Impact of Recreation at Florida Gulf Coast University

In 2007 the Department of Campus Recreation conducted a survey to discover the impact of recreation on campus. A total of 972 students, staff, and faculty were surveyed.

- 80% of participants who gained a sense of belonging through Campus Recreation programs stated recreational facilities were either somewhat important or important in their decision to stay at FGCU.
- 76% of participants who increased their social skills through Campus Recreation programs stated having recreational facilities were either somewhat important or important in their decision to attend FGCU.
- 80% of participants who reduced stress through Campus Recreation programs stated having recreational facilities were either somewhat important or important in their decision to stay at FGCU.
- Those that participate in Campus Recreation programs 6 or more times a week, 73.2% reported increased self confidence, 70% reported increased social skills, and 68% reported increased stress reduction.

A Message From: 
Dr. Mike Rollo, Vice President of Student Affairs -

The Department of Campus Recreation is an integral part of Student Affairs as they strive to provide leadership and growth opportunities for our students. They provide options for students to acquire and enhance lifelong skills that will improve their health and reduce stress while also assisting them in becoming more effective members of their community. It has been my experience when working with Campus Recreation professionals, that no one works quite so hard at making their job appear to be just a casual day of fun and games. To the untrained eye, their hard work looks like all they do is “play and have fun all day”. Nothing could be further from the truth. Our students are very fortunate to have a well designed and staffed Campus Recreation program that helps us “Complete the University Experience.”

For comments or suggestions regarding this issue, please contact: 
The Department of Campus Recreation at (239) 590-7935 / campusrec@fgcu.edu

Connections is available online at studentservices.fgcu.edu/publications

Connections may be obtained in an alternative format by contacting the Office of Institutional Equity & Compliance at 239-590-7405 or 800-590-3428, or the Office of Adaptive Services at 239-590-7956.

Be Active. Stay Active. Live Active.

Be. Stay. Live.

ACTIVE

Campus Recreation is committed to developing students by creating opportunities for participation in healthy activities. This commitment leads to the creation of our new tagline: Be Active. Stay Active. Live Active.

BE ACTIVE refers to one’s personal choice of participating in healthy and dynamic activities. Although this first step is intrinsic, Campus Recreation strives to provide options for those seeking a more active lifestyle.

STAY ACTIVE refers to Campus Recreation’s support of that persons motivation to choose healthy activities. Campus Recreation’s encouragement comes in various forms such as student development, leadership, team building, and both mental and physical fitness.

LIVE ACTIVE refers to that person’s ability to absorb and maintain those skills and level of activity that they learned through their involvement with Campus Recreation. This Lifestyle change will lead them to a more confident, successful life during and after their time at FGCU.
Informal Recreation, the newest addition to Campus Recreation's repertoire of program areas, has become the center piece for student development of its employees. Already, during its one short year of inception, Informal Recreation has assisted one student in locating a Graduate Assistantship at Virginia Tech, has taken 18 students to Regional and National Conferences in recreation, and has won two Creative Excellence Awards in marketing from the National Intramural Recreation Sports Association (NIRSA) based on marketing items created by students. In preparation for these events, the Informal Recreation program area has assisted students with resume building strategies and provided mock interview questions and scenarios to students specific to the field of recreation.

In addition to this professional student development, Informal Recreation has established strong agendas for the Campus Recreation all-staff inservices. These inservices have created opportunities for students to develop their team building skills, enhance their communication skills, and learn valuable customer service strategies.

Campus Recreation to Add Mini-Outdoor Complex

The ROC
(Recreation Outdoor Complex)

Students at Florida Gulf Coast University will soon be able to enjoy the benefits of informally recreating on campus, outdoors, and at night. With an anticipated Fall 2009 opening, the Recreation Outdoor Complex (or better known as The ROC) will be located near Alico Arena beside the existing tennis courts. The new facility will include two new sand volleyball courts, two new basketball courts, double sided bleachers for spectators, and full lighting on the entire area.

Upon hearing about the new facilities, sophomore Michael Kumbat, was excited about the prospect of having something active to do at night. “Students stay active all day and night. Having lights on the court is a great investment for both students on and off campus” said Kumbat “I don’t live in the dorms anymore but will definitely take advantage of the new lit space.”

Campus Recreation Director, Felicia Tittle, hopes to entice more student involvement with the opening of the new outdoor facility. “Our goal is to bring more attention to the area just outside the Recreation Center so students can stay active and safe both indoors and out.” Along with regular pick-up games, Felicia says Campus Recreation will use the courts to host a number of events that will bring the student body together. “From tournaments to cookouts; the space will be great!”

Did you Know?

During a survey of 1,000 FGCU students who participate in recreation programs:
45% stated their social skills increased
44% stated their stress levels decreased
40% stated their self-confidence increased

Campus Recreation serves students all day, every day

Recreation Center entrances numbers have increased each semester

Informal Recreation Promotes Student Development

NIRSA Creative Excellence Award
Spring 2009

Taylor Cohen
Student of the Semester
Spring 2009

Sailing Club Practice
Spring 2009

The Division of Student Affairs - Completing the University Experience

ADAPTIVE SERVICES
CAMPUS RECREATION
CAREER DEVELOPMENT SERVICES
COUNSELING & PSYCHOLOGICAL SERVICES
DEAN OF STUDENTS OFFICE
EAGLE PARENT OFFICE
EAGLE VIEW ORIENTATION
FIRST YEAR ADVISING
GREEK LIFE
HOUSING & RESIDENCE LIFE
JUDICIAL AFFAIRS
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OFFICE OF STUDENT INVOLVEMENT
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STUDENT SUPPORT & OUTREACH
STUDENT HEALTH SERVICES
TESTING SERVICES