



## RECREATIONAL SPORTS PROGRAMS

UNIVERSITY of WASHINGTON

Division of Student Life

# Promoting Balance, Wellness & Fitness

The Department of Recreational Sports Programs (RSP) manages campus recreational sports and fitness facilities, and provides a balanced program of structured and non-structured recreational sports and fitness activities designed to serve student needs and interests.

Creating healthier lives.  
It's the Washington Way.

## Our Story

Recreational Sports Programs (RSP) provides opportunities for students and other members of the University community to participate in exercise, sports and fitness activities to maintain a healthy lifestyle. State-of-the-art facilities are available to encourage and motivate students and others to learn practical health and wellness activities for long-term benefits. Eighty five different sports and fitness programs are offered to reach the wide interests of a diverse student population.

By understanding the importance of, and participating in, regular exercise through sports and fitness activities, students create lifelong habits for wise use of their leisure time. Participation in such activities also assists students in performing well in a demanding academic environment by encouraging balanced development of mind and body.

## Our Commitment

**Access** – Regularly enrolled, matriculated students who pay the Services and Activities (S&A) Fee may use the IMA and related facilities upon presentation of their current UW Husky Card. The IMA Building is ADA accessible and provides a swimming pool lift as well as ADA accessible pieces of cardio fitness equipment. Access plays a significant role in student recruitment and retention.

**Engagement** – We provide opportunities for students and members of the University community to participate in exercise, sports, and fitness activities to maintain a healthy lifestyle. State-of-the-art facilities are available to encourage and motivate students to learn practical health and wellness activities for long-term benefits.

**Diversity** – The Department stresses gender equity and diversity through facility design, availability of fitness equipment, policies, and programmed activities. Eighty five different programs are designed with the diversity of the University in mind and provide outlets for students regardless of their skill level.

**Care** – The personal health and safety of participants in our facilities and programs is of paramount importance. The Department maintains a comprehensive safety and risk management plan and is committed to providing opportunities for students to make healthy choices in a safe and supportive environment.

**Student Learning** – Learning opportunities abound for both student participants and student employees. Our facilities are laboratories for student interaction and learning. Student development takes place in all facets of our programs and activities. Students plan and manage events, teach classes, learn to solve interpersonal conflicts, learn healthy life-style habits, provide first aid and emergency response services, provide customer service to participants, and develop leadership and avocation skills (e.g. sports officiating, personal training, golf instruction, fitness instruction, fitness center and swimming pool management, etc.)

## Quick Facts

### Access

- **1,636,137** visits to facilities and programs managed by the RSP - 73% students
- **1,328** intramural sports teams participated in 3830 scheduled intramural sports contests - 95% students
- **8,054** enrolled in sports and fitness classes - 71% students: 77% female, 23% male
- **1,070,038** visits to the IMA Building - 78% students: 60% male, 40% female
- **\$700,000** the amount of Student Activities Fees funds returned to students through part-time employment
- **88.9%** of students surveyed utilize recreational sports facilities, programs, or services.

### Engagement and Care

- **93.4%** of students surveyed agree that recreational sports activities and programs contribute to the quality of life at UW.
- **74.9%** of students surveyed agree that participating in recreational sports activities and programs has expanded their interest in staying fit and healthy.

## Quick Facts *continued*

- **95.4%** of students surveyed feel that recreational facilities provide a safe environment
- **96.8%** of students surveyed felt that participation in sports and fitness has increased or improved their overall health.
- **66.7%** of students surveyed felt that participation in sports and fitness has increased or improved their academic performance.
- **93.7%** of students surveyed felt that maintaining a healthy lifestyle will be important after leaving the University of Washington.

## A Student's Story

What the IMA means to me:

*“It's the HEART of UW.”*

*Sally Blackner, Junior,  
Earth & Space Sciences major*

When I first entered the doors of the IMA I thought, “Holy smokes, this place is HUGE!” But the IMA is more than a giant building, it is more than just a gym; it's what I depend on every day to ensure a better and more productive day. The IMA has created one of the most **positive and reliable communities** that I have in my life today.

I started off as a typical freshman, with no clue about how I should exercise without the same direction I had from high school sports practices. Luckily for me, the IMA staff made the transition from basketball practice to college workout classes not only easy but enjoyable. I now currently work in the locker room and teach a cycling class. This was all accomplished because the IMA is more than just a gym; it is a big family that supports each other.

The IMA has truly been the core of my UW experience. I owe a giant “THANK YOU” to the whole IMA community for giving me a wonderful sense of place at the UW. The IMA welcomes everyone, and I know other students can have the same experience that I have had.

## Efficiencies

- Over the past 18-24 months, RSP has served approximately 100,000 more visits to facilities with the same level of staff. This included management of 9,500 additional square feet of fitness space.
- Based on research conducted by students and UW Facilities Services, showerheads in the IMA with a flow of 2.5 gpm have been replaced with a new showerhead with a flow rate of 1.6 gpm. Their research estimated that approximately 378,000 gallons of water will be saved annually, resulting in about \$31,600 in annual water and energy savings.
- We continue to search for effective and efficient ways to perform maintenance of facilities and equipment that receive hard use by facility users.

## A Healthier Lifestyle

Exercise is related to academic performance; Light (1990) found that grade point averages increased with hours of intramural sports participation. The reported mean GPAs (on a 15-point scale) was 11.91 for non-participants versus 13.48 for students who participated 12 or more hours a week.

Participation in recreational programs may influence life style choices and healthy behaviors, including increasing physical activity patterns and involvement in positive social outlets such as intramural sports (ACHA, 2002).

College students are seeking out dynamic recreational opportunities at the top of their list of expectations when selecting a college. A study conducted by the Art and Science Group (2000) found that 54% of high school seniors felt the intramural sports program was an important determinant in their college choice. In addition, over half of the respondents thought the recreational sports activities offered at a college were an important factor in college selection.

Results from the Quality and Importance of Recreational Services (QIRS) survey (NIRSA, 1990), found that students perceived their participation in campus recreation benefited them in the following areas of their personal development: self-confidence, fitness, feeling of physical well-being, physical strength, sense of accomplishment, stress reduction, respect for others, friendship, sports skill and balance/coordination.



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