (29.36%)	414 (28.26%)	(29.26%)
Multi-purpose rooms for group fitness and other classes	231 (28.98%)	403 (27.51%)	(26.55%)
Ropes course	203 (25.47%)	330 (22.53%)	(22.61%)
Adding a social lounge area	201 (25.22%)	309 (21.09%)	(14.94%)
Additional fields	191 (23.96%)	183 (12.49%)	(12.11%)
Additional aquatic offerings	180 (22.58%)	0 (0.00)	(24.08%)
Indoor track	174 (21.83%)	173 (11.81%)	(17.02%)
Climbing wall	149 (18.70%)	255 (17.41%)	(17.23%)
Personal training	132 (16.56%)	0 (0.00)	(23.90%)
Other (please specify)	72 (9.03%)	130 (8.87%)	(8.62%)
Additional racquetball courts	63 (7.90%)	116 (7.92%)	(6.77%)
Additional tennis courts	61 (7.65%)	128 (8.74%)	(7.42%)
None of the above	8 (1.00%)	129 (8.81%)	(3.86%)

Seventy-one respondents who indicated *other* for the previous question and elaborated on their responses (see table 18 below). Comments were condensed by a single reviewer into general themes. Approximately 56% of the respondents offered comments related to having more space in general workout areas or to do workout activities and 21% of the respondents commented related to having better outdoor facilities (soccer, domed turf, baseball etc.).

**Table 11: Improvements or Expansions: Other**

Topic	Examples	Responses (%)
Expansion/Alteration of Facilities in General Areas	More space (gymnastics, bigger weight room, lockers, stretching/ABS area, bouldering wall etc.), adding bathroom close to weights.	40 (56.34%)
Outdoor Fields	Soccer field, domed turf field, baseball and softball fields, trap/skeet team, archery range.	15 (21.13%)
Expanded Offerings	Expansion of programs offered (free classes, free recreation facilities, dance/yoga, increasing sustainability etc.)	10 (14.08%)
Other	Other comments, open parking, martial arts etc.	6 (8.45%)

Facilities: Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate

Respondents were presented with list of possible expansion options for UREC facilities and were asked to select the five most important additions they would like to see made (see table 19 below). Among 2016 UW-Stout respondents, the top five most important possible additions to UREC facilities were a dome to increase outdoor space during winter (33%), fitness strength area (31%), a group fitness studio (26%), cardio space (21%), and an indoor track (18%).

**Table 12: Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate**

<i>Please select the five most important additions to UREC facilities you would like to make:</i>	N	1	2	3	4	5
<b>A dome to increase outdoor space during the winter</b>	540	179 (33.15%)	97 (17.96%)	94 (17.41%)	83 (15.37%)	87 (16.11%)
<b>Outdoor turf field</b>	193	18 (9.33%)	45 (23.32%)	42 (21.76%)	41 (21.24%)	47 (24.35%)
<b>Indoor turf field</b>	320	46 (14.37%)	71 (22.19%)	85 (26.56%)	66 (20.62%)	52 (16.25%)
<b>Cardio space</b>	406	87 (21.43%)	115 (28.33%)	79 (19.46%)	69 (17.00%)	56 (13.79%)
<b>Fitness strength area</b>	423	133 (31.44%)	95 (22.46%)	69 (16.31%)	69 (16.31%)	57 (13.48%)
<b>A group fitness studio</b>	270	71 (26.30%)	53 (19.63%)	67 (24.81%)	37 (13.70 %)	42 (15.56%)
<b>Bouldering Wall</b>	154	16 (10.39%)	32 (20.78%)	36 (23.38%)	38 (24.68%)	32 (20.78%)
<b>Indoor track</b>	241	44 (18.26%)	44 (18.26%)	41 (17.01%)	52 (21.58%)	60 (24.90%)
<b>Outdoor tennis courts</b>	111	27 (24.32%)	18 (16.22%)	13 (11.71%)	26 (23.42%)	27 (24.32%)
<b>Swimming pool facility</b>	263	47 (17.87%)	49 (18.63%)	47 (17.87%)	57 (21.67%)	63 (23.95%)
<b>Locker room facility</b>	342	48 (14.04%)	70 (20.47%)	66 (19.30%)	87 (25.44%)	71 (20.76%)
<b>Outdoor open field space</b>	245	31 (12.65%)	38 (15.51%)	55 (22.45%)	54 (22.04%)	67 (27.35%)
<b>Climbing wall</b>	169	25 (14.79%)	30 (17.75%)	45 (26.63%)	33 (19.53%)	36 (21.30%)

Three hundred eighty-five respondents who indicated *other* for the previous question elaborated on their responses (see table 20 below). Comments were condensed by a single reviewer into general themes. Approximately twenty-eight percent of respondents offered comments related to adding indoor fields.

**Table 13: Five Most Important Additions: Other**

Theme	Examples	Responses (%)
<b>Indoor Space</b>	More indoor recreational facilities (Bouldering Wall, indoor turf field, bowling alley, ice rink, indoor tennis court)	108 (28.08%)
<b>Outdoor Fields</b>	New outdoor fields (A dome, turf soccer, baseball and softball fields, ropes course) and more outdoor recreational space.	71 (18.46%)
<b>Weight Room Additions/Equipment</b>	Larger room (more space for, weights, stretching, abs etc.) More equipment in North Point and the main GYM (cardio machines, free weights, squat racks etc.)	35 (9.10%)
<b>Fitness Classes</b>	North campus offerings. More diverse classes (Pilates, water aerobics, yoga, summer time fitness, mind/body, martial arts, cardio, classical dance, barre etc.)	31 (7.80%)
<b>Others</b>	Free parking, summer activities, climbing team, club hockey, ability to run stadium stairs, and outside turf fields.	28 (7.54%)
<b>Expansion of current facilities</b>	More space (MPR, Fitness Center), Renovated locker rooms, bathroom close to fitness center.	25 (6.50%)
<b>Fees</b>	Free access to Recreational areas, reduced in fees, funding for academic student groups.	7 (1.82%)
<b>Satisfaction</b>	"All are provided", "I am mostly satisfied with what we currently have!"	7 (1.82%)
<b>None-N/A</b>	None, N/A, No comments	73 (18.98%)

### Facilities: Five most Important Changes to UREC

Respondents were presented with a list of possible changes to UREC programs and were asked to indicate the top five most important changes they would like to see made (see table 21 below). *Expand free weight fitness space* (33%), *expand cardio fitness space* (31%), *more intramural sport leagues and/or tournaments* (30%) *more fitness and wellness classes* (26%), and *more open recreational time* (24%) were the five most frequently identified options.

**Table 14: Facilities: Five Most Important Changes to UREC Programs**

<i>Rank in order the top five most important changes to UREC programs you would like to make:</i>	<i>N</i>	1	2	3	4	5
<b>More intramural sport leagues and/or tournaments</b>	<b>752</b>	<b>222 (29.52%)</b>	92 (12.23)	137 (18.22%)	118 (15.69%)	183 (24.34%)
<b>More outdoor recreation opportunities</b>	<b>953</b>	165 (17.31%)	190 (19.94%)	164 (17.21%)	225 (23.61%)	209 (21.93%)
<b>More open recreation time</b>	<b>955</b>	177 (18.53%)	211 (22.09%)	<b>232 (24.29%)</b>	199 (20.84%)	136 (14.24%)
<b>More open recreational facilities</b>	<b>983</b>	176 (17.90%)	218 (22.18%)	214 (21.77%)	222 (22.58%)	153 (15.56%)
<b>More sport club opportunities</b>	<b>519</b>	77 (14.84%)	101 (19.46%)	93 (17.92%)	117 (22.54%)	131 (25.24%)
<b>More special events (Golf Scramble, 5K Run, etc.)</b>	<b>655</b>	109 (16.64%)	123 (18.78%)	132 (20.15%)	135 (20.61%)	156 (23.82%)
<b>More fitness and wellness classes</b>	<b>635</b>	117 (18.43%)	121 (19.06%)	<b>164 (25.83%)</b>	112 (17.64%)	121 (19.06%)
<b>More aquatics/swimming pool programming</b>	<b>442</b>	64 (14.48%)	81 (18.33%)	107 (24.21%)	97 (21.95%)	93 (21.04%)
<b>Expand cardio fitness space</b>	<b>776</b>	119 (15.34%)	<b>239 (30.80%)</b>	145 (18.69%)	135 (17.40%)	138 (17.78%)
<b>Expand free weight fitness space</b>	<b>920</b>	<b>301 (32.72%)</b>	177 (19.24%)	148 (16.09%)	146 (15.87%)	148 (16.09%)
<b>Other</b>	<b>157</b>	64 (40.76%)	16 (10.19%)	13 (8.28%)	15 (9.55%)	49 (31.21%)

One hundred ninety-one respondents who answered *other* for the previous question elaborated on their responses (see table 22 below). Comments were condensed by a single reviewer into general themes. Approximately 33% of the participants offered comments related to facilities (indoor and outdoor).

**Table 15: Five Most Important Program Changes: Other**

Theme	Examples	Responses (%)
<b>Facilities (Indoor and Outdoor)</b>	More space, better/ improved and more facilities, new soccer/turf field, dome, better showers, bathroom in the gym, new athletes' weight room, new gymnastics room.	63 (32.98%)
<b>Fitness Center Offerings</b>	More equipment (North and South), expanded hours and more room/space	36 (18.85%)
<b>Fees</b>	Cheaper fees, no membership fees, include fees in tuition, lower prices, etc.	33 (17.28%)
<b>Expand Offerings</b>	Expansion of offerings (Intramurals options/games, programs and opportunities, more swimming hours etc. )	12 (6.28%)
<b>Sports Clubs</b>	More club offerings (Hockey, dancing, Lacrosse, spin&mountain bike etc.)	11 (5.76%)
<b>More Space</b>	Bigger and safer gymnastics gym, more space for clubs etc.	6 (3.14%)
<b>Others</b>	Athletic weight room equipment, getting more info about facilities, non-sport activities.	14 (7.33%)
<b>N/A</b>	N/A	16 (8.38%)



### Facilities: Additional Recreational Offerings

Respondents were asked to write in responses to the question, *what additional recreational offerings (not listed above) would you like to see that are not currently available on campus?* Comments from 2016 UW-Stout respondents (N=273) were coded into one of eight themes and 42 sub-themes (see table 23 below). The most frequently cited theme was *Satisfied/Happy/NA* (56%) with comments pertaining to having no comment or no ideas for additional UREC offerings.

The second most frequently theme was *Facilities* (18%) respondents offered identified additional *Facilities* they would like to see offered, such as *weight areas, golf, cross fit, dance area, track, open field, soccer field, volleyball, ice arena, pool, and archery*.

The third most frequently theme was *Classes or Activities* (11%) with comments identifying specific classes or activities that respondents would like to see offered by UREC. Examples of classes or activities included *dance, lifting, self-defense, swimming, yoga, boxing* etc.

**Table 16: Additional Recreational Offerings**

Theme	Subtheme	Examples	Responses (%)
Facilities	Gym in general	a bigger gymnastics gym and a hockey arena on campus; I think that the gymnastics gym needs to be bigger and safer; Larger gym; Outdoor gym. A course that goes around campus and you can stop at places along the way to do different exercises with equipment; more courts, like wood gym courts; Basketball field	48 (17.58%)
	Weights area	Adding more free weights and space for use; Bigger weight room for the athletes; Monkey bar area and other cardio/body weight area; More weight room platforms	
	Golf	Bigger golf room; golf driving range	
	CrossFit	CrossFit areas	
	Dance area	dance areas with mirrors and more mats	
	Track	track on North Campus; a walking track; A mountain bike trail	
	Open field	An open field for use; outdoor field that can have many uses, outdoor field;	
	Soccer field	Another soccer field; new soccer field	
	Martial arts	an available wood floor room for martial arts	
	Volleyball	Full-size volleyball court rooms.	
	Ice arena	Ice arena, Ice hockey also; Ice Rink on Campus, Possibly	
	Pool	A larger pool; An endless pool with the resistance current would be neat; Improve the pool and aquatics programming; outdoor pool	
	Archery	Archery	

<b>Classes or Activities</b>	Dance	Ballet/barre workouts; dance classes; dance classes!; dance studio;	30 (10.99%)
	Lifting/Weights	Classes to stimulate lifting; Courses that show novice lifters correct form and workout plans; Events/Workshops to learn about the equipment, especially the weight machines.	
	Boxing	Boxing, p90x; kick boxing classes	
	Personal Training	Intro to personal training offerings; More personal fitness training offerings; personal training, Personal training	
	Self-defense	Karate/ Self defense classes; Self defense classes	
	Kettle Bell	Kettle Bell Classes	
	Running	Marathon training class.	
	Contemplation	mind and body courses	
	Fitness	more fitness classes and a steam room; weekend group fitness classes	
	Swimming	more swimming activities	
	Spinning	Spinning classes; spin classes	
	Yoga	Yoga classes would be fun; yoga	
	Activities in general	miscellaneous courses (not weekend long events) on outdoor activities. fly fishing, kayaking, canoeing, ice fishing, archery, marksmanship, scuba diving, snorkeling,	
<b>Equipment</b>	Sauna	a sauna; Steam room and Sauna.	15 (5.49%)
	Bike	Bicycle rentals; more bikes	
	Weights	free weights; More free weights	
	Golf	Golf facility; Golf	
	Kickball	kickball and snowshoe softball	
	Ab	More ab machines.	
	Equipment in general	more equipment rentals	
	Cardio	Stair Master cardio machine	
	Rowing	ROWING MACHINES.	

<b>General information</b>	I'd love to see what kind of equipment I can rent and prices in a location more accessible. Maybe an online rental form or calendar so I can see what is available; More information about what's on campus; More information about what's on campus		4 (1.47%)
<b>Trips/Events Offered</b>	General	5k run - Backpacking and camping trips; More trips: canoeing, kayaking, etc... for beginners; more sports offered; waterskiing events	14 (5.13%)
	Outdoor	More organized outdoor events/trips; More outdoor rec opportunities; Trips for outdoor winter activities.	
	Volunteer	More volunteering opportunities	
<b>Intramural/Clubs</b>	Intramural Hockey program. Basketball Club. Men's Tennis Club or a Tennis team		12 (4.40%)
<b>Satisfied/Happy/NA</b>	I don't know. I have not been able to use the facilities this semester due to time. I'm satisfied with what is offered for recreation! Nothing more than what I already mentioned		138 (50.55)
<b>Others</b>	More open hours; Better management of the Ice Arena; A sign up wall so you can find another person to work out or do activities with		12 (4.40%)

### Facilities: Changes to the Recreation Program

Respondents were asked to write in responses to the question, *What changes could be made to the recreation program that would increase your likelihood of utilizing on-campus recreational facilities, programs, and/or services?* Comments from 2016 UW-Stout respondents (N=314) were coded into one of 13 themes (see table 24 below). The most frequent theme was *Satisfaction-N/A-None* (25%) with comments pertaining to having general satisfaction with the services, no comment or no ideas for changes to Recreation Program offerings.

The second most frequent theme was *Cost* (14%) with comments pertaining to reducing membership fees or including membership fees as part of tuition or segregated fees.

The third most frequent theme was *Facilities* (12%). Comments in this theme identified the desire for new and updated facilities such as a new dome, improved locker rooms, and expanding general workout spaces including the health and fitness center etc.

**Table 17: Changes to the recreation program that would increase your likelihood of utilizing on-campus recreational facilities**

<b>Theme</b>	<b>Examples</b>	<b>Responses (%)</b>
Cost	<ul style="list-style-type: none"> <li>• A lot of campuses do not charge money for gym use. I think if UW-Stout is concerned with the health and well being of their students, they should look into this.</li> <li>• ...More free programs</li> <li>• Reduced Cost</li> </ul>	44 (14.01%)
Facilities	<ul style="list-style-type: none"> <li>• A dome</li> <li>• expand the cardio/weight workout center and add more windows/natural light and each treadmill/elliptical has its personal tv</li> <li>• Improved locker rooms (and closer to the facilities I use), update climbing wall, group fitness space.</li> </ul>	38 (11.78%)
Space	<ul style="list-style-type: none"> <li>• A bigger group fitness space- multiple rooms so different fitness groups could be going on at the same time and a larger variety of classes</li> <li>• Bigger space overall. Where ever I go in University Recreations I feel like I'm close to someone else aka Claustrophobic.</li> <li>• Separation of facilities for athletics programs so there is more open space during the middle of the day for other students.</li> </ul>	37 (11.78%)
Time/Hrs. of Operation/Class Time	<ul style="list-style-type: none"> <li>• 24 hour weight room on main campus. I only have time at night to workout</li> <li>• expanding times of fitness classes</li> <li>• more open recreation time</li> </ul>	25 (7.96%)
More Classes/Rec Activities	<ul style="list-style-type: none"> <li>• Additional fitness classes/outdoor recreation activities</li> <li>• Having more group fitness instructors to have even more variety in the types of classes and times available for group fitness.</li> <li>• Have more league offerings, like golf or disc golf.</li> </ul>	22 (7.01%)
Ease of Access	<ul style="list-style-type: none"> <li>• More time for non athletes to use basketball and volleyball courts</li> <li>• Cost, hours of operation, ease of access</li> <li>• easier way to join intermerials</li> </ul>	17 (5.41%)

Equipment	<ul style="list-style-type: none"> <li>• Better athletes weight room and athletes locker rooms</li> <li>• different squat machine at north campus</li> <li>• having more cardio options</li> </ul>	15 (4.78%)
Advertisement/Marketing	<ul style="list-style-type: none"> <li>• Better advertising, I didn't even know the facility does free weights.</li> <li>• I would like to get more involved with the intermerals. I didn't know how to get involved</li> <li>• Keep us updated via email instead of requiring us to download and update an outside app.</li> </ul>	13 (4.14%)
Dissatisfaction/Complaints	<ul style="list-style-type: none"> <li>• End athletic block restrictions in the MPR.</li> <li>• get rid of rule that excludes former athletes from participating in sport after completing their eligibility with NCAA</li> <li>• Make it a No Judgment Zone. The worst part about going to gyms is seeing all the skinny people and knowing they are judging me for going. I want a time or space where I can</li> </ul>	5 (1.59%)
Distance	<ul style="list-style-type: none"> <li>• Closer and free services</li> <li>• I live in Eau Claire so not convenient for me</li> </ul>	2 (0.64%)
Privacy	<ul style="list-style-type: none"> <li>• More elipticals and privacy</li> <li>• Privacy in the gym</li> </ul>	2 (0.64%)
Others	<ul style="list-style-type: none"> <li>• A sign up wall so you can find another person to work out with or do other activities with</li> <li>• Encouraging student orgs to come as a group to do events.</li> <li>• I would like to see the non-athlete students get to use the facilities more. The MPR is always utilized by the athletes and is common to be turned away from using the area</li> </ul>	17 (5.41%)
Satisfaction-N/A - None	<ul style="list-style-type: none"> <li>• Everything looks good, just additions in my previous questions need to be more focused on. Things are already clean and I enjoy the faculty and team members a ton!</li> <li>• I use it everyday so nothing.</li> <li>• Nothing. The program seems good</li> </ul>	77 (24.52%)

### Facilities: Satisfaction with Recreation Components

Respondents indicated their agreement with a series of components of university recreation (see table 25). Ratings were made on a 5-point scale where 1 = *Very dissatisfied* and 5 = *Very satisfied*. In 2016, mean satisfaction ratings ranged from 3.13 to 4.20, with the highest ratings occurring for *location of campus recreation facilities* (4.20), *number of weight machines* and *Amount of outdoor recreation space on campus* (3.79) -- *number of weight machines* (3.79), and *number of cardio machines* (3.74).

Compared to 2016 UW-Stout data, 2016 national mean satisfaction ratings were statistically higher for all of the components.

Compared to 2016 UW-Stout data, 2012 UW-Stout mean satisfaction ratings were statistically higher for seven of nine components.

**Table 18: Level of Satisfaction**

<i>Please indicate your level of satisfaction with the following:</i>	<b>UW-Stout 2016</b>		<b>UW-Stout 2012</b>		<b>National 2016</b>	
	<b>N</b>	<b>Average</b>	<b>N</b>	<b>Average</b>	<b>N</b>	<b>Average</b>
Location of campus recreation facilities	692	4.20**	992	4.18	11,096	4.25
Number of free weights	695	3.69**	831	4.09	9,278	3.87
Number of weight machines	695	3.79**	835	4.08	9,449	3.96
Cleanliness of locker rooms	696	3.68*	758	3.94	9,794	4.20
Amount of outdoor recreation space on campus	698	3.79**	946	3.90	9,787	4.05
Amount of indoor recreation space on campus	696	3.63**	959	3.85	10,496	4.03
Number of cardio machines	694	3.74**	876	3.78	10,273	4.02
Availability of facilities (gym, fields, courts) for free play and open recreation	695	3.51**	901	3.65	9,337	3.94
Adequate stretching areas	695	3.13**	881	3.33	10,272	3.51

\* statistically higher compared to Spring 2016 UW-Stout data

\*\* statistically lower compared to Spring 2016 UW-Stout data



### Facilities: Comments about UREC Components

Respondents were asked to provide additional comments about any recreational activities, programs, or services they participated in. Comments from 121 respondents were coded into one of nine themes and 10 sub-themes (see table 26 below). The most frequent theme was *N/A-Do Not Participate* (20%). The second most frequent theme was *Intramurals* (26%) with three sub-themes related to overall positive and negative experiences and suggestions.

The third most frequent theme was Club Involvement (12%) with comments related to overall positive experiences in participation in UREC activities, programs, or services and negative experiences/suggestions.

**Table 19: Comments about and Recreational Activities, Programs or Services Participated In**

Theme	Subtheme	Examples	Responses (%)
Intramurals	Positive	<ul style="list-style-type: none"><li>Flag football has always been fun and has a good variety of people to play</li><li>My experience with intramural basketball was really fun!</li><li>The intramural program is well organized and the employees are helpful.</li></ul>	31 (25.62%)
	Negative	<ul style="list-style-type: none"><li>Softball games cancelled without being made up but still have to pay the entire team fee... Also quality/attitude of the staff working the games is lacking. Intramurals should be offered more regularly for students who do not play a regular sport here.</li><li>They cancel our games no problem and half of our money is down the drain because we only get about 5-6 games a block and so thats half of our "season"</li><li>Plenty of programs offered, games frequently cancelled due to weather and field conditions in Spring</li></ul>	
	Suggestions	<ul style="list-style-type: none"><li>Intramural sports should have a student panel after each block to discuss the sports and the block to improve for next time.</li><li>I'm not sure if there is, but there should be an all women's slowpitch softball team. I would love that because men play at a different competitiveness that makes playing not as enjoyable.</li><li>Offer more sports/teams in leagues if the league looks like it's going to fill up.</li></ul>	
Club Involvement	Positive	<ul style="list-style-type: none"><li>Dance Ensemble encourages me to better myself, dancing abilities, and overall health and academic work. Probably for me the best organization on campus!</li></ul>	14 (11.57%)

		<ul style="list-style-type: none"> <li>• Being part of Stout Swim Club has been very beneficial to my time management, social health, and physical health.</li> <li>• I think Sport Clubs needs more support from either URec or the University as a whole. As previously mentioned, the opportunities that these clubs offer students to grow as leaders, athletes, professionals is actually insane (in the best way possible!). After participating in many other non-sport clubs on campus, I can confidently say that Sport Clubs are far and away more beneficial to our student population than most other clubs.</li> </ul>	
	Negative/Suggestions	<ul style="list-style-type: none"> <li>• More resourceful as in responding back to a club if contacted.</li> <li>• Sport clubs should be allowed to have a club for any sport regardless if there is already a varsity sport at this campus. It is unfair to exclude students from the amazing experience of a sport club just because the university won't allow that sport (other universities do).</li> <li>• Staff telling our club that we are not a priority is discouraging when we are trying to get ready for our season.</li> </ul>	
<b>Classes</b>	<ul style="list-style-type: none"> <li>• I would like to have fitness class on North campus</li> <li>• There isn't enough variety of classes on each day. It's the same classes happen on the same days at the same time each week. You should mix up the classes and times. I have classes on Tuesdays and Thursdays every week when you offer yoga. I want to go to yoga but I never can because it's always at the same time on the same day.</li> <li>• The group fitness is hard for me to attend because i always have class during the times of the classes i want to attend</li> </ul>		12 (9.92%)

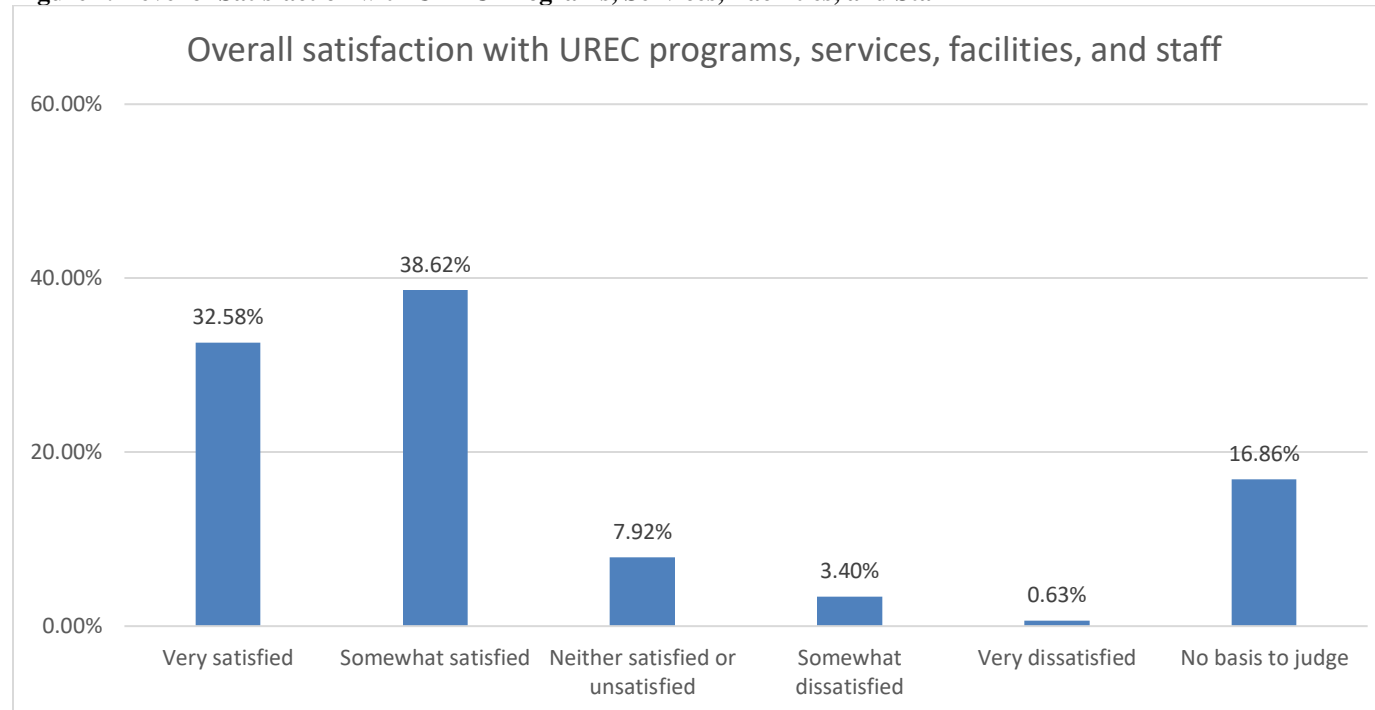
<b>Stout Adventures</b>	Positive	<ul style="list-style-type: none"> <li>• I really like the climbing wall</li> <li>• Kayaking! I left my kayak at my parent's house, so I rent kayaks regularly.</li> <li>• The rock wall is awesome and would be even more awesome if we had a bouldering wall!</li> </ul>	11 (9.09%)
	Suggestions/General Comments	<ul style="list-style-type: none"> <li>• I fell the trips yo advertise are great! but as someone who has never been on one, they seem difficult and that i'd be holding people back if I went because i'm inexperienced.</li> <li>• more trips and clinics with large variety, an international trip would be cool</li> <li>• It would be nice if there were more trips during the semesters...</li> </ul>	
<b>Pool Related</b>	Positive	<ul style="list-style-type: none"> <li>• I think that pool is good.</li> <li>• I like the pool.</li> </ul>	10 (8.26%)
	Negative/Suggestions	<ul style="list-style-type: none"> <li>• I wish the open swim hours of the pool went later. The times ive been to the pool the staff in the pool were pretty unfriendly like they would rather be anywhere else then there</li> <li>• I wish the pool had better hours.</li> <li>• Pool is really cold and has too much chlorine.</li> </ul>	
<b>Overall Satisfaction</b>	<ul style="list-style-type: none"> <li>• Good variety of activities and programs; Really well-maintained...</li> <li>• I really enjoy all recreational activities offered at Stout!</li> <li>• Nothing to add in this section; great variety and satisfaction for me.</li> </ul>		10 (8.26%)
<b>Other</b>	<ul style="list-style-type: none"> <li>• Could use a cleaner weight room for the athletes</li> <li>• need newer faculties</li> <li>• should get paid more</li> </ul>		5 (4.13%)

<b>Regarding to Staff</b>	Desk Attendance and Instructors/Personal Trainers	<ul style="list-style-type: none"> <li>• Desk Staff need to work on customer service</li> <li>• Jenny M. was my personal trainer and I loved her! She was a great teacher and made me feel more confident in myself and what I can do at the gym.</li> <li>• Larissa is amazing. Other instructors may need more training. I wish there were more times throughout the week and I wish there was more variety within the classes</li> </ul>	4 (3.31%)
<b>N/A-Do Not Participate-No comments</b>	<ul style="list-style-type: none"> <li>• I do not participate in any recreational activities.</li> <li>• I have no comments.</li> <li>• N/A</li> </ul>		24 (19.83%)

### Facilities: Overall Satisfaction with UREC Programs, Services, Facilities, and Staff

In 2016, UW-Stout respondents indicated their level of satisfaction with UREC programs, services, facilities, and staff. Ratings were made on a 5-point scale where 1 = *Very dissatisfied* and 5 = *Satisfied*. Approximately 71% of respondents were either *somewhat satisfied* or *very satisfied* with UREC programs services, facilities, and staff (see figure I below).

**Figure I: Level of Satisfaction with UREC Programs, Services, Facilities, and Staff**



## Facilities: Satisfaction with Hours of Operation

Respondents were asked to rate their level of satisfaction with the hours of operation of university recreation activities or programs both during the week (Monday-Friday) and on the weekends (Saturday-Sunday). The majority of 2016 UW-Stout respondents were *very satisfied* or *somewhat satisfied* with the hours or operation both during the week and on weekends. This is similar to 2016 national data and 2012 UW-Stout data.

**Table 20: Level of Satisfaction: Hours of Operation**

<i>Hours of operation during the week (Monday - Friday)</i>	<b>UW-Stout 2016 (N=698)</b>	<b>UW-Stout 2012 (N=1,047)</b>	<b>National 2016 (N=11,512)</b>
Very satisfied	332 (47.56%)	447 (42.69%)	(59.83%)
Somewhat satisfied	239 (34.24%)	326 (31.14%)	(25.48%)
Neither satisfied nor dissatisfied	64 (9.17%)	111 (10.60%)	(5.68%)
Somewhat dissatisfied	34 (4.87%)	76 (7.26%)	(4.54%)
Very dissatisfied	7 (1.00%)	25 (2.39%)	(1.57%)
No basis to judge	22 (3.15%)	62 (5.92%)	(2.89%)
<i>Hours of operation during the weekend (Saturday - Sunday)</i>	<b>UW-Stout 2016 (N=692)</b>	<b>UW-Stout 2012 (N=1,042)</b>	<b>National 2016 (N=11,472)</b>
Very satisfied	249 (35.98%)	358 (34.36%)	(40.03%)
Somewhat satisfied	210 (30.35%)	310 (29.75%)	(26.66%)
Neither satisfied nor dissatisfied	108 (15.61%)	144 (13.82%)	(9.21%)
Somewhat dissatisfied	67 (9.68%)	100 (9.60%)	(10.62%)
Very dissatisfied	15 (2.17%)	43 (4.13%)	(4.41%)
No basis to judge	43 (6.21%)	87 (8.35%)	(9.08%)

### Facilities: Comments about Hours of Operation, Facilities, or Equipment

Respondents were asked to provide additional comments about UREC hours of operation, facilities, or equipment. Comments from 227 respondents were coded into one of five main themes and eight sub-themes. The most frequent theme was *Hours of Access* (45%) with comments related to expansion of hours for facilities, expanding hours, pool--north point related and offering access on breaks and holidays.

The second most frequent theme was *Update or Expand Facilities* (28%) with comments related to facilities/playing fields, more space and acquiring more equipment students to use, expanding space in facilities to address issues with overcrowding, or updating outdoor playing surfaces such as soccer or baseball fields.

**Table 21: Comments About Hours of Operation, Facilities, or Equipment**

Theme	Sub-Theme	Examples	Response (%)
<b>Hours of Access</b>	Extended Hours	<ul style="list-style-type: none"><li>• field house has very minimal hours for recreational use, could use more spaces or seperate spaces for sports teams and recreational activities</li><li>• I understand the fact that when the amount of people utilizing the facility is falls to a certain level its not worth the amount of money shelled out for staff, however I find the hours to be frustrating. I am an RA and must of my normal hours during the day are long and filled. If the hours of the gym were open later, especially on weekends it would make things so much easier and would help promote a more healthy lifestyle.</li><li>• I think going later on the weekends for an hour would be adequate. There are still a good number of students )most of whom I know) that do not like to go out on some weekends and would care to spend more of their time in the gym and maintain their overall health and fitness. Just something to consider! :)👍</li></ul>	101 (44.49%)
	24 Hours Access	<ul style="list-style-type: none"><li>• 24 hours a day would be prime, but obviously that is not feasible.</li><li>• 24 hour access would be fantastic.</li><li>• I wish the cardio fitness area was open until midnight or 1am, because that's when I have time to use the facility. Or, I wish there was a 24 hour fitness option on south campus like there is on north campus.</li></ul>	

	North Point	<ul style="list-style-type: none"> <li>• I wish there was a locker room at the North Point fitness center. If there is, I'm unaware of it</li> <li>• Only one squat rack on north campus. More free weights would be nice</li> <li>• I work out on North Campus because it is open at 5am. I like the small atmosphere and it is nice there is two facilities so you can choose which one you want to use. I never am in contact with workers however so I have no opinions on those topics.</li> </ul>	
	Pool	<ul style="list-style-type: none"> <li>• Hours, especially for pool are incredibly inconvenient. Classes are also held at inconvenient times.</li> <li>• It would be nice if the pool had more availability.</li> <li>• The swimming pool needs more hours, it feels impossible to get there when it is open</li> </ul>	
	Access Over Breaks and Holidays	<ul style="list-style-type: none"> <li>• Be aware that there are still people on campus during holiday's that would like to use Johnson Fieldhouse facilities. Example: Spring Break, Easter Weekend, Christmas Break.</li> <li>• I never remember that the gym closes early right before break or holiday weekends. For example closing at 2 on the Friday before spring break or easter weekend. Many people stay for around for various reasons so it would be nice if there were more hours. However, north campus is open so its not a huge deal.</li> </ul>	
<b>Update or Expand Facilities</b>	Facilities/Playing Fields	<ul style="list-style-type: none"> <li>• Our facilities are very outdated and usually very crowded. Very hard to work out at certain times and the MPR space is hard to reserve a time. The locker rooms are outdated and sometimes not clean.</li> <li>• Outdoor Netted fields are needed on campus.</li> <li>• we should get turf fields for baseball, soccer, and softball in order to play games on them in the spring.</li> </ul>	63 (27.75%)
	More Space	<ul style="list-style-type: none"> <li>• or the amount of kids that come and work out, I do not believe we have enough space to accommodate everyone</li> <li>• I would like to see a little bit larger area for stretching and abs, especially because those take up a little more space. Where it is currently, it is easy to get in each other's way...Overall, I think the facilities are great and have reaped many benefits from them. I wouldn't be signed up for a Warrior Dash if it hadn't been for Campus Rec.</li> <li>• If we had more facilities or a bigger/better facility the hours would be much better.</li> </ul>	



	Equipment	<ul style="list-style-type: none"> <li>• Ab area desperately needs to be expanded. More squat racks and weight machines. More cardio.</li> <li>• Additional free weights, as well as areas to stretch and use the free weights would be awesome.</li> <li>• I think you should add benches or squat racks at the North Point Fitness Center and add more free weights there as well.</li> </ul>	
<b>Overall Satisfaction</b>	<ul style="list-style-type: none"> <li>• Always available when I want to workout.</li> <li>• hours of operations are very good during the school year. sometimes they are a little lacking in the summer or during breaks. but nothing to be upset about.</li> <li>• I've enjoyed using these facilities the past 4 years.</li> </ul>		24 (10.57%)
<b>N/A-None</b>	<ul style="list-style-type: none"> <li>• Don't use them, cannot give adequate input</li> <li>• N/A</li> <li>• No comments</li> </ul>		17 (7.49%)
<b>Other</b>	<ul style="list-style-type: none"> <li>• Fix the men's locker room it is awful. The showers do not work</li> <li>• Guests of students should be allowed to use the MPR during the weekends.</li> <li>• The winter really sucks because if you're not part of a school team or in an intramural then you don't get to work out inside at all usually because so much of the time for the indoor track is used by the teams, I know its illogical to have a second one but its very annoying not getting to work out in some of the only times im available</li> </ul>		22(9.69%)

### Facilities: Overall Recommendation

Students that did use the Recreation facilities, programs or services rated the statement *Overall, I would recommend [Recreation] facilities, programs, and services to others*. Ratings were made on a 5-point scale were 1 = *Strongly disagree* and 5 = *Strongly agree* (see table 9 below). Mean ratings for UW-Stout 2016 were statistically lower compared to 2016 national data.

**Table 22: Facilities: Recommend to Others**

<i><b>Overall, I would recommend Campus Recreation facilities, programs, and services to others.</b></i>	<b>Mean</b>
UW-Stout 2016 (N =1,160)	4.29**
UW-Stout 2012 (N = 1,114)	4.33
National 2016 (N = 20,296)	4.42

\* statistically higher compared to Spring 2016 National data

\*\* statistically lower compared to Spring 2016 National data

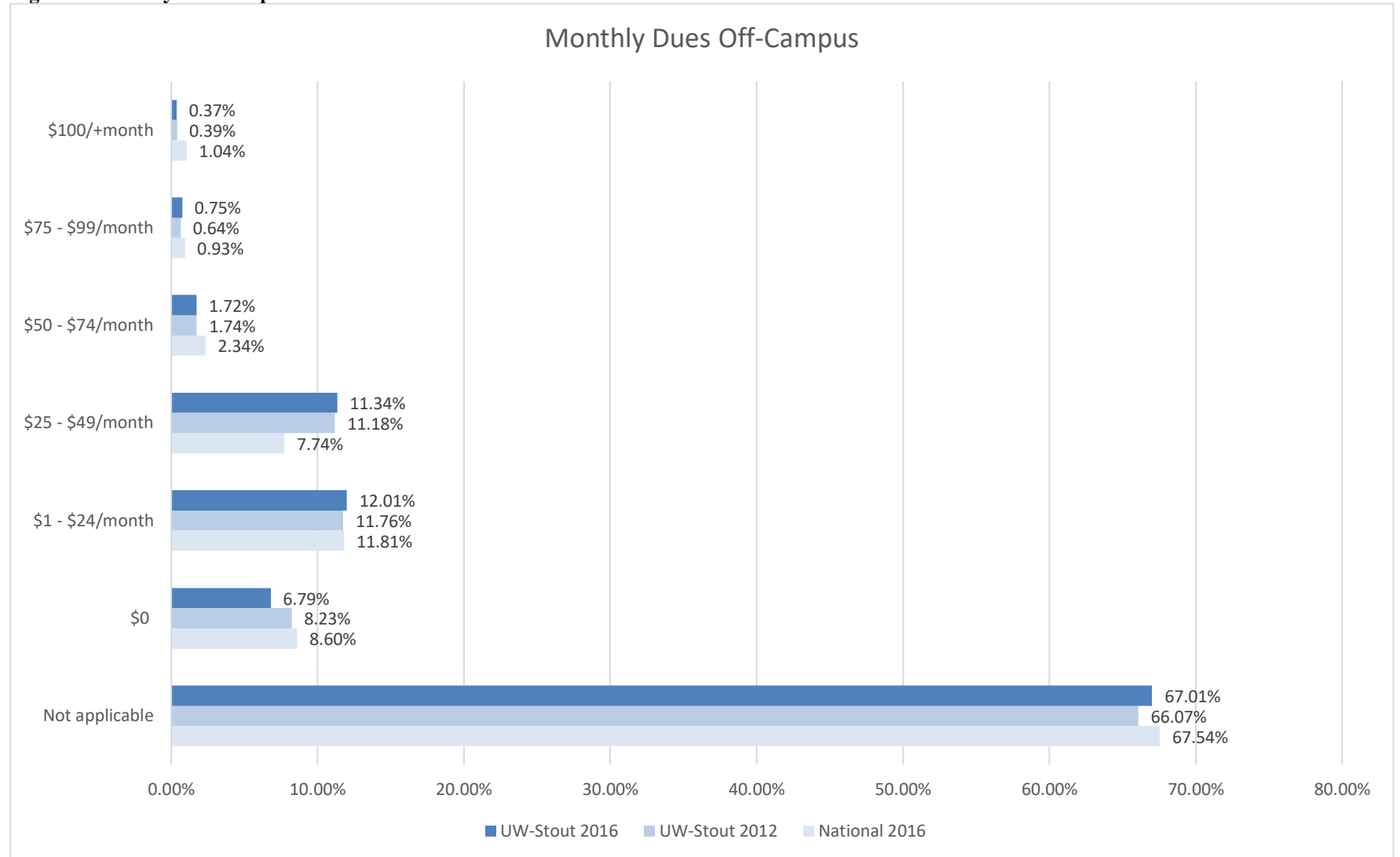
## *Finances*

2016 UW-Stout respondents were presented with questions relating to the amount of money they spend for monthly off-campus dues, how much money they have spent on alcohol over the past 30 days, and willingness to increase segregated fees.

### Finances: Monthly Off-Campus Dues

In 2016, the majority of UW-Stout respondents reported not having any monthly off-campus dues. Of those who had off-campus dues, about 23% reported spending \$1-49. This is slightly higher than the 2016 national average and similar to what 2012 UW-Stout respondent reported (see figure J below).

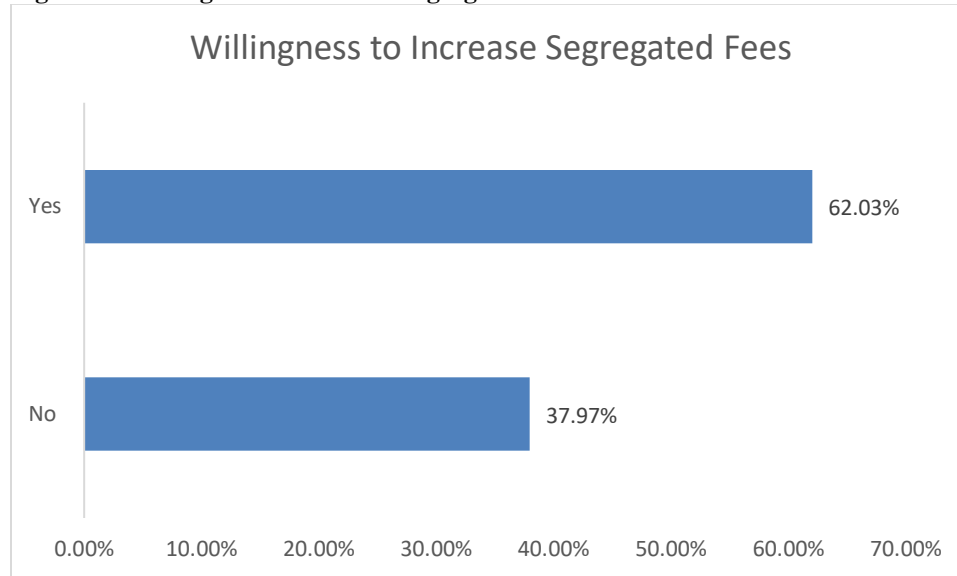
**Figure J: Monthly Off-Campus Dues**



### Finances: Segregated Fees

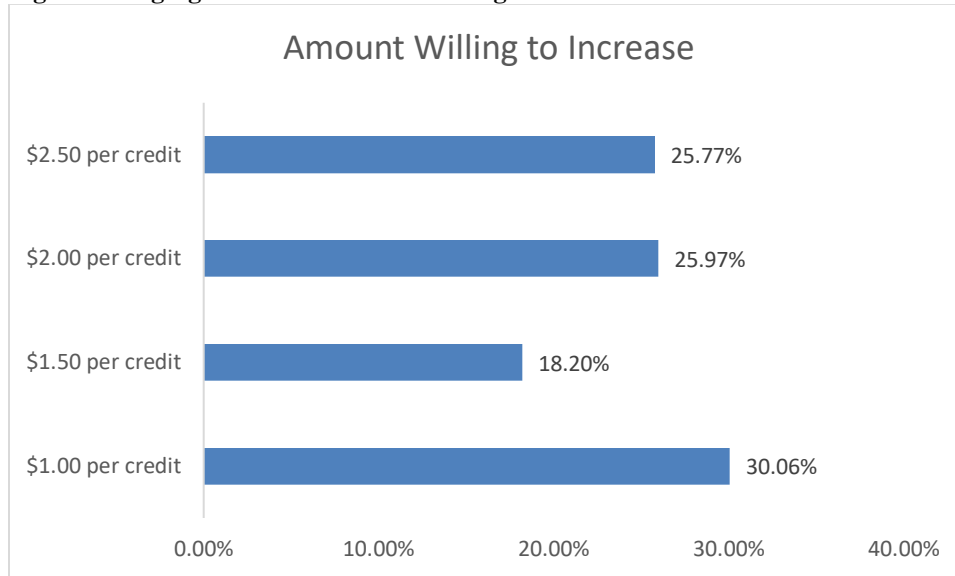
Sixty-two percent of 2016 UW-Stout respondents would support an increase in segregated fees (see figure L below).

**Figure K: Willingness to Increase Segregated Fees**



Respondents who indicated *yes* for the previous question were asked, “*By how much would you be willing to increase your segregated fee?*” Thirty percent of respondents would be willing to increase their fees by \$1.00 per credit and approximately 52% of respondents would be willing to increase their fees by \$2.00 or \$2.50 per credit (see figure M below).

**Figure L: Segregated Fees: Amount Willing to Increase**



## Awareness and Promotion of University Recreation Programs & Services

### Awareness: Methods for Learning About University Recreation Events

Respondents were presented with a series of communication methods and asked which ones they use to learn about University Recreation (see table 30 below). In 2016, the most frequently-chosen methods for learning about events among UW-Stout respondents were *posters/flyers* (62%), *word of mouth* (58%), and *University of Wisconsin-Stout web page* (46%).

These were also the top three methods chosen by 2016 national respondents and 2012 UW-Stout respondents. However, *posters/flyers* were the most frequently chosen response for these groups.

**Table 23: Methods for Learning about University Recreation Events**

<i>How do you learn about what is happening in University Recreation (check all that apply)?</i>	<b>UW-Stout 2016 (N=802)</b>	<b>UW-Stout 2012 (N=1,479)</b>	<b>National 2016 (N=14,560)</b>
Posters/flyers	497 (61.97%)	871 (58.89%)	(44.74%)
Word of mouth	467 (58.23%)	700 (47.33%)	(45.75%)
University of Wisconsin-Stout web page	370 (46.13%)	608 (41.11%)	(45.32%)
Social networking site (Facebook, Twitter, etc.)	216 (26.93%)	202 (13.66%)	(23.21%)
Direct mailings (including email)	96 (11.97%)	419 (28.33%)	(14.41%)
Brochures	51 (6.36%)	156 (10.55%)	(6.61%)
Other (please specify)	40 (4.99%)	46 (3.11%)	(7.71%)
Not applicable	26 (3.24%)	162 (10.95%)	(7.91%)
Newspaper	10 (1.25%)	36 (2.43%)	(2.01%)

Thirty-nine respondents who indicated *other* for the previous question elaborated on their responses (see table 31 below). Comments were condensed by a single reviewer into general themes. Most of these respondents indicated using campus email to learn about what is happening in university recreation.

**Table 24: Learning about UREC Events: Other**

<b>Topic</b>	<b>Definition</b>	<b>Responses (%)</b>
Email	Campus Life emails, emails	16 (40%)
Online/Hard Copy Sources	UREC App, IM Leagues, Stout website, Stout newsletter, TV's in MSC	6 (15%)
Word of Mouth	Coaches, friends, other people, sports team, word of mouth.	8 (20%)
Employees-Work	I work in the building, otherwise I probably would not hear about events at all. Roommate works there. Employees	7 (17.5%)
Other	Very little advertisement in high traffic areas, or out of date advertisement.	2 (5%)



### Level of Satisfaction with Promotion

Respondents rated their satisfaction with how University Recreation is promoted (see table 32 below). Ratings were made on a 5-point scale where 1 = *Strongly disagree* and 5 = *Strongly agree*. Among 2016 UW-Stout respondents, mean ratings ranged from 3.74 for effective promotion of recreational activities to 3.89 for effective promotion via university recreation publications. These ratings were statistically higher when compared to 2016 national mean ratings; however, these ratings were statistically lower when compared to 2012 UW-Stout mean ratings.

**Table 25: Level of Satisfaction with University Recreation Promotion**

<i><b>Please rate your level of agreement with the following statements.</b></i>	<b>UW-Stout 2016</b>		<b>UW-Stout 2012</b>		<b>National 2016</b>	
	<b>N</b>	<b>Mean</b>	<b>N</b>	<b>Mean</b>	<b>N</b>	<b>Mean</b>
Recreational activities and services are effectively promoted	797	3.74*	1,344	3.82	14,500	3.65
The recreation publications - flyers, poster, and brochures - effectively promote activities and services.	799	3.89*	1,325	3.95	14,460	3.74

\* statistically higher compared to Spring 2016 National data

\*\* statistically lower compared to Spring 2016 National data

### *University Recreation Webpage*

Respondents indicated how often they visit their university recreation webpage (see table 33 below). In 2016, UW-Stout respondents indicated they use the website *1-2 times per month* (22%) or *1-2 times per semester* (31%) most frequently.

**Table 26: Frequency of University Recreation Webpage Visits**

<i>Which best describes how often you visit the University Recreation web page?</i>	<b>UW-Stout 2016 (N=794)</b>	<b>UW-Stout 2012 (N=1,482)</b>	<b>National 2016 (N=14,500)</b>
5+ times per week	9 (1.13%)	14 (0.94%)	(1.74%)
3-4 times per week	26 (3.27%)	49 (3.17%)	(4.31%)
1-2 times per week	86 (10.83%)	141 (9.18%)	(10.79%)
1-2 times per month	171 (21.54%)	314 (20.51%)	(20.32%)
1-2 times per semester	250 (31.49%)	424 (27.67%)	(30.60%)
Never	252 (31.74%)	590 (38.53%)	(32.23%)

### Uses of University Recreation Webpage

Respondents who indicated they had used the university recreation webpage were asked to indicate what they use it for by choosing how they use it from a list provided (see table 34 below). *Check hours when facilities are open, check schedule of events, and find information about activities, programs, and services* were the most frequently choices use among 2016 UW-Stout respondents 2016 national respondents, and 2012 UW-Stout respondents.

**Table 27: Uses of University Recreation Webpage**

<i>[if use web page] What do you use the University Recreation web page for? (check all that apply)</i>	<b>UW-Stout 2016 (N=539)</b>	<b>UW-Stout 2012 (N=900)</b>	<b>National 2016 (N=9743)</b>
Check hours when facilities are open	403 (74.77%)	662 (73.56%)	(75.92%)
Check schedule of events	267 (49.54%)	476 (52.89%)	(50.28%)
Find information about activities, programs, and services	235 (43.60%)	471 (52.33%)	(52.12%)
Register for events and activities	101 (18.74%)	159 (17.67%)	(17.80%)
Apply for employment	55 (10.20%)	76 (8.44%)	(5.22%)
Staff information	36 (6.68%)	68 (7.56%)	(5.59%)
Other (please specify)	11 (2.04%)	12 (1.33%)	(1.92%)

Ten respondents who indicated *other* for the previous question elaborated on their response (see table 35 below). Responses related to cost, pay, schedule or acquiring memberships.

**Table 28: Uses of University Recreation Webpage: Other**

Text Response	
Athletic Team Schedule	Sign up for a pass
Don't	Sports Clubs' info
Membership	Pay
Never. Never Have	
Outdated when used, never went back because if this is not updated it shows lack of caring on school's end.	

#### Ability to Find Information on Webpage

Respondents were asked whether they were able to locate the information they were looking for on the university recreation webpage (see table 36 below). Approximately 96% of 2016 UW-Stout, 96% of 2016 national, and 97% of 2012 UW-Stout respondents were able to locate desired information on University Recreation website.

**Table 29: Helpfulness of University Recreation Webpage**

<i>Were you able to find the information that you were looking for on the University Recreation web page?</i>	<b>UW-Stout 2016 (N=535)</b>	<b>UW-Stout 2012 (N=901)</b>	<b>National 2016 (N=9693)</b>
Yes	511 (95.51%)	875 (97.11%)	(95.86%)
No	24 (4.49%)	26 (2.89%)	(4.14%)

Twenty-one respondents who indicated *other* for the previous question elaborated on their responses (see table 37 below). Comments were condensed by a single reviewer into general themes. Responses pertained to three general themes, times and pricing, issues and the others.

**Table 30: Unavailable Information**

Topic	Definition	Responses (%)
Times and Pricing	A master schedule of the gyms. Could only find a schedule for west gym fitness classes. Clear hours for timing during the day. Sometimes during sports teams' hours, the gyms are open because there is no team, better relaying of that info. Price, and times of fitness groups (schedules)	6 (28.56%)
Issues	I struggled finding updated information about group classes. The North Point page says the webpage is no longer available. The website is pretty poorly organized and not updated or finished. Website is hard to navigate and found old information about past events. Listings of adventure activities-- Everything was old information...	7 (33.32%)
Other	Type of equipment available, phone number, UREC details, information about intramural sports.	8 (38.08%)

### *Barriers to Use*

Respondents were presented with a series of possible factors that would impede their use of campus recreation facilities, programs, and/or services and indicated which one impeded their use (see table 38). In 2016, the three most frequently indicated impeding factors among UW-Stout respondents were *no time* (48%), *facilities are too crowded* (41%), and *price/not affordable* (39%).

*No time* was also the most frequently chosen factor for 2016 National and 2012 UW-Stout respondents.

**Table 31: Barriers to Use: Factors that Impede Use**

<i>Which of the following factors, if any, impede your use of campus recreation facilities, programs, and/or services? (Check all that apply)</i>	<b>UW-Stout 2016 (N=1370)</b>	<b>UW-Stout 2012 (N=1,575)</b>	<b>National 2016 (N=25,438)</b>
No time	653 (47.66%)	839 (53.27%)	(53.48%)
Facilities are too crowded	568 (41.46%)	459 (29.14%)	(34.65%)
Price/not affordable	541 (39.49%)	656 (41.65%)	(14.56%)
Was not aware of offerings	353 (25.77%)	332 (21.08%)	(23.92%)
Programs not offered at convenient times	305 (22.26%)	232 (14.73%)	(21.83%)
Lack of privacy	235 (17.15%)	224 (14.22%)	(14.39%)
Hours of operation are not convenient	224 (16.35%)	231 (14.67%)	(12.17%)
Do not know how to use the equipment	173 (12.63%)	160 (10.16%)	(14.96%)
Injury or disability	165 (12.04%)	186 (11.81%)	(11.02%)
Facilities do not have the right equipment	158 (11.53%)	074 (4.70%)	(6.34%)
Parking was a problem	157 (11.46%)	144 (9.14%)	(20.25%)
Facilities are too outdated	145 (10.58%)	084 (5.33%)	(4.30%)
Do not like to exercise	142 (10.36%)	166 (10.54%)	(12.49%)
Facilities are closed for events/activities that I do not wish to participate in	139 (10.15%)	-	(5.01%)
None of the above	122 (8.91%)	158 (10.03%)	(8.58%)
Lack of quality facilities	118 (8.61%)	080 (5.08%)	(3.93%)
I use facilities off campus.	105 (7.66%)	161 (10.22%)	(11.62%)
Facilities are too spread out around campus	68 (4.96%)	062 (3.94%)	(5.95%)
Other (please specify)	61 (4.45%)	095 (6.03%)	(7.94%)

Sixty-One respondents who answered *other* for the previous question elaborated on their responses (see table 39 below). Comments were condensed by a single reviewer into general themes. *Facilities Issues* was the main theme (48%), secondly followed by *Other* (21%) and thirdly *Being in a Sports Team* (10%).

**Table 32: Factors that Impede Use: Other**

Theme	Examples	Response Rate (%)
Facility Issues	<ul style="list-style-type: none"> <li>• Athletic facilities/locker rooms are extremely outdated.</li> <li>• Soccer field is in bad condition.</li> <li>• Not enough room and it always busy when I want to work out. Locker room and showers are outdated.</li> </ul>	29 (47.54%)
Other	<ul style="list-style-type: none"> <li>• I Commute a long distance.</li> <li>• Intimidation.</li> <li>• No beginner programs.</li> </ul>	13 (21.31%)
Being in a Sports Team	<ul style="list-style-type: none"> <li>• Being in a sport.</li> <li>• Have football daily.</li> <li>• No time, always at practice.</li> </ul>	6 (9.84%)
Disinterest/Exercise Elsewhere	<ul style="list-style-type: none"> <li>• I don't like sports, and exercising isn't as much of a priority for me as it should be.</li> <li>• I do not make time.</li> <li>• Faster to go for a walk/run outside</li> </ul>	4 (6.56%)
Lack of Knowledge	<ul style="list-style-type: none"> <li>• Do not know what is free to use and when.</li> <li>• I don't have a very good understanding of exercise routines.</li> <li>• Never know when sports teams and other events are using the gyms. I public schedule of all facilities would be very beneficial.</li> </ul>	3 (4.92%)

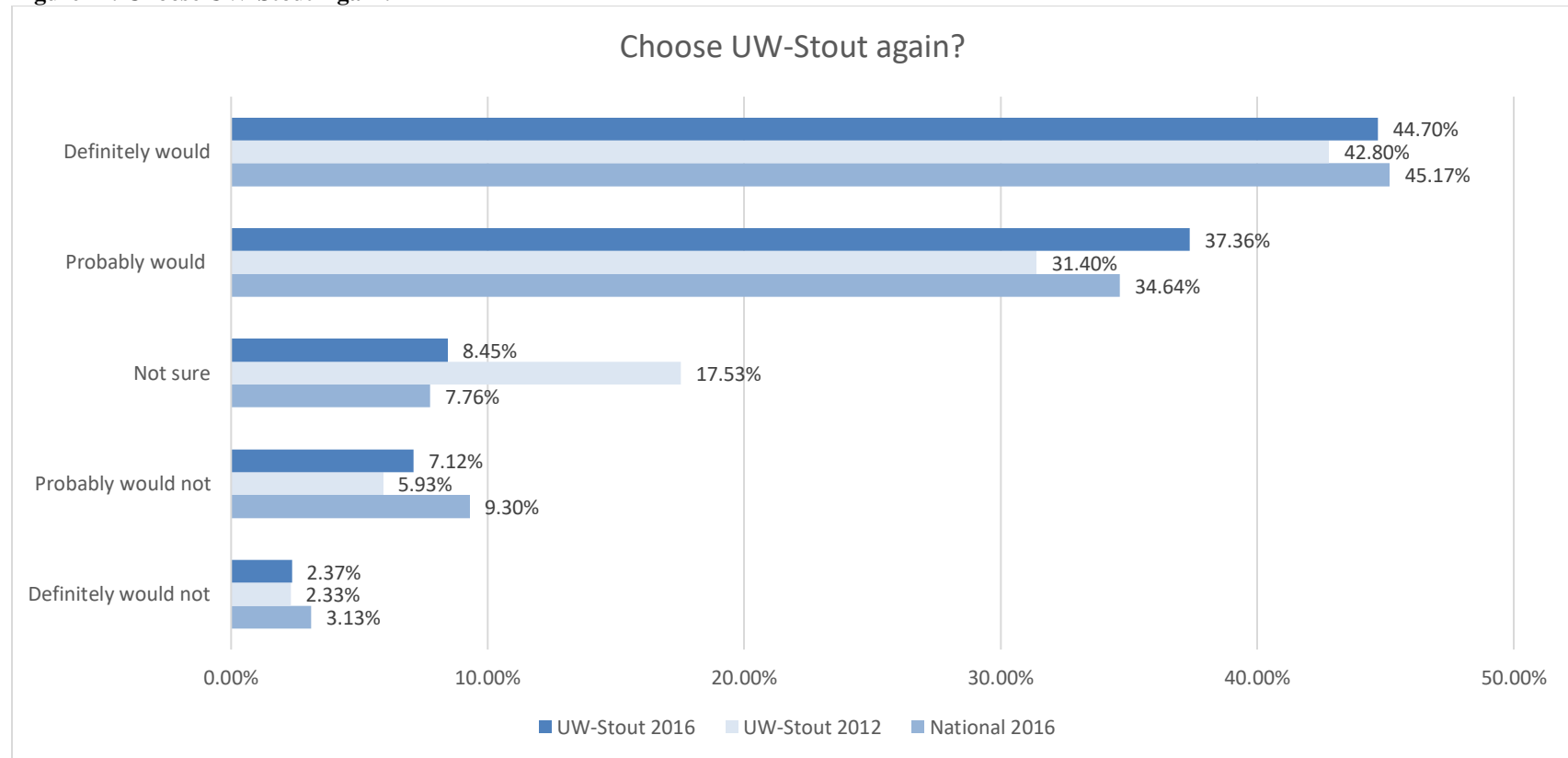
<b>Parking</b>	I have purchased a parking permit in previous semesters-I learned that I would rather park in free areas and walk than get frustrated in doing countless laps around parking lots. The parking here is terrible. I can't even go to the gym without having to worry about getting a parking ticket. We pay 130-200 dollars for a membership. I should be able to park down by the football field and go workout for hour and half without getting a ticket. This has to be changed by next year or we might as well go get a membership somewhere else.	3 (4.92%)
<b>Cost</b>	Fitness center prices are a little on the spendy side. Money. Seriously, more things should be free.	3 (4.92%)



### Choose UW-Stout Again?

Nearly 82% of the participants would choose UW-Stout again if they could start over, and 45% said that they *definitely would*. A very small percentage (9%) said they probably or definitely would not choose UW-Stout again. These results were similar to 2012 UW-Stout data (see figure N below).

**Figure M: Choose UW-Stout Again?**



## **APPENDICES**

### **Appendix A: Survey Questions**

- Q1. Which best describes you?
- Q2. Do you utilize any of the on-campus recreation facilities, programs, or services?
- Q3. During your participation in University Recreation programs, have you: (Check all that apply)
- Q4. Rank in order the top five most important changes to Urec programs you would like to make: - More intramural sport leagues and/or tournaments
- Q5. Rank in order the top five most important changes to Urec programs you would like to make: - More outdoor recreation opportunities
- Q6. Rank in order the top five most important changes to Urec programs you would like to make: - More open recreation time
- Q7. Rank in order the top five most important changes to Urec programs you would like to make: - More open recreational facilities
- Q8. Rank in order the top five most important changes to Urec programs you would like to make: - More sport club opportunities
- Q9. Rank in order the top five most important changes to Urec programs you would like to make: - More special events (Golf Scramble, 5K Run, etc.)
- Q10. Rank in order the top five most important changes to Urec programs you would like to make: - More fitness and wellness classes
- Q11. Rank in order the top five most important changes to Urec programs you would like to make: - More aquatics/swimming pool programming
- Q12. Rank in order the top five most important changes to Urec programs you would like to make: - Expand cardio fitness space
- Q13. Rank in order the top five most important changes to Urec programs you would like to make: - Expand free weight fitness space
- Q14. Rank in order the top five most important changes to Urec programs you would like to make: - Other
- Q15. Please specify other, if applicable:
- Q16. Please answer the following questions. - When deciding to attend this college, how important were Campus Recreation facilities in your decision?

- Q17. Please answer the following questions. - When deciding to attend this college, how important were Campus Recreation programs (e.g., intramural sports, sport clubs, fitness) in your decision?
- Q18. Please answer the following questions. - In deciding to continue at this college, how important are Campus Recreation facilities?
- Q19. Please answer the following questions. - In deciding to continue at this college, how important are Campus Recreation programs (e.g., intramural sports, sport clubs, fitness)?
- Q20. Please answer the following questions. - How important were recreation, sports, and/or fitness activities to you prior to enrolling at this college?
- Q21. Please answer the following questions. - How important will recreation, sports, and/or fitness activities be to you after you leave this college?
- Q22. Please answer the following questions. - How important was maintaining a healthy lifestyle to you prior to enrolling at this college?
- Q23. Please answer the following questions. - How important will maintaining a healthy lifestyle be to you after you leave this college?
- Q24. On average, how many times per week do you participate in on-campus recreational sports, programs, and/or activities?
- Q25. On average, how many minutes do you spend utilizing the on-campus recreational facilities or participating in programs or activities?
- Q26. How often do you participate in the following on-campus activities, programs, and/or services? - Intramural sports
- Q27. How often do you participate in the following on-campus activities, programs, and/or services? - Sport clubs
- Q28. How often do you participate in the following on-campus activities, programs, and/or services? - Aquatics/pool
- Q29. How often do you participate in the following on-campus activities, programs, and/or services? - Instructor-led group fitness or exercise classes
- Q30. How often do you participate in the following on-campus activities, programs, and/or services? - Weight training/lifting free weights
- Q31. How often do you participate in the following on-campus activities, programs, and/or services? - Cardio-vascular training (e.g., treadmill, elliptical, stationary bike)
- Q32. How often do you participate in the following on-campus activities, programs, and/or services? - Open recreation (e.g., pick-up basketball, volleyball, soccer)
- Q33. How often do you participate in the following on-campus activities, programs, and/or services? - Racquet sports (e.g., racquetball, squash, badminton, tennis)

- Q34. How often do you participate in the following on-campus activities, programs, and/or services? - Outdoor adventure activities and/or trips
- Q35. How often do you participate in the following on-campus activities, programs, and/or services? - Personal training
- Q36. How often do you participate in the following on-campus activities, programs, and/or services? - Fitness assessments or testing
- Q37. How often do you participate in the following on-campus activities, programs, and/or services? - Classes (e.g., safety classes, non-credit recreation, for credit recreation)
- Q38. How often do you participate in the following on-campus activities, programs, and/or services? - Wellness programs
- Q39. Please indicate which times of the day are you most likely to utilize facilities: - During the week (Monday - Friday)
- Q40. Please indicate which times of the day are you most likely to utilize facilities: - On the weekend (Saturday - Sunday)
- Q41. Please indicate your level of agreement with the following statements: - Participating in Campus Recreation activities and programs has expanded my interest in staying fit and healthy.
- Q42. Please indicate your level of agreement with the following statements: - Campus Recreation activities and programs contribute to the quality of life at this institution.
- Q43. Please indicate your level of agreement with the following statements: - Campus Recreation offers "something for everyone."
- Q44. Please indicate your level of agreement with the following statements: - My recreational needs are met by Campus Recreation.
- Q45. Please indicate your level of agreement with the following statements: - I enjoy participating in Campus Recreation activities and/or utilizing facilities.
- Q46. Please indicate your level of agreement with the following statements: - Participation in recreational activities has provided me with skills/abilities that I will use after college.
- Q47. Please indicate your level of agreement with the following statements: - Overall, I would recommend Campus Recreation facilities, programs, and services to others.
- Q48. From your participation in Campus Recreation, do you feel you have increased or improved your: - Self confidence
- Q49. From your participation in Campus Recreation, do you feel you have increased or improved your: - Sense of adventure
- Q50. From your participation in Campus Recreation, do you feel you have increased or improved your: - Athletic ability
- Q51. From your participation in Campus Recreation, do you feel you have increased or improved your: - Concentration
- Q52. From your participation in Campus Recreation, do you feel you have increased or improved your: - Fitness level

- Q53. From your participation in Campus Recreation, do you feel you have increased or improved your: - Respect for others
- Q54. From your participation in Campus Recreation, do you feel you have increased or improved your: - Multicultural awareness
- Q55. From your participation in Campus Recreation, do you feel you have increased or improved your: - Sense of belonging/association
- Q56. From your participation in Campus Recreation, do you feel you have increased or improved your: - Communication skills
- Q57. From your participation in Campus Recreation, do you feel you have increased or improved your: - Balance/coordination
- Q58. From your participation in Campus Recreation, do you feel you have increased or improved your: - Physical strength
- Q59. From your participation in Campus Recreation, do you feel you have increased or improved your: - Problem solving skills
- Q60. From your participation in Campus Recreation, do you feel you have increased or improved your: - Feeling of well-being
- Q61. From your participation in Campus Recreation, do you feel you have increased or improved your: - Time management skills
- Q62. From your participation in Campus Recreation, do you feel you have increased or improved your: - Group cooperation skills
- Q63. From your participation in Campus Recreation, do you feel you have increased or improved your: - Ability to get a good night's sleep
- Q64. From your participation in Campus Recreation, do you feel you have increased or improved your: - Leadership skills
- Q65. From your participation in Campus Recreation, do you feel you have increased or improved your: - Ability to multi-task
- Q66. From your participation in Campus Recreation, do you feel you have increased or improved your: - Stress management
- Q67. From your participation in Campus Recreation, do you feel you have increased or improved your: - Ability to develop friendships
- Q68. From your participation in Campus Recreation, do you feel you have increased or improved your: - Weight control
- Q69. From your participation in Campus Recreation, do you feel you have increased or improved your: - Overall health
- Q70. From your participation in Campus Recreation, do you feel you have increased or improved your: - Academic performance
- Q71. In what other ways has your participation in Campus Recreation activities, programs, and services helped or enhanced your experience at this college/university?

Q72. Which of the following factors, if any, impede your use of campus recreation facilities, programs, and/or services?

(Check all that apply)

Q73. Which of the following other recreational facilities do you currently use? (Check all that apply)

Q74. If you have a membership at a local health club or other public facility, what are your monthly dues?

Q75. How old are you?

Q76. - Are you a member of at least one student club or organization this semester/quarter?

Q77. - Are you a member of an intercollegiate (e.g., NCAA, NAIA) athletic team?

Q78. - Are you the first in your family to go to college (i.e., neither of your parents/guardians or siblings have attended any college)?

Q79. - Are you a member of a Greek organization?

Q80. - Are you involved in at least one intramural group, club sport, or organized fitness activity on campus this semester/quarter?

Q81. What is your gender identity?

Q82. With which category do you most identify?

Q83. Please indicate your current class standing:

Q84. What is your current enrollment status?

Q85. How many credit hours are you taking this semester?

Q86. Did you transfer to this institution?

Q87. Where do you currently live?

Q88. In which subject area is your major?

Q89. Are you an international student?

Q90. Do you identify as lesbian, gay, bisexual, or queer (i.e., an umbrella term to refer to all LGBTIQ people)?

Q91. How many miles do you live from the on-campus Recreation Center?

Q92. How many hours do you typically spend a week studying?

Q93. Is the number of hours that you indicated in the last question more or less than you expected?

Q94. How many hours do you typically spend working for pay each week?

Q95. What percentage of your college expenses are you personally responsible for?

Q96. Are you currently employed by the Campus Recreation department?

- Q97. What is your expected GPA for this semester/quarter?
- Q98. Have you ever been enlisted in any branch of the US military (active duty, veteran, national guard, or reserves)?
- Q99. If you could start over again, would you go to the same institution you are now attending?
- Q100. How likely is it that you will be enrolled at this college/university next semester/quarter?
- Q101. Are you willing to answer additional survey questions about your satisfaction with Campus Recreation facilities, services, and programs?
- Q102. Please indicate your level of agreement with the following statements about recreation staff members: - Professional staff members are friendly.
- Q103. Please indicate your level of agreement with the following statements about recreation staff members: - Professional staff members are knowledgeable.
- Q104. Please indicate your level of agreement with the following statements about recreation staff members: - Professional staff members are available to answer questions.
- Q105. Please indicate your level of agreement with the following statements: - Recreation facilities are clean.
- Q106. Please indicate your level of agreement with the following statements: - Recreation facilities provide a safe environment.
- Q107. Please indicate your level of agreement with the following statements: - Recreation facilities are well-maintained to encourage participation (e.g., temperature, ventilation).
- Q108. Please indicate your level of agreement with the following statements: - Fitness equipment is clean.
- Q109. Please indicate your level of agreement with the following statements: - Fitness equipment is well-maintained.
- Q110. Please indicate your level of agreement with the following statements: - Fitness equipment is available when I want to use it.
- Q111. Please indicate your level of satisfaction with the following: - Number of weight machines
- Q112. Please indicate your level of satisfaction with the following: - Number of free weights
- Q113. Please indicate your level of satisfaction with the following: - Number of cardio machines
- Q114. Please indicate your level of satisfaction with the following: - Adequate stretching areas
- Q115. Please indicate your level of satisfaction with the following: - Cleanliness of locker rooms
- Q116. Please indicate your level of satisfaction with the following: - Availability of facilities (e.g., gym, fields, courts) for free play and open recreation
- Q117. Please indicate your level of satisfaction with the following: - Location of campus recreation facilities

- Q118. Please indicate your level of satisfaction with the following: - Amount of indoor recreation space on campus
- Q119. Please indicate your level of satisfaction with the following: - Amount of outdoor recreation space on campus
- Q120. Please rate your level of satisfaction on-campus recreational facilities hours of operation: - Hours of operation during the week (Monday - Friday).
- Q121. Please rate your level of satisfaction on-campus recreational facilities hours of operation: - Hours of operation during the weekend (Saturday - Sunday).
- Q122. Comments about the hours of operation, facilities, or equipment:
- Q123. Urec-Stout Adventures(climbing wall, equipment rental, trips & clinics, and challenge course) Please rate your level of satisfaction with the following: - Hours of Operation
- Q124. Urec-Stout Adventures(climbing wall, equipment rental, trips & clinics, and challenge course) Please rate your level of satisfaction with the following: - Variety of trips, clinics & events
- Q125. Urec-Stout Adventures(climbing wall, equipment rental, trips & clinics, and challenge course) Please rate your level of satisfaction with the following: - Offerings available for trips, clinic & events
- Q126. Urec-Stout Adventures(climbing wall, equipment rental, trips & clinics, and challenge course) Please rate your level of satisfaction with the following: - Outdoor recreation staff
- Q127. What is your overall level of satisfaction with Urec programs, services, facilities and staff?
- Q128. Aquatics Please rate your level of satisfaction with the following: - Hours of operation of the pool
- Q129. Aquatics Please rate your level of satisfaction with the following: - Aquatics classes
- Q130. Aquatics Please rate your level of satisfaction with the following: - Cleanliness of the pool
- Q131. Aquatics Please rate your level of satisfaction with the following: - Availability of pool for different types of aquatics (free swim versus lap swim)
- Q132. Aquatics Please rate your level of satisfaction with the following: - Lifeguards/Other aquatics staff
- Q133. Group Fitness Classes (Instructor-led) Please rate your level of satisfaction with the following: - Number of group fitness classes
- Q134. Group Fitness Classes (Instructor-led) Please rate your level of satisfaction with the following: - Variety of group fitness classes
- Q135. Group Fitness Classes (Instructor-led) Please rate your level of satisfaction with the following: - Days and times of group fitness classes
- Q136. Group Fitness Classes (Instructor-led) Please rate your level of satisfaction with the following: - Fitness class instructors



- Q137. Intramurals Please rate your level of satisfaction with the following: - Number of team intramural sports offered
- Q138. Intramurals Please rate your level of satisfaction with the following: - Number of individual/dual intramural sports offered
- Q139. Intramurals Please rate your level of satisfaction with the following: - Variety of team intramural sports offered
- Q140. Intramurals Please rate your level of satisfaction with the following: - Variety of individual/dual intramural sports offered
- Q141. Sport Clubs Please rate your level of satisfaction with the following: - Number of Sport Clubs offered
- Q142. Sport Clubs Please rate your level of satisfaction with the following: - Variety of Sport Clubs offered
- Q143. Wellness/Fitness Centers: Please rate your level of satisfaction with the following: - Wellness facilities
- Q144. Wellness/Fitness Centers: Please rate your level of satisfaction with the following: - Fitness assessments
- Q145. Wellness/Fitness Centers:  
Please rate your level of satisfaction with the following: - Personal training
- Q146. Comments about any recreational activities, programs, or services you participate in:
- Q147. How do you learn about what is happening in the Recreation department? (Check all that apply)
- Q148. Please rate your level of agreement with the following statements. - Recreational activities and services are effectively promoted.
- Q149. Please rate your level of agreement with the following statements. - The recreation publications - flyers, poster, and brochures - effectively promote activities and services.
- Q150. If you were improving/expanding recreation facilities, which of the following would be important to you? (Check all that apply)
- Q151. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: - A dome to increase outdoor space during the winter
- Q152. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: - An outdoor turf field
- Q153. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: - An indoor turf field
- Q154. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: - Cardio space

- Q155. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: -  
Fitness strength area
- Q156. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: - A  
group fitness studio
- Q157. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: -  
Bouldering wall
- Q158. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: -  
Indoor track
- Q159. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: -  
Outdoor tennis courts
- Q160. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: -  
Swimming pool facility
- Q161. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: -  
Locker room facilities
- Q162. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: -  
Outdoor open field space
- Q163. Rank in order the top five most important changes to Sports Complex facilities you would like to add or renovate: -  
Climbing wall
- Q164. What Recreational/Athletic Facility offerings would you like to see that are not currently available on campus?
- Q165. What changes could be made to the Sports Complex that would increase your likelihood of utilizing on-campus recreational/athletic facilities, programs and/or services?
- Q166. What additional recreational offerings (not listed above) would you like to see that are not currently available on campus?
- Q167. What changes could be made to the recreation program that would increase your likelihood of utilizing on-campus recreational facilities, programs, and/or services?
- Q168. Which best describes how often you visit the recreation web page?
- Q169. What do you use the recreation web page for?
- Q170. Were you able to find the information that you were looking for on the recreation web page?
- Q171. Please explain what information you were looking for that you could not find.

Q172. Would you be willing to support a segregated fee increase towards expanding/renovating the Recreational/Athletic Facilities if it meant that it could offer additional facilities, expand programs and services, additional open recreation?

Q173. If yes, how much would you be willing to increase your segregated fee by?

## **Appendix B: Institutions in the National Benchmark Group for 2016**

California State University - Northridge - NASPA Consortium: Campus Recreation 2015-16

California State University-Fullerton - NASPA Consortium: Campus Recreation 2015-16

College at Brockport - NASPA Consortium: Campus Recreation 2015-16

Cornell University - NASPA Consortium: Campus Recreation 2015-16

Massachusetts Institute of Technology - NASPA Consortium: Campus Recreation 2015-16

Ohio University - NASPA Consortium: Campus Recreation 2015-16

Oklahoma State University - NASPA Consortium: Campus Recreation 2015-16

Portland State University - NASPA Consortium: Campus Recreation 2015-16

Radford University - NASPA Consortium: Campus Recreation 2015-16

Rowan University - NASPA Consortium: Campus Recreation 2015-16

Sacramento State - NASPA Consortium: Campus Recreation 2015-16

Saint Peter's University - NASPA Consortium: Campus Recreation 2015-16

South Dakota State University - NASPA Consortium: Campus Recreation 2015-16

Stephen F. Austin State University - NASPA Consortium: Campus Recreation 2015-16

Stony Brook University - NASPA Consortium: Campus Recreation 2015-16

University at Albany - NASPA Consortium: Campus Recreation 2015-16

University of Arkansas - NASPA Consortium: Campus Recreation 2015-16

University of Houston - NASPA Consortium: Campus Recreation 2015-16

University of Minnesota-Duluth - NASPA Consortium: Campus Recreation 2015-16

University of Nebraska-Lincoln - NASPA Consortium: Campus Recreation 2015-16

University of Nevada, Las Vegas - NASPA Consortium: Campus Recreation 2015-16

University of New Haven - NASPA Consortium: Campus Recreation 2015-16

University of North Dakota - NASPA Consortium: Campus Recreation 2015-16

University of South Florida - NASPA Consortium: Campus Recreation 2015-16

University of Texas at Arlington - NASPA Consortium: Campus Recreation 2015-16

University of Texas-Pan American - NASPA Consortium: Campus Recreation 2015-16

University of Wisconsin - Stout - NASPA Consortium: Campus Recreation 2015-16

Virginia Commonwealth University - NASPA Consortium: Campus Recreation 2015-16  
Weber State University - NASPA Consortium: Campus Recreation 2015-16  
Western Michigan University - NASPA Consortium: Campus Recreation 2015-16