

Services and Activities Fee Committee Application for 2008-09 Long-Term Funding

Instructions: Please complete this worksheet to request funding for a new project that will have financial implications for more than one fiscal year.

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|---------------------|---|-----------------------|
| Today's Date: | January 18, 2008 | |
| Project Title: | Fitness Center | |
| Campus Affiliation: | ASUWB | |
| Contact Person: | Eliece Gazaway, President (eliece.g@gmail.com) Rob Amidon, Vice President (rea1208@gmail.com) David Bush, Student Affairs (dbush@uwb.edu) | |
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1. Please provide a **brief** (150 words or less) overview of the project.

ASUWB proposes the creation of a student fitness center/gym on campus. The proposed location, UW2 040, is adjacent to showers, lockers, and the fitness studio/classroom. In addition to promoting health and wellness, the workout facility is a critical venue for building campus community across disciplines. The fitness center will help keep students on campus, engaged with one another and with the institution as a whole. Key elements of the center include free weights, multi-station weight machines, weight benches, cardio-equipment (e.g., treadmills, elliptical/tread climbers, stationary bikes), stretching areas, yoga mats, fitness balls, among other related equipment necessary accoutrements for a quality gym.

2. Please discuss the need for this project, including data that might support or justify your proposal. Estimate how many currently enrolled students will likely benefit from your proposed service or program.

Current and prospective students have expressed interest (as part of informal and formal surveys) over the years in having an on-campus fitness center. Students attending two recent forums on student life (student leadership forum and the follow-up ASUWB town hall meeting) were in agreement that a fitness center is one of two (the other being expanded food services) top amenities that they desire. Students appear to support using long-term SAF money to fund the project. All currently enrolled UW Bothell students would be eligible to use the facility at no additional charge; interested faculty and staff would be assessed a user's fee.

Results from the 2006-07 Student Survey, administered by Academic Affairs in April 2007, indicate that over two-thirds (67.4%) of freshmen and nearly half (47.2%) of juniors, seniors, and graduate students rated “access to gym/fitness center” as being very important to extremely important to their ability to be successful at UWB. Combined, half (49.6%) of the total respondents believed that that a campus gym would contribute toward their overall success, with an average rating of 3.34 out of a possible 5 points (with 5 representing extremely important) and an N=835. Only a third of the students (35.7% of freshmen and 32.3% of upper-division and graduate students) thought that access to bike and running trails would help them to be successful at UWB.

An on-campus fitness center would provide students with an additional venue in which to socialize and engage with others. The same survey found strong support (64.4% of all respondents) for “places to meet friends,” with freshmen (73.5%) being more likely to place greater emphasis on the need for places to meet others than their more experienced colleagues (63.3%).

As part of the same instrument, the university surveyed students about their interest in activities they would pursue in a gym. The top three activities chosen by all categories of respondents were cardio-equipment (78.9%), closely followed by weight training (74.6%), and then fitness classes (56.3%).

Students also were asked to indicate how much they would be willing to pay for a discounted membership to a local gym. The response was very close among all categories of respondents: 52.5% were willing to pay up to \$20 per month. This might be an indicator of how much students are willing to pay out of their Services and Activities Fees in support of a campus fitness center.

Results from the Entering Freshman Surveys also were favorable to the creation of a campus recreation facility. Approximately two-thirds of those responding to the 2006 and 2007 Entering Freshmen Surveys (67.4% and 66%, respectively) indicated that a fitness facility was very important to extremely important. Like the 2006 class, the 2007 entering freshmen strongly supported places to meet others (68.8% v. 73.5%).

In 2007, entering freshmen were asked to indicate how likely they were to participate in a variety of campus activities. Forty-six percent responded that they would probably or definitely participate in fitness classes and 40.3% in intramural leagues. Students seem to prefer the ability to workout on their own terms but also within an environment where they can meet or engage with others.

Family members of entering freshmen in 2007 were administered a similar survey as their students. Not surprisingly, they rated “access to gym/fitness center” over twice as important as ‘access to bike and running trails’ (57.2% vs. 27.5%). Family members also corroborated their students’ view that “places to meet

friends” is very important or extremely important (71.5%). It appears that parents and other family members understand the dual importance that a workout facility can provide: recreation and socialization.

A third survey, the NSSE (National Survey of Student Engagement), was administered by Academic Affairs in 2006 and 2007, asked students about how often they “exercised or participated in physical fitness activities.” (Note that freshmen were not administered the NSSE instrument in 2006.) The mean represented for all students in both years of the survey was mid-way between sometimes and often, which was slightly below selected peer institutions. The difference may be attributed to whether a recreation facility exists at the selected peer institutions. Nevertheless, UWB respondents seem to value exercise and physical fitness.

Non-freshmen responding to the NSSE surveys were more likely to rate their institutional experience higher than were freshmen (3.54 vs. 2.94 on a scale of 1 to 4, with 4 representing definitely yes). The item read, “If you could start over again, would you go to the same institution you are now attending”? Freshmen probably have a higher need for social interaction than do more experienced students, and a recreation center is likely to increase the overall satisfaction level for first-year students.

While it is difficult to anticipate the usage of a fitness center, data presented above suggest at least moderate usage at a minimum. It is anticipated that at least one-third of the student body will take advantage of a workout facility on campus on a regular or semi-regular basis. Based upon an enrollment of approximately 2,000 students in 2008-09, this means that close to 700 students will visit the center. This is a conservative estimate and the actual number may be greater.

3. What are some examples of best practices associated with your proposal (e.g., successful ideas from other schools)?

UW Tacoma recently installed a small fitness facility in order to respond to similar student demands for expanded student services on campus. The venue houses cardio equipment and weights. Several apartment and condo communities offer similar mini gyms as do hotels. We have the advantage of touring several model facilities and learning from UW Tacoma and other smaller campuses on what works and what doesn't before finalizing plans for the facility.

4. Please indicate other sources of financial support (if any), amount, and how you arrived at this figure.

We anticipate that some faculty and staff members might be interested in working out in the student fitness center. User fees would be assessed those university employees desiring access to the facility and go toward offsetting annual operating fees.

5. How do you plan to assess/evaluate the success of your proposed project?

Student usage reports and surveys of student users regarding their satisfaction with the facility, equipment, and hours of operation will be conducted.

Financial Worksheet

| Qty. | Equipment | Estimate |
|----------|--|------------------|
| 4 | Heavy Commercial Treadmills | \$ 15,000 |
| 3 | Total Body Elliptical Crosstrainers | \$ 16,000 |
| 2 | Heavy Commercial Recumbent Bikes | \$ 5,000 |
| 1 | Multistation Weight Machine | \$ 5,000 |
| 550 lbs. | Rubber Hex dumbbells racking system | \$ 1,000 |
| 2 | Incline/Decline weight benches | \$ 1,000 |
| | Interlocking rubber mat to cover carpet | \$ 4,000 |
| 3 | Folding exercise mats, 65cm balls, medicine balls, racks | \$ 2,000 |
| | Misc. room enhancements (mirrors, paint, sound, etc.) | \$ 25,000 |
| | Infrastructure modifications (electrical, engineering) | \$ 25,000 |
| | Security and ADA accommodations | \$ 10,000 |
| | Relocation costs associated with displacement of a classroom | \$ 25,000 |
| | Subtotal | \$134,000 |
| | Contingency for unanticipated expenses/overruns (20%) | \$ 27,000 |
| | Estimate for Sports Court | \$ 5,000 |
| | Total | \$166,000 |