The Recreation and Wellness Benchmark is an online assessment that is administered in fall or spring of an academic year to a sample of users and non-users of on-campus recreational facilities and programs. The assessment provides actionable data on student utilization of different recreational facilities, activities, and programs, social, academic, emotional, and health-related outcomes of utilizing campus recreation, student satisfaction with facilities, activities, and programs and recreational needs and expectations of students and other constituents. Total Respondents: 303

**Student Demographics**

- 20% of students report being the first in their family to go to college.
- 75% of students are full time enrollment
- 95% of students live off campus
- 30% of students works more than 30 hours a week

**Student utilization of different recreational facilities, activities, and programs**

- 65% of students use recreation facilities, programs or services
- 90% of students say maintain a healthy lifestyle will be important after leaving college
- 58% of students participate in on campus recreation 1-3 times a week
- 50% of students spend about 30min-1 hour each visit

**Social, academic, emotional, and health-related outcomes of utilizing campus recreation**

- 59% of students agree that participating in Campus Rec activities has expanded their interest in staying fit and healthy
- 70% of students agree that campus rec contributes to the quality of life at Weber State University
- 62% of students agree that participating in recreational activities will provide them will skills they will use after college
- Over 50% say that from their participation in Campus Rec they have improved in the following areas : self-confidence, sense of adventure, athletic ability, concentration, fitness level, respect for others, sense of belonging, communication, problem solving skills, time management, feeling of well- being, ability to get a good night’s sleep, ability to develop friendships, leadership skills, and academic performance.

**Student satisfaction with facilities, activities, and programs**

- Students say that the following most impede their ability to use campus rec facilities and programs: they have no time, programs are not offered at convenient times, or hours of operation are not convenient
- If students are not using campus rec services, they are most likely using home equipment or spending time outdoors
- Over 90% of students agree that the campus recreation facilities are clean, safe, and well maintained
- Over 70% of students agree that professional staff members are knowledgeable, friendly, and available to answer questions

**Recreational needs and expectations of students and other constituents**

- Students answered that the following would be most important to them if campus recreation was expanding their facilities or services: Additional strength equipment, cardio equipment, aquatic offerings, & park space, personal training, mind/body offerings, juice bar/food services area, ropes course, climbing wall expansion
- 95% of students were able to find the information they were looking for on the Campus Rec website