

RSP Physical Health and Wellness Survey

September 2023

*This survey is informed by [WUSA Annual Plan 2023-2024 Operational Goal 3: Redefine strategy for delivering meaningful events to students](#) and **Advocacy Goal 3: Accessibility and Wellness**. The questions specifically related to the Recording Studio and Athletics and Recreation Fee are directly connected to items brought forward by students at the [March 2023 General Meeting](#).*

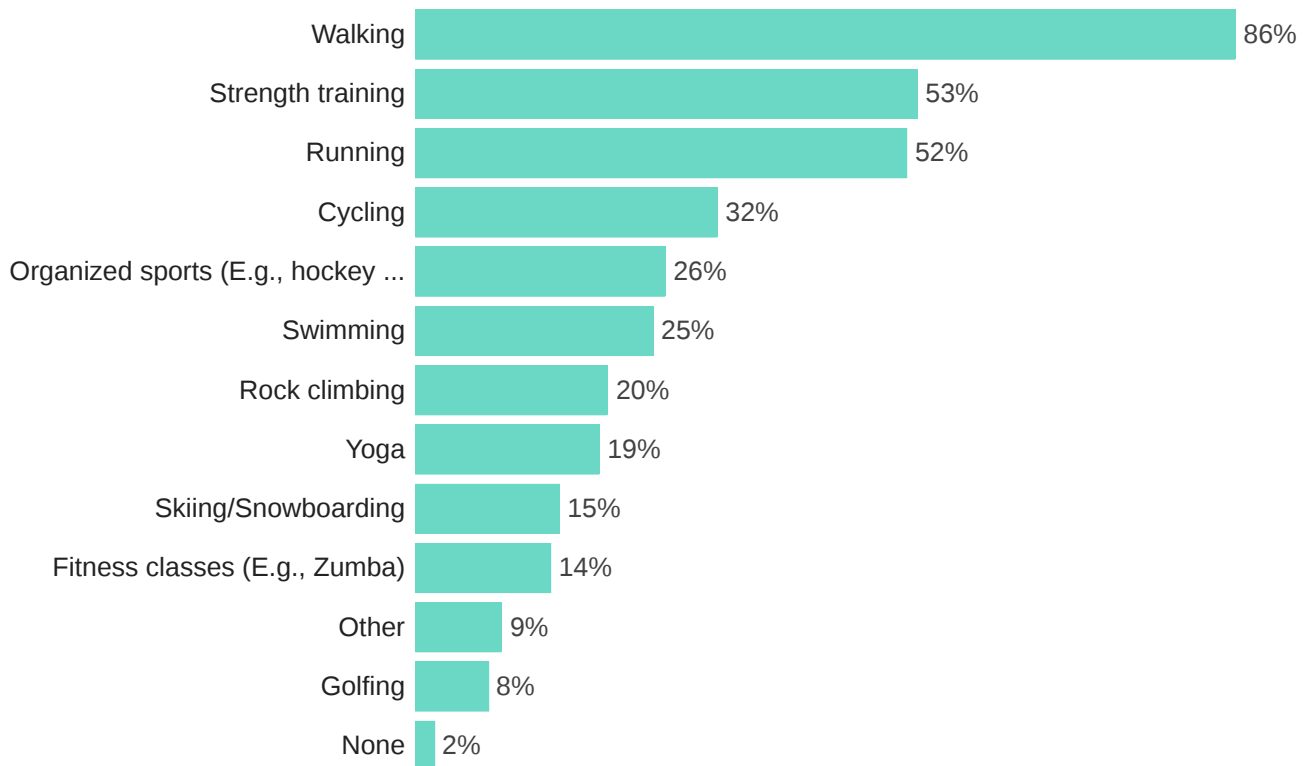
In the Spring 2023 term, 799 undergraduate students signed up to participate in the Representative Survey Platform (RSP). In the following survey, 546 students participated, resulting in a response rate of approximately 68.34%. The goals of this survey were to learn about student behaviours related to their physical health and other wellness activities, understand what types of activities students participate in that benefit their physical health and wellness and understand if they are satisfied with opportunities available to them on campus. The survey was available for students to participate in from June 5 to 16, 2023.

Key Findings

- 71.03% of students participate in physical health activities to improve their mental health
- The biggest barriers students face that prevent them from participating in physical health activities are lack of time (77.47%) and lack of energy/motivation (68.13%)
- The most used UW Athletics and Recreation facilities are PAC Fitness Centre (56.23%) and CIF Fitness Centre (35.71%)
- In the last year, 64.47% of students did not register for any UW Athletics and Recreation programs
- Only 19.78% of students were very knowledgeable or knowledgeable about the services and supports provided by the Athletics and Recreation Fee they pay each term
- 47.62% of students see value in the Athletics & Recreation Fee
- 87.00% of students see value in having recreational activities available to them on campus
- The top three reasons why students participate in wellness activities were to have fun and relax (82.52%), to take a break from academics (76.89%) and to improve their mental health (72.82%). Only 16.31% indicated it was to make friends/find community.
- Students indicated that they are most interested in wellness events on campus related to cooking healthy meals and creating art, with 51.74% and 42.57% of students selecting these options, respectively.
- Like physical health activities, most students indicated that lack of time (72.48%) and lack of energy/motivation (58.53%) were the two barriers that prevented them from participating in wellness activities

General Physical Health Activities

Figure 1: In the last year (i.e., since June 2022), which of the following physical health activities have you participated in?



For this question, students were able to select more than one option. The option that received the highest percentage of responses was walking (86%). For the students who selected "other", some of their answers included:

- Dance
- Tennis
- Hiking
- Martial Arts
- Cardio
- Boxing
- Badminton

Figure 2: In the last year (i.e., since June 2022), how often did you participate in these physical health activities?



Students were asked to elaborate on the frequency with which they participated in the options selected in Figure 1. Figure 2 demonstrates that the activity students participated in most frequently was walking, with 88.77% indicating that they participate either daily or a few times per week. Other activities that students participated in frequently were strength training, running, and organized sports with 59.17%, 33.92% and 28.47% indicating they participated either daily or a few times per week. On the other hand, skiing/snowboarding, rock climbing and golfing were the top three activities students indicated they had participated in only once in the past year.

Figure 3: In total, how much money do you spend on these physical health activities each term?

Note: students were asked to NOT include the Athletics and Recreation Fee they pay each term

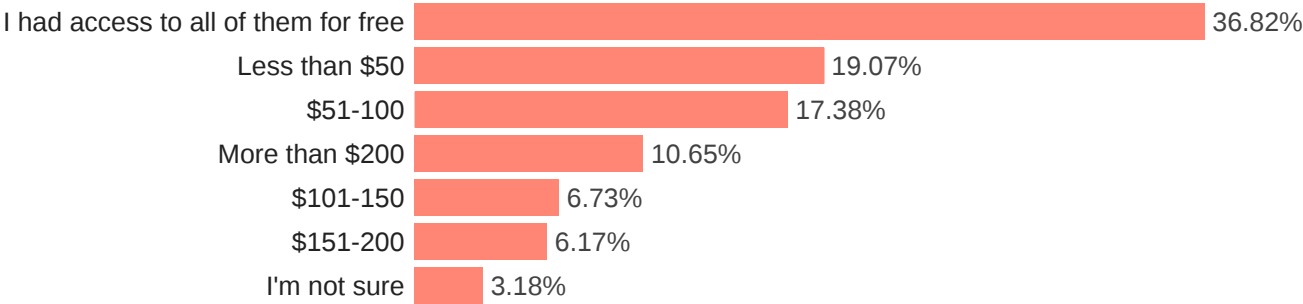
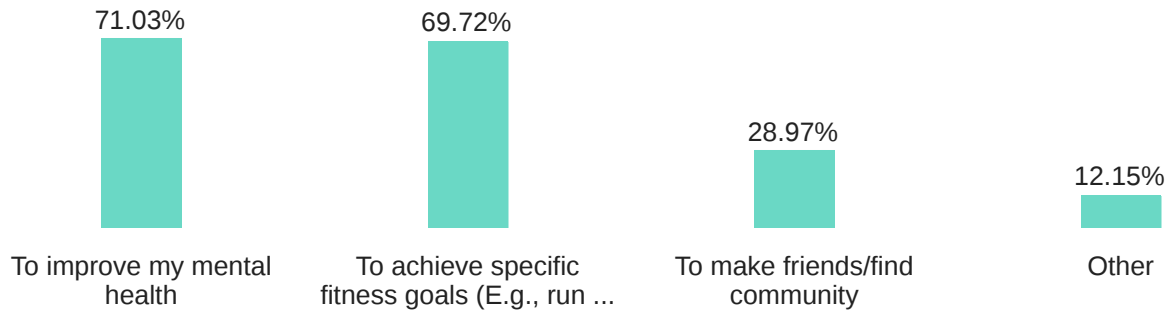


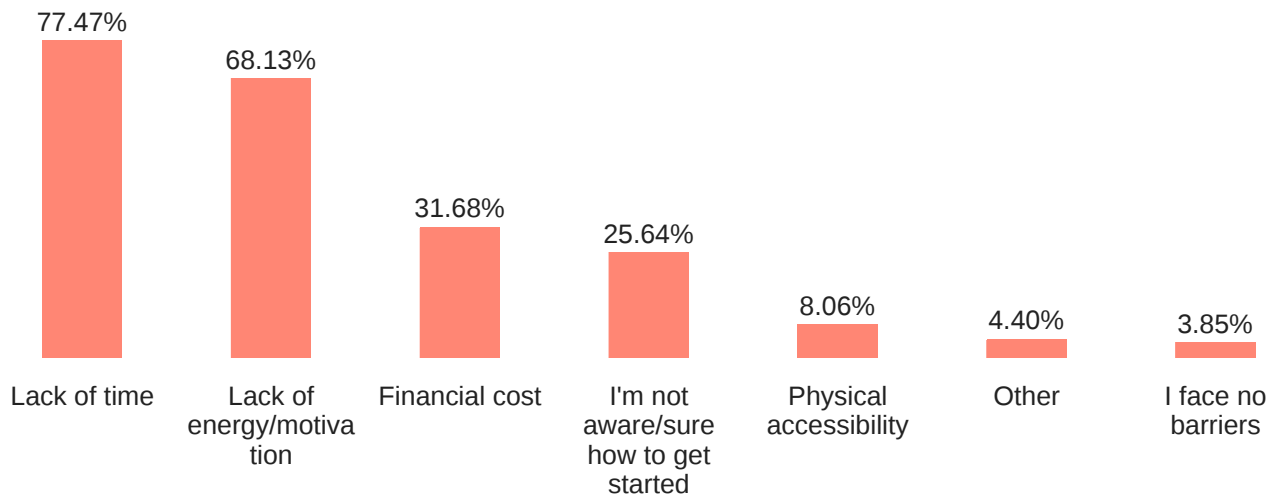
Figure 4: Reasons why students participate in physical health activities



For this question, students were able to select more than one option. The option that received the highest percentage of responses was "to improve my mental health (71.03%)". For the students who selected "other", some of their answers included:

- For fun
- Work
- Physical health

Figure 5: What barriers, if any, prevent you from participating in physical health activities?



For this question, students were able to select more than one option. The option that received the highest percentage of responses was "lack of time" (77.47%). For the students who selected "other", some of their answers included:

- Not knowing how to do some of the activities
- Not having friends to go with
- Insecurities

UW Athletics and Recreation

Note: these questions were included in the wake of the WUSA General Meeting in March, where a motion related to the Athletics and Recreation Fee was brought forward by students.

Figure 6: UW Athletics and Recreation Facilities used since June 2022.

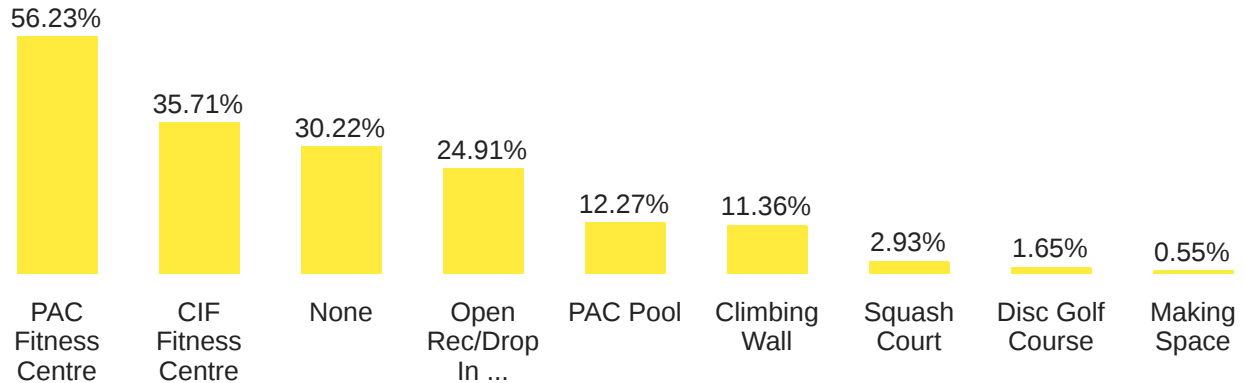
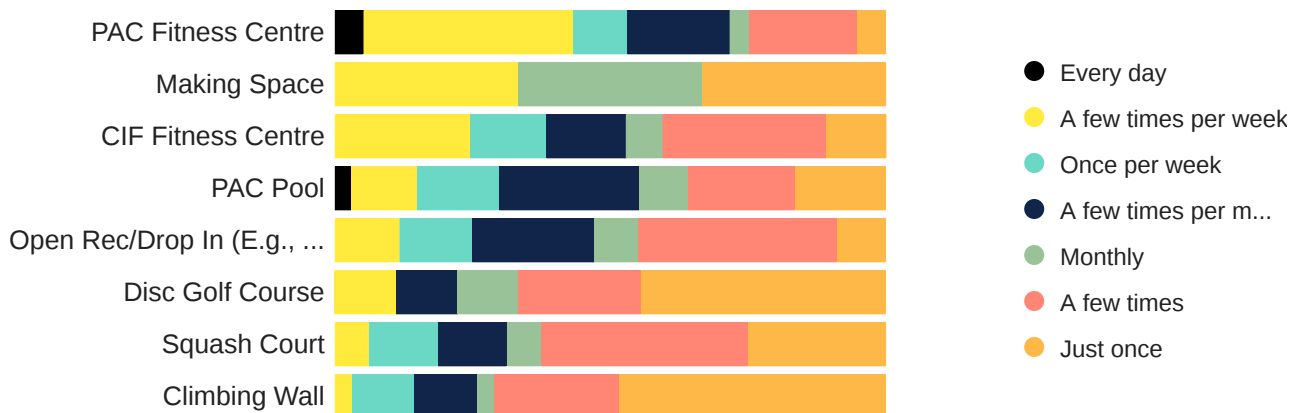


Figure 7: In the last year (i.e., since June 2022), how often did you use the previously mentioned UW Athletics and Recreation facilities?



Students were asked to elaborate on the frequency with which they used the facilities selected in Figure 6. Figure 7 demonstrates that when it comes to frequency of use, the PAC Fitness Centre, Making Space and CIF Fitness Centre, had the highest percentage of students use these facilities a few times a week, with 38.11%, 33.33% and 24.62% selecting this option, respectively. This is compared to the Squash Court and PAC Pool, in which only 6.25% and 11.94% of students used a few times per week. On the other hand, 48.39% of students indicated that they have only used the Climbing Wall once.

Figure 8: How satisfied were you with the following UW Athletics and Recreation facilities?

Note: only those students who indicated they had used a particular facility were directed to share their satisfaction level

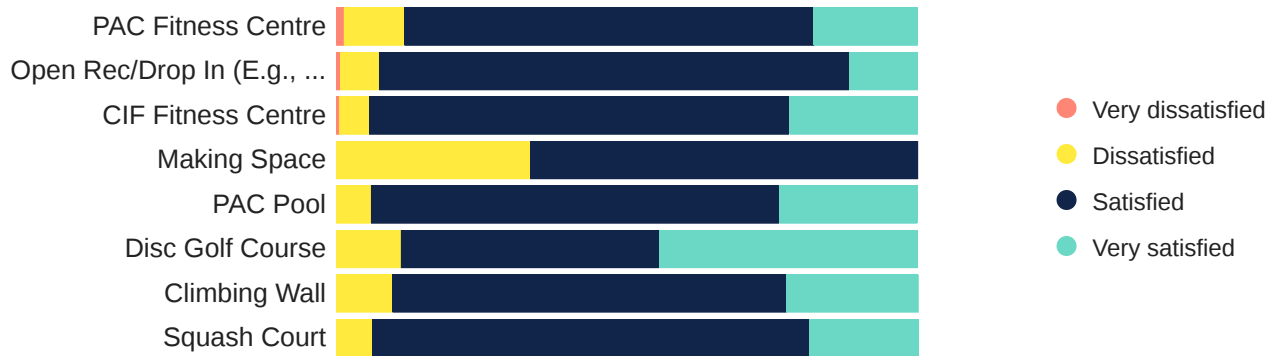


Figure 8 demonstrates that, overall, most students indicated that they are satisfied with each UW Athletics and Recreation facilities. Disc Golf Course had the highest percentage of students indicate they were very satisfied with this facility (44.44%). However, Disc Golf also had a relatively high percentage of students indicate that they were dissatisfied with this facility (11.11%). PAC Fitness Centre and Making Space also had the highest percentage of students (10.42%, and 33.33% respectively) that were dissatisfied with those facilities. However, it is important to note that for Making Space, the sample of students who used this facility was very small (n=3) and only one person indicated they were dissatisfied.

Figure 9: In the last year (i.e., since June 2022) which of the following UW Athletics and Recreation registered programs have you accessed?

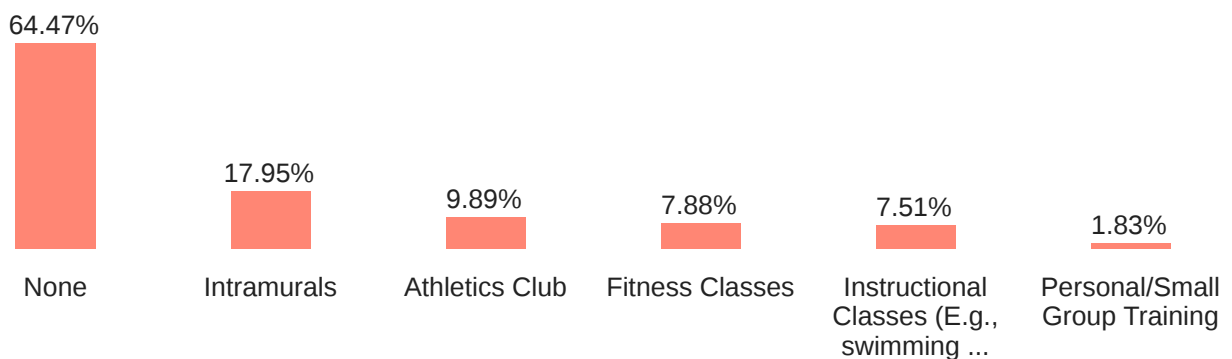
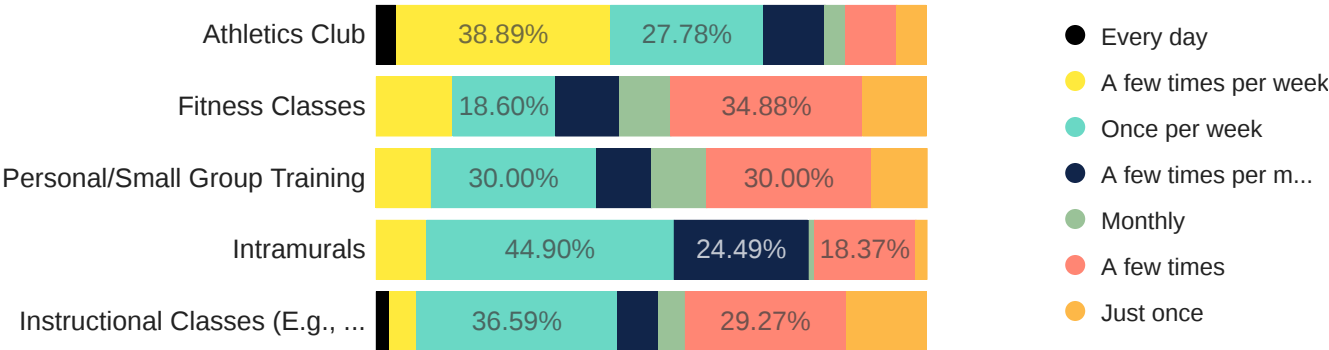


Figure 10: In the last year (i.e., since June 2022), how often did you access the following UW Athletics and Recreation programs?



Students were asked to elaborate on the frequency with which they participated in the activities selected in Figure 9. Figure 10 demonstrates Athletics Clubs was the program that students used most frequently, with 38.89% indicating they participated a few times per week. In terms of programs that students participated in once per week, those with the highest percentages were Intramurals (44.90%), Instructional classes (36.59%) and personal/small group training (30%).

Figure 11: How satisfied were you with the following UW Athletics and Recreation programs?

Note: only those students who indicated they had used a particular program were directed to share their satisfaction level

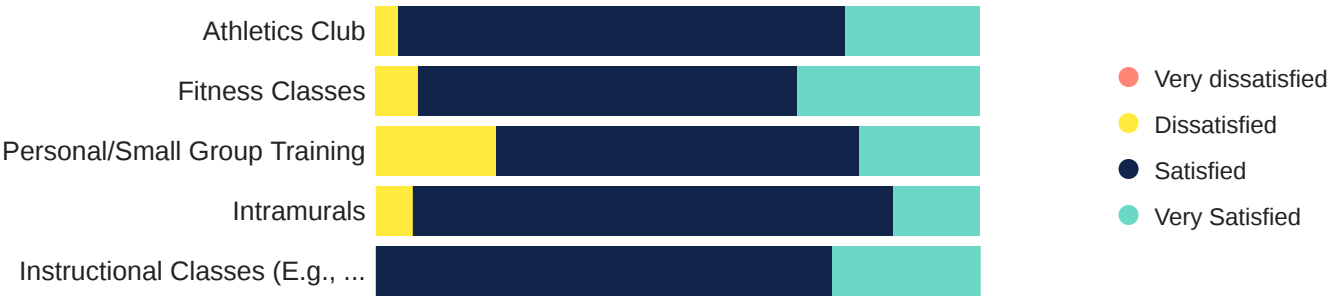


Figure 11 demonstrates that, overall, the majority of students are satisfied with UW Athletics and Recreation programs except for Fitness Classes, where the majority of students who ranked this program were very satisfied at 30.23%. On the other hand, Personal/Small Group Training had the highest percentage of students (20%) that were dissatisfied.

Figure 12: Would you be interested in using the following active study desks on campus?



Figure 12 demonstrates that, overall, students are split between "probably yes" and "probably not" when asked if they would be interested in active study desks on campus. Most students are probably not interested in using a bike desk on campus at 44.69%. On the other hand, 39.56% of students would probably use a standing desk on campus. Additionally, standing desk had the highest percentage of "definitely yes" selected at 22.09%. In contrast, treadmill desk had the highest percentage of "definitely not" selected at 15.05%.

Figure 13: How knowledgeable are you about the services and supports provided by the Athletics & Recreation Fee you pay each term?

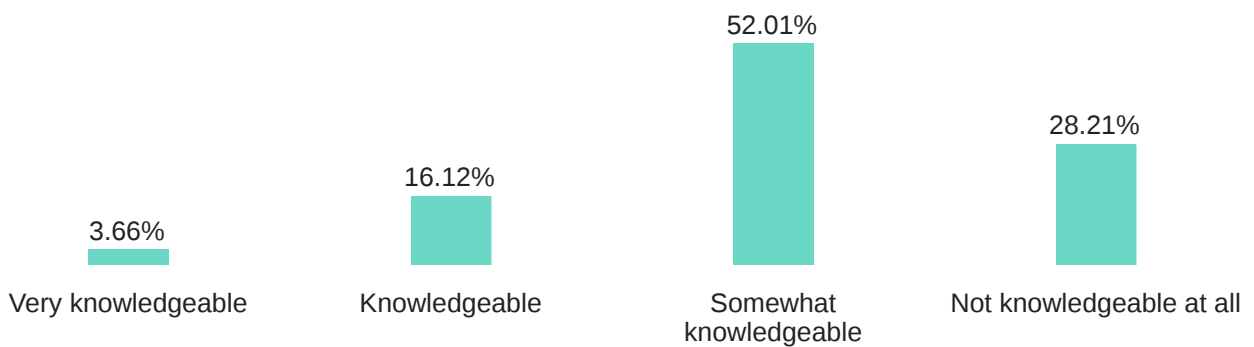


Figure 13 demonstrates that the majority of students 52.01% are somewhat knowledgeable about the services and supports provided by the Athletics and Recreation Fee they pay each term. This was followed by not knowledgeable at all (28.21%), knowledgeable (16.12%) and very knowledgeable (3.66%).

Figure 14a: Do you see value in the Athletics & Recreation Fee you pay each term?

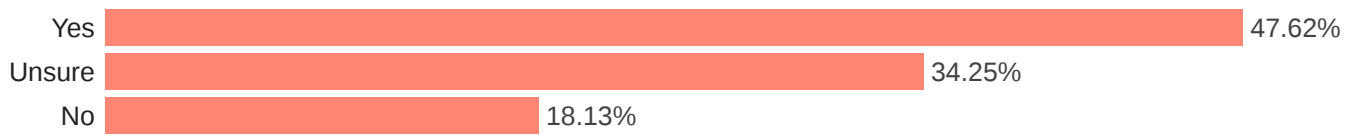


Figure 14a demonstrates that most students selected the option for "yes," meaning that they do see value in the Athletics and Recreation Fee they pay each term. This was followed by "unsure" (34.25%) and "no" (18.13%).

Figure 14b. Do you see value in the Athletics & Recreation Fee you pay each term?



Figure 14b demonstrates that when "unsure" responses were removed from analysis, the breakdown between those students who selected "yes" and those who selected "no" was 72.42% and 27.58%, respectively.

Figure 14c. Do you see value in the Athletics & Recreation Fee you pay each term?

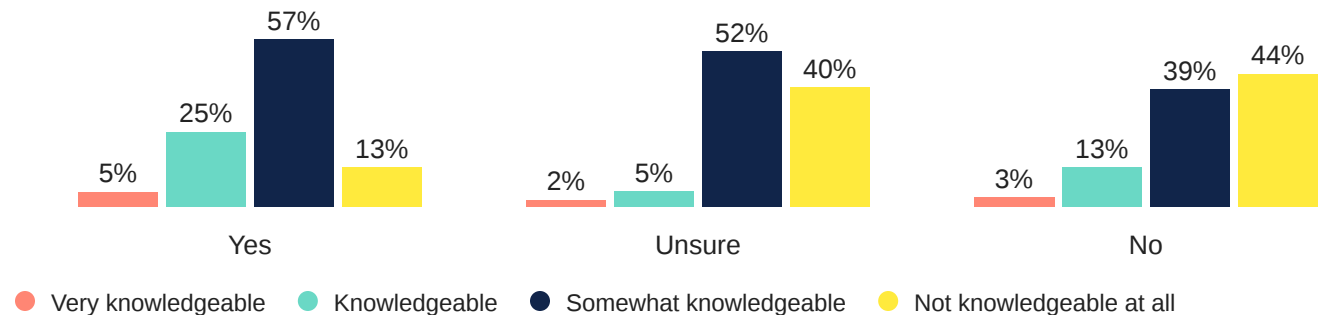
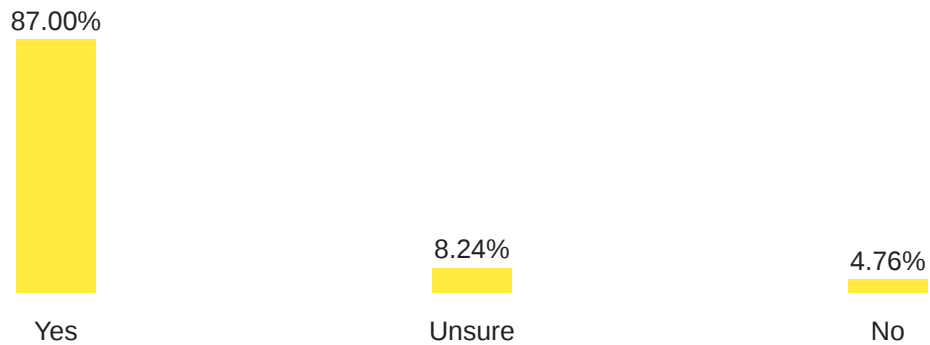


Figure 14c breaks down the question related to value of the fee by students' knowledge of the fee. It demonstrates that for students who selected "no" the majority of them (83%) either were not knowledgeable at all or somewhat knowledgeable; only 16% were very knowledgeable or knowledgeable. On the other hand, the highest percentage of students who were knowledgeable or very knowledgeable (30%) selected the "yes" option. This is important to note as it suggests that knowledge and awareness of what is included with the Athletics Fee may impact how it is valued among students.

Figure 15: Do you see value in having recreational activities available to you on campus?



Students were asked if they saw value in having recreational activities available on campus, in general. The majority of students (87%) said yes, which was followed by unsure (8.24%) and no (4.76%). This demonstrates that students place more value on recreational activities in general than what is specifically provided in the Athletics and Recreation Fee.

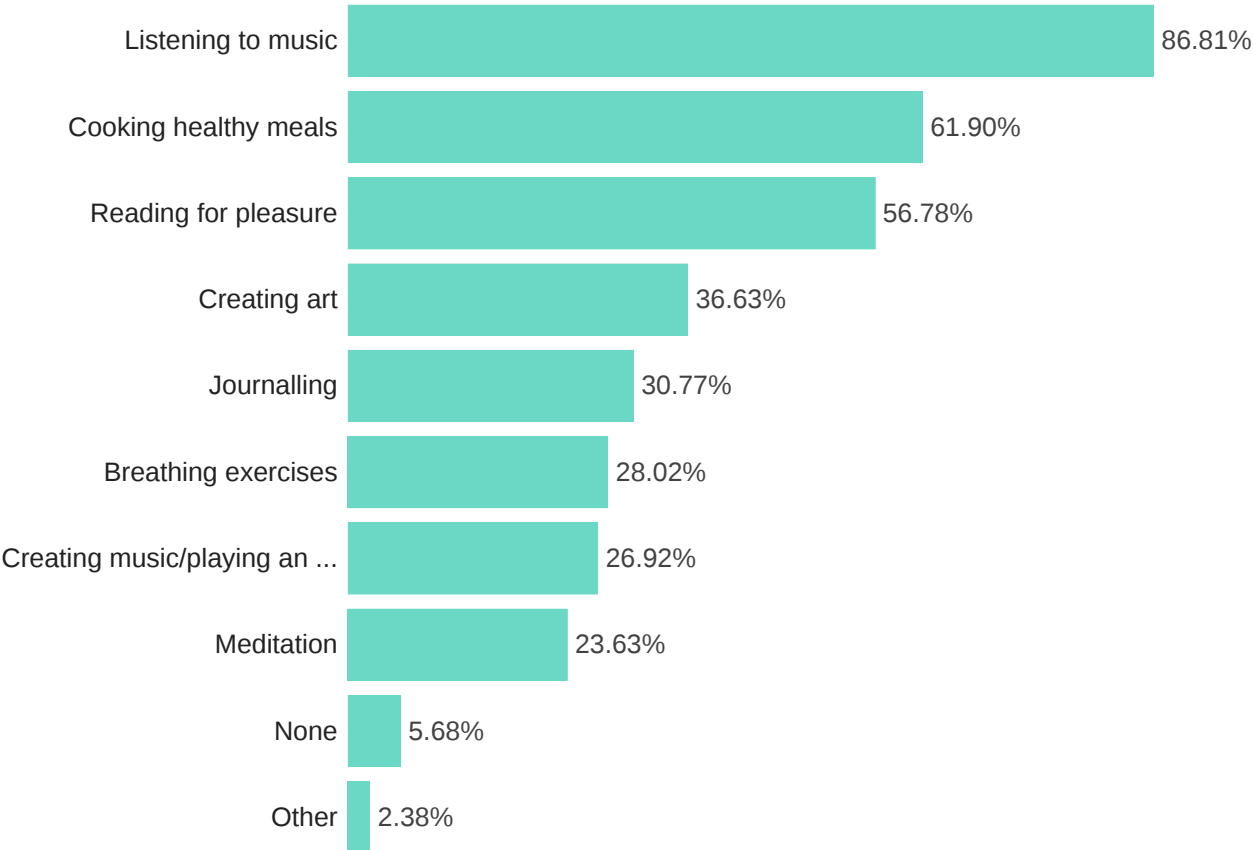
UW Athletics Facility Feedback

Participants were asked to share anything else about the facilities and programs offered by UW Athletics on the main campus. The suggestions include the following:

- Allowing students to opt out of the Athletics fee as many students use other external gym facilities
- Better advertisement of the facilities and programs offered by UW Athletics
- Increasing accessibility for students on Satellite Campuses
- Having Women-Only gym times
- Using time slot sign-ups for gym times to help with gym traffic
- Creating more drop-in times for recreational activities (e.g., PAC pool, Rec Skate) to accommodate with class times

Wellness Activities

Figure 17: In the last year (i.e., since June 2022), which of the following wellness activities have you participated in?



For the students who selected "other", some of their answers included:

- Creative Writing
- Puzzles
- Going outside
- Hanging out with pets/animals

Figure 18: In the last year (i.e., since June 2022), how often did you participate in these wellness activities?

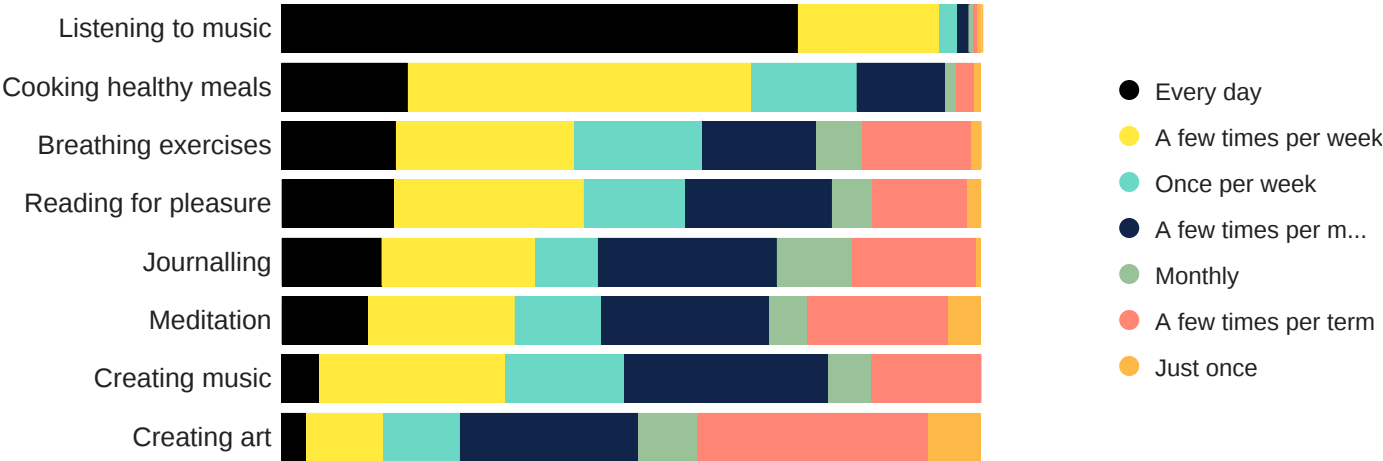
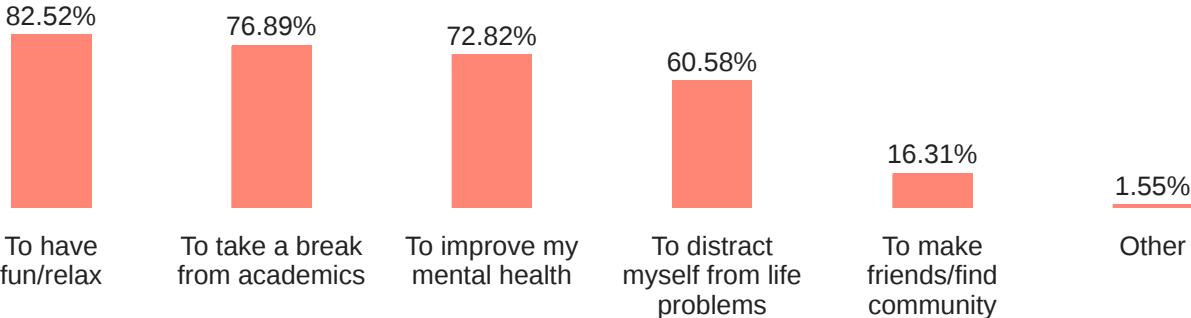


Figure 18 demonstrates that in the last year, listening to music is the most common wellness activity that students participate in every day, at 73.84%. This is compared to Cooking healthy meals and Breathing exercises, in which only 18.05% and 16.34% of students participate every day. However, compared to other activities, a high percentage of students (49.11%) did indicate that they cook healthy meals a few times per week. On the other hand, 16.13% of students indicated that they read for pleasure every day, which is higher than Journalling (14.29%), Meditation (12.49%), and Creating music/playing an instrument (5.44%).

Figure 19: Why do you participate in these wellness activities?



For the students who selected "other", some of their answers included:

- For motivation
- To reflect
- General wellness
- To combat insomnia

Figure 20: Would you be interested in attending events/programs related to these areas if they were available on campus?

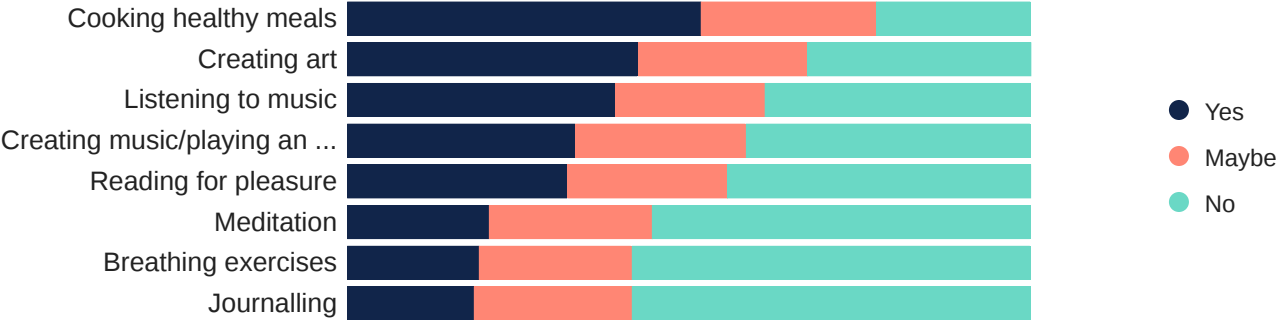
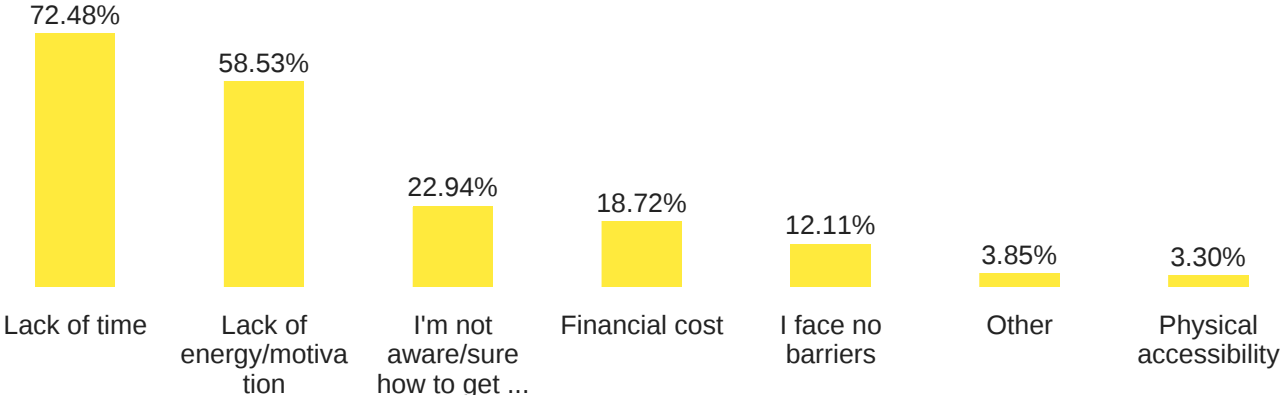


Figure 20 demonstrates that the most selected response is that students would not be interested in attending the following events/programs except for a Cooking healthy meals event/program, where most students would be interested in attending at 51.74%. Additionally, events/programs related to creating art and listening to music had many students who would also be interested in attending, at 42.57% and 39.27% respectively.

Figure 21: What barriers, if any, prevent you from participating in wellness activities?



For the students who selected "other", some of their answers included:

- Other activities they prefer to do
- Social anxiety
- Lack of community

Suggestions for Physical Health and Wellness Activities

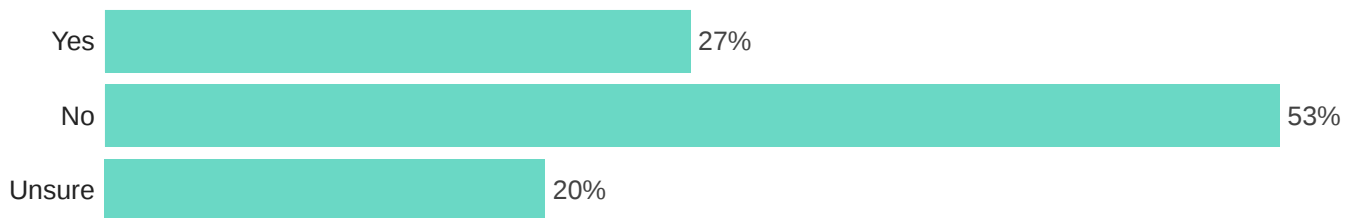
Participants were asked to share more about the physical health or wellness activities that they participate in, or would like to see more of on campus. The suggestions include the following:

- Decompressing zones across campus to de-stress
- More animal visits (apart from during exam season)
- More wellness events surrounding meditation, creative writing, journaling, crafts
- Movie nights that are faculty-wide, program-wide, etc.

Recording Studio

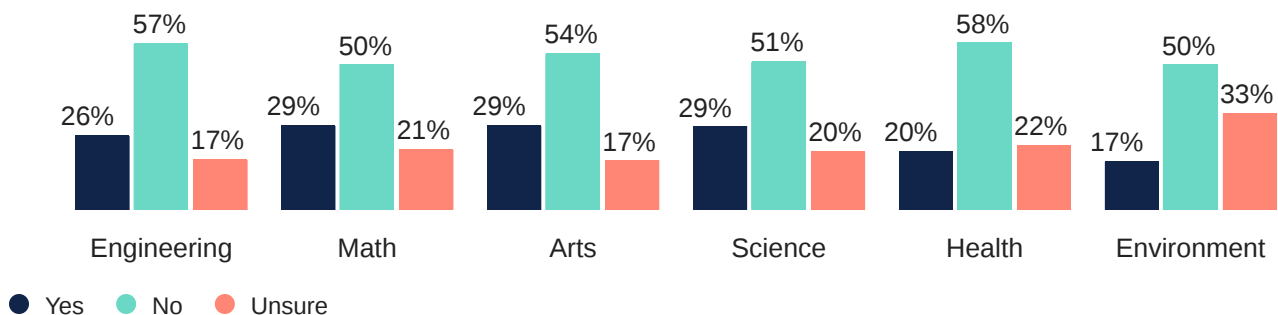
Note: these questions were included in the wake of the WUSA General Meeting in March, where the idea for this initiative was brought forward by students.

Figure 22a: At the WUSA General Meeting in March, the idea for an on-campus audio recording studio was brought forward by students. Now WUSA wants to know – **would you make use of an on-campus audio-recording studio for activities such as recording music and podcasts?**



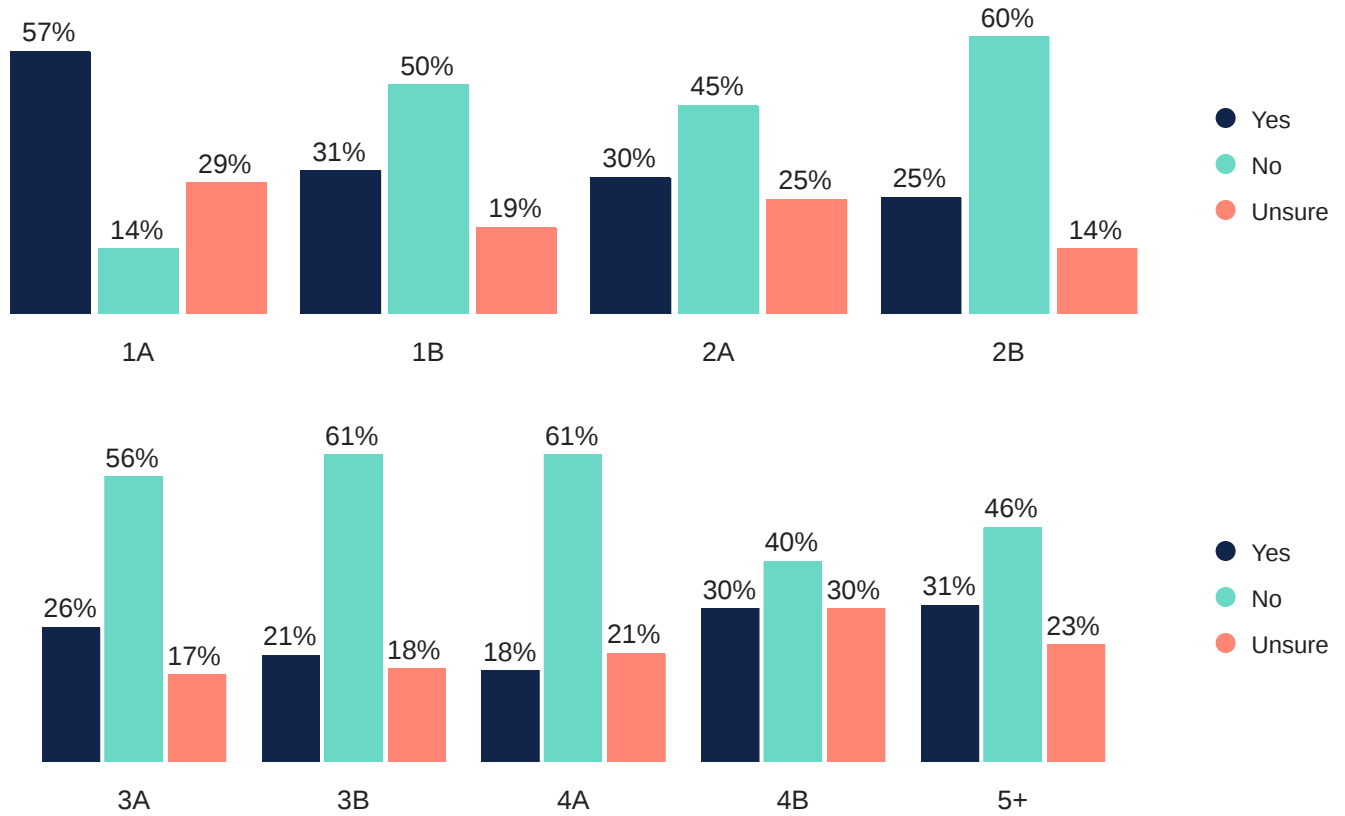
The majority of students (53%) indicated that they would not make use of an on-campus audio-recording studio. On the other hand, 27% of students would make use of this while 20% were unsure.

Figure 22b: Faculty



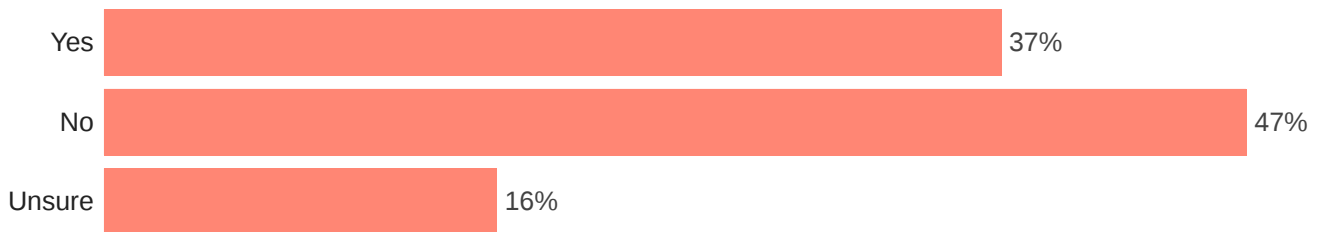
When looking at the responses to Q22 by faculty, the majority of students selected "no" for all. The faculties with the highest percentage of students to select "yes" were Math, Arts and Science (29% each).

Figure 22c: Year of Study



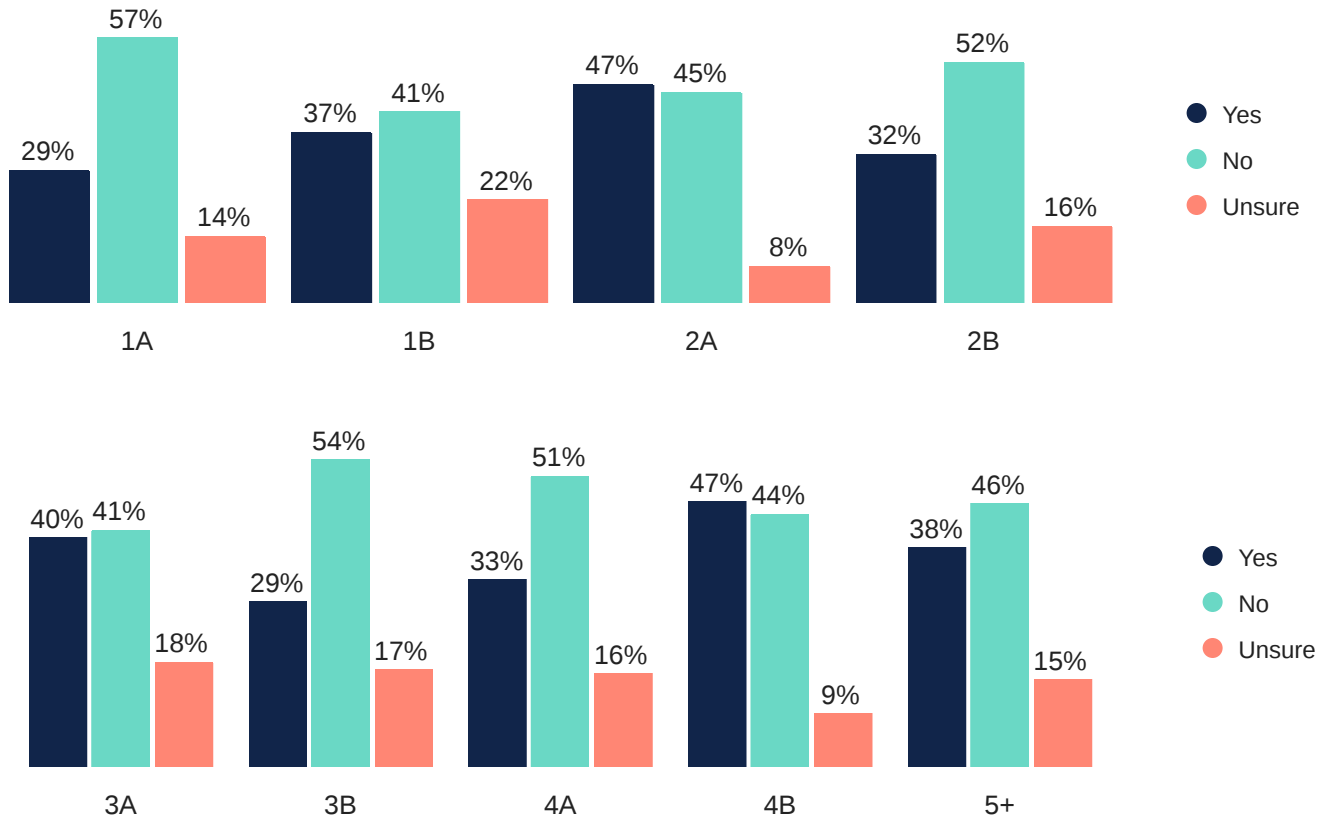
When looking at the responses to Q22 by year of study, it can be seen that 1A students were the only group that had more "yes" responses (57%) than they did for both "no" or "unsure." 4B students had the same percentage of students select "yes" and "unsure" (30% each), although most students (40%) selected "no."

Q23a: Would you make use of space on campus to rent and play musical instruments?



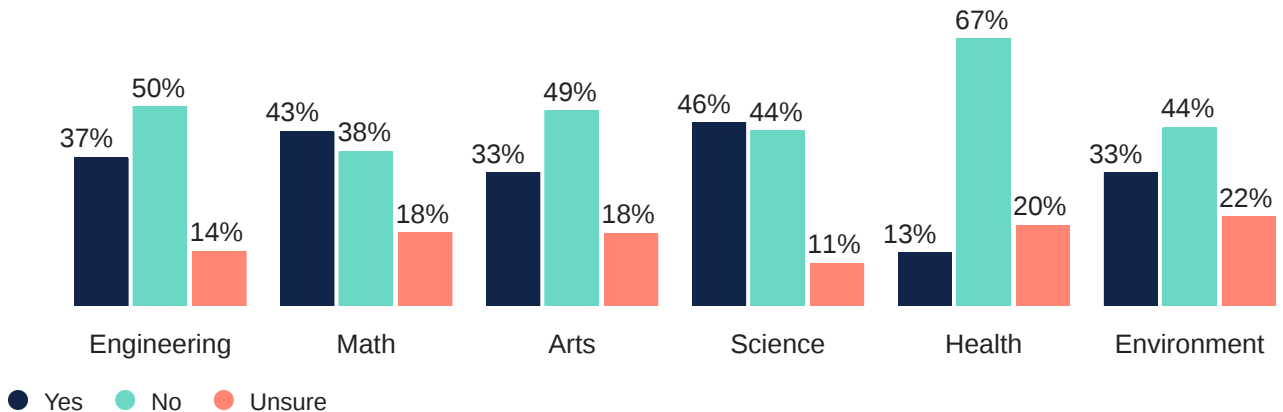
The answer that received the highest percentage of responses was "no," with 47% of students selecting this option. This was followed by "yes" (37%) and "unsure" (16%). Compared to an audio-recording studio, more students were interested in a space to rent and play musical instruments.

Q23: Would you make use of space on campus to rent and play musical instruments?



When Q23 is broken down by year of study, 2A and 4B students were the only groups where "yes" was selected more than both "no" and "unsure." For both, however, this was only by a margin of 2% and 3%.

Q23c: Faculty



When broken down by faculty, Math and Science were the two that had most students (43% and 46%, respectively) select "yes."

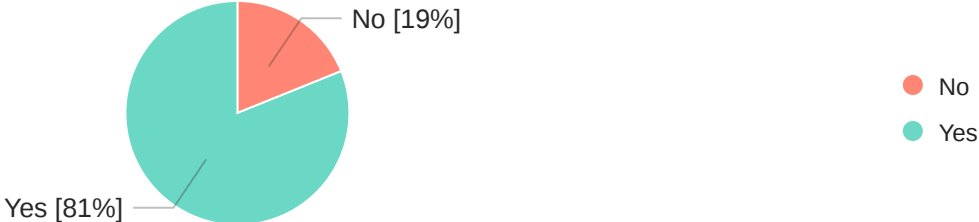
Recommendations:

- **Create a culture on campus that encourages a balance between academics and both physical and mental health. Consider alternative forms of motivation (extrinsic) for students to engage in physical activity.** The majority of students indicate that they get their physical health activities for free, indicating that cost is not a significant concern. Moreover, barriers to participation for both physical and mental were lack of time and lack of energy/motivation ABOVE financial cost.
- **Emphasize the interconnection between physical health and mental health in WUSA programs and services.** 71.03% of students participate in physical health activities to improve their mental health
- **Increase awareness of UW Athletics and Recreation programs and facilities that are available for students, specifically any that are included in their Athletics Fee to demonstrate the value for their fee.** 64.47% of students did not register for any UW Athletics and Recreation programs in the last year. Only 19.78% of students were very knowledgeable or knowledgeable about the services and supports provided by the Athletics Fee paid each term.
- **Continue to understand why some students do not see value in the Athletics Fee. Provide opportunities for students to see the breakdown of what their membership gets them.** 47.62% of students see value in the Athletics & Recreation Fee, while 34.25% are unsure and 18.13% do not.
- **Consider the addition of standing desks in study spaces on campus.** 61.65% of students indicated they would probably or definitely be interested in using a standing desk on campus
- **Explore in more detail the types of recreational activities students are interested in participating in on campus.** 87% of students see value in having recreational activities available to them on campus
- **Develop both events and resources for students that focus on wellness activities, specifically health cooking and creating art;** 51.74% and 42.57% of students indicated they would be interested in those topics. Since only 16% of students indicated they participate in wellness activities to make friends/find community, they do not necessarily need to be social-based events but could include awareness of resources and opportunities.
- **Further consult on the Making Space program available for students.** 33.33% of students were dissatisfied with Making Spaces. However, the sample of students who used this facility was very small (n=3) and only one person indicated they were dissatisfied. Therefore, it may be necessary to consult further on the program to understand if this is reflective of all students who participate in Making Space.
- **Further review the personal/small group training program to gain more clarity on student satisfaction.** 20% of students who have participated in that program indicated they were dissatisfied.

Demographics

Demographic information is collected from RSP participants when they sign up to participate. The demographic breakdown below includes only information from participants who completed this survey. This information can be used to contextualize the survey results.

Figure 22: Are you a co-op student?



As seen in Figure 24, 81% of students who responded to the survey identified as being enrolled in the co-op program. The [IAP student headcount data](#) shows that the actual percentage of co-op students for the Spring 2023 term was 83%, meaning that we slightly under-selected co-op students in this survey.

Figure 23: Do you identify as disabled?



Figure 24: What is your gender identity?

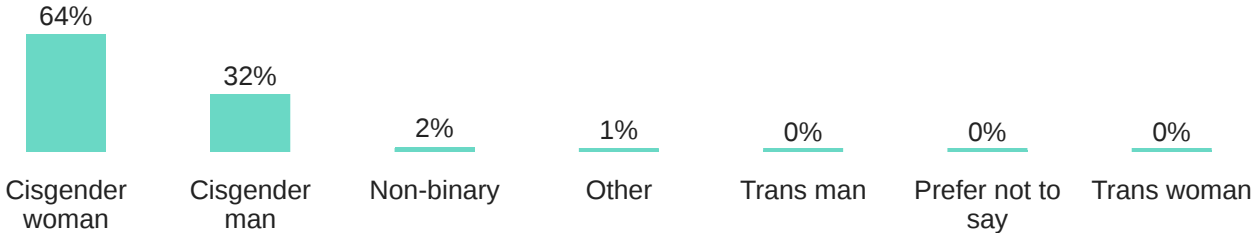
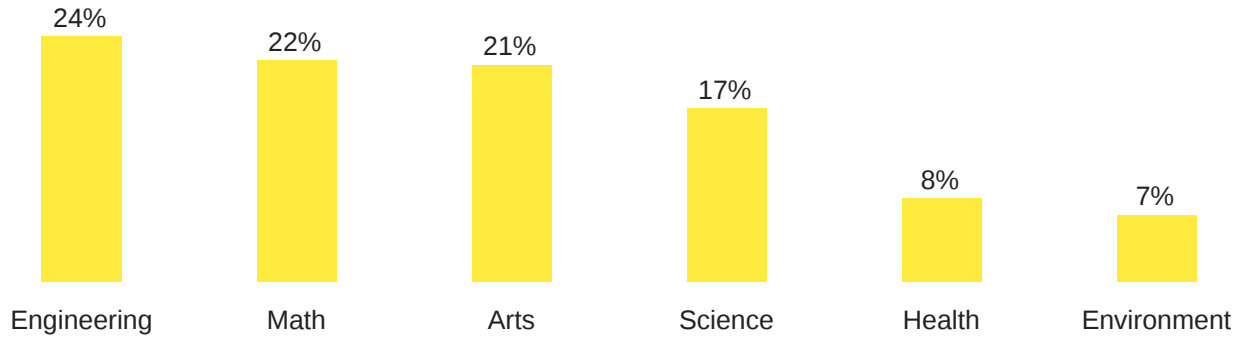


Figure 25: Which faculty are you in?



As seen in Figure 26:

- 24% of respondents are in the **Engineering** faculty
 - The [IAP student headcount data](#) shows that the actual percentage of Engineering students for the Spring 2023 term was 31%, meaning that we under selected engineering students in this survey.
- 22% of respondents are in the **Math** faculty
 - The actual percentage of Math students for the Spring 2023 term was 27%, meaning that we under selected math students in this survey.
- 21% of respondents are in the **Arts** faculty
 - The actual percentage of Arts students for the Spring 2023 term was 18%, meaning that we over selected arts students in this survey.
- 17% of respondents are in the **Science** faculty
 - The actual percentage of Science students for the Spring 2023 term was 13%, meaning that we over selected science students in this survey.
- 8% of respondents are in the **Health** faculty
 - The actual percentage of Health students for the Spring 2023 term was 6%, meaning that we slightly over selected health students in this survey.
- 7% of respondents are in the **Environment** faculty
 - The actual percentage of Environment students for the Spring 2023 term was 5%, meaning that we over selected environment students in this survey

Figure 26: Do you identify as racialized?

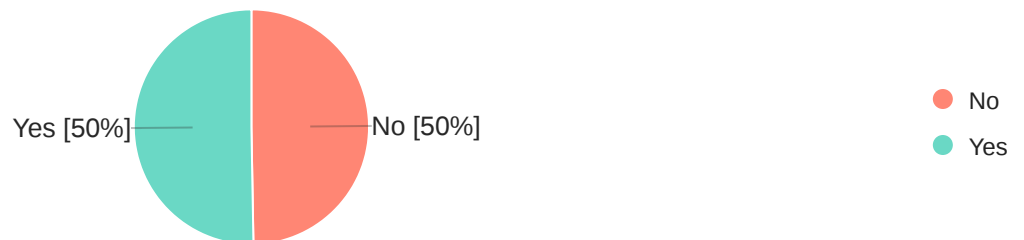
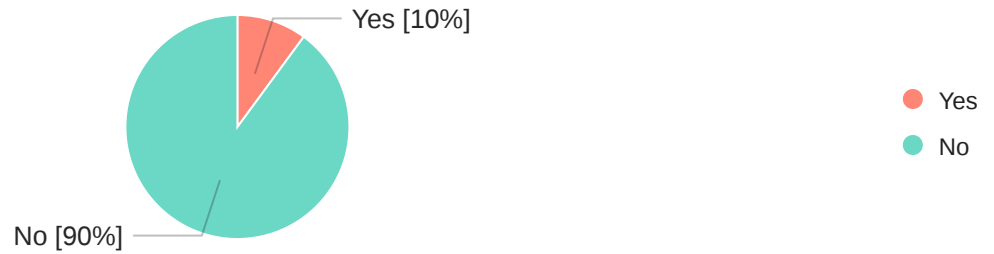
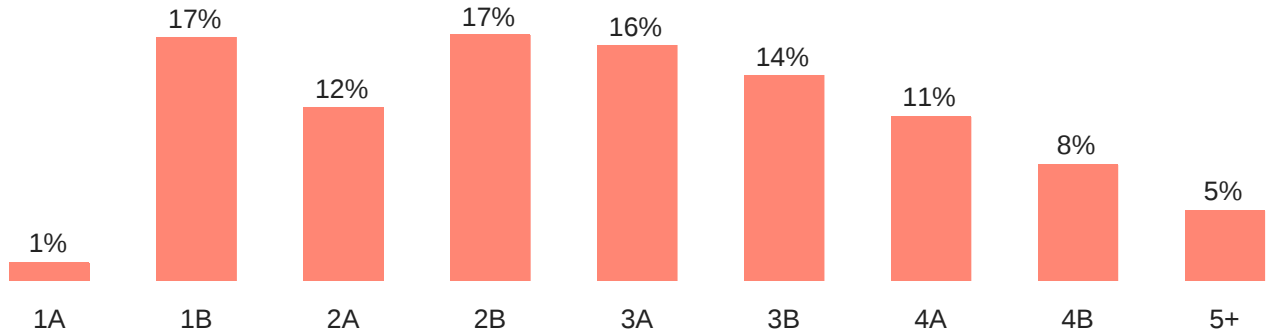


Figure 27: Are you an international student?



As seen in Figure 27, 10% of students who responded to the survey identified as international students. The [IAP student headcount data](#) shows that the actual percentage of international students for the Spring 2023 term was 18%, meaning that we under selected international students in this survey.

Figure 28: What year of study are you in?



The [IAP student headcount data](#) shows that the actual percentage breakdown for year of study in 2023 is as follows:

- Study Year 1 = 10.52%
- Study Year 2 = 30.51%
- Study Year 3 = 34.85%
- Study Year 4 = 23.67%
- Study Year 5 = 0.45%

Therefore, according to the data in Figure 30, we over selected first year and fifth year students and under selected second year, third year and fourth year students.

Appendix: Survey Questions

Physical Health Activities

1. **In the last year (i.e., since June 2022), which of the following physical health activities have you participated in? [Multiple Choice – Allow multiple answers]**
 - a. Strength training
 - b. Walking
 - c. Running
 - d. Golfing
 - e. Rock climbing
 - f. Cycling
 - g. Yoga
 - h. Fitness classes (E.g., Zumba)
 - i. Swimming
 - j. Skiing/Snowboarding
 - k. Organized sports (E.g., hockey team, badminton league)
 - l. Other **[Allow text entry]**
2. **In the last year (i.e., since June 2022), how often did you participate in these physical health activities? [Matrix table – carry forward statements from Q1]**
 - a. Every day
 - b. A few times per week
 - c. Once per week
 - d. A few times per month
 - e. Monthly
 - f. A few times
 - g. Just once
3. **In total, how much money do you spend on these physical health activities each term? Note: DO NOT include the Athletics and Recreation Fee you pay as part of your compulsory incidental fees each term [Multiple choice – allow one answer]**
 - a. I had access to all of them for free
 - b. Less than \$50
 - c. \$51-100
 - d. \$101-150
 - e. \$151-200
 - f. More than \$200
 - g. I'm not sure
4. **Why do you participate in these physical health activities? [Multiple choice – allow multiple answers]**
 - a. To achieve specific fitness goals (E.g., run a certain distance, lift a certain weight, become more flexible)
 - b. To improve my mental health
 - c. To make friends/find community
 - d. Other **[text box]**
5. **What barriers, if any, prevent you from participating in physical health activities? [Multiple Choice – allow multiple answers]**
 - a. Physical accessibility
 - b. Financial cost

- c. Lack of time
 - d. Lack of energy/motivation
 - e. I'm not aware/sure how to get started
 - f. I face no barriers
 - g. Other **[Allow text entry]**
6. In the last year (i.e., since June 2022) which of the following UW Athletics and Recreation facilities have you used? **[Multiple choice – allow multiple answers]**
- a. Squash Court
 - b. CIF Fitness Centre
 - c. PAC Fitness Centre
 - d. Climbing Wall
 - e. Disc Golf Course
 - f. PAC Pool
 - g. Open Rec/Drop In (E.g., fieldhouse, basketball, badminton, skate, volleyball)
 - h. Making Space
 - i. None **[Skip Logic to Q9]**
7. In the last year (i.e., since June 2022), how often did you use the previously mentioned UW Athletics and Recreation facilities? **[Matrix table – carry forward statements from Q6]**
- a. Every day
 - b. A few times per week
 - c. Once per week
 - d. A few times per month
 - e. Monthly
 - f. A few times
 - g. Just once
8. How satisfied were you with the following UW Athletics and Recreation facilities? **[Matrix table – carry forward statements from Q6]**
- a. Very satisfied
 - b. Satisfied
 - c. Dissatisfied
 - d. Very dissatisfied
9. In the last year (i.e., since June 2022) which of the following UW Athletics and Recreation registered programs have you accessed? **[Multiple choice – allow multiple answers]**
- a. Athletics Club
 - b. Fitness Classes
 - c. Personal/Small Group Training
 - d. Intramurals
 - e. Instructional Classes (E.g., swimming lessons, martial arts, dance, skating)
 - f. None **[Skip to Q12]**
10. In the last year (i.e., since June 2022), how often did you access the following UW Athletics and Recreation programs? **[Matrix table – carry forward statements from Q9]**
- a. Every day
 - b. A few times per week
 - c. Once per week

- d. A few times per month
 - e. Monthly
 - f. A few times
 - g. Just once
- 11. How satisfied were you with the following UW Athletics and Recreation programs?**
[Matrix table – carry forward statements from Q9]
- a. Very satisfied
 - b. Satisfied
 - c. Dissatisfied
 - d. Very dissatisfied
- 12. Would you be interested in using the following active study desks on campus?**
[Matrix table with options for definitely yes, probably yes, probably not, definitely not]
- a. Standing Desk
 - b. Bike Desk
 - c. Treadmill Desk
- 13. How knowledgeable are you about the services and supports provided by the Athletics & Recreation Fee you pay each term? [Multiple choice – allow one answer]**
- a. Very knowledgeable
 - b. Knowledgeable
 - c. Somewhat knowledgeable
 - d. Not knowledgeable at all
- 14. Do you see value in the Athletics & Recreation Fee you pay each term? [Multiple choice – allow one answer]**
- a. Yes
 - b. No
 - c. Unsure
- 15. Do you see value in having recreational activities available to you on campus? [Multiple choice – allow one answer]**
- a. Yes
 - b. No
 - c. Unsure
- 16. In general, do you have anything else to share about the facilities and programs offered by UW Athletics on the main campus? [Text box]**

Wellness Activities

- 17. In the last year (i.e., since June 2022), which of the following wellness activities have you participated in? [Multiple Choice – Allow multiple answers]**
- a. Meditation
 - b. Creating art
 - c. Listening to music
 - d. Creating music/playing an instrument
 - e. Cooking healthy meals
 - f. Reading for pleasure
 - g. Breathing exercises
 - h. Journalling

- i. Other **[Text box]**
- 18. In the last year (i.e., since June 2022), how often did you participate in these wellness activities? [Matrix table – carry forward statements from Q17]**
- a. Every day
 - b. A few times per week
 - c. Once per week
 - d. A few times per month
 - e. Monthly
 - f. A few times per term
 - g. Just once
- 19. Why do you participate in these wellness activities? [Multiple choice – allow multiple answers]**
- a. To improve my mental health
 - b. To distract myself from life problems
 - c. To have fun/relax
 - d. To take a break from academics
 - e. To make friends/find community
 - f. Other **[text box]**
- 20. Would you be interested in attending events/programs related to these areas if they were available on campus? [Matrix table with all options from Q17]**
- a. Yes
 - b. No
 - c. Maybe
- 21. What barriers, if any, prevent you from participating in wellness activities? [Multiple Choice – allow multiple answers]**
- a. Physical accessibility
 - b. Financial cost
 - c. Lack of time
 - d. Lack of energy/motivation
 - e. I'm not aware/sure how to get started
 - f. I face no barriers
 - g. Other **[Textbox]**
- 22. At the WUSA General Meeting in March, the idea for an on-campus audio recording studio was brought forward by students. Now WUSA wants to know – would you make use of an on-campus audio-recording studio for activities such as recording music and podcasts? [Multiple choice – allow one answer]**
- a. Yes
 - b. No
 - c. Unsure
- 23. Would you make use of space on campus to rent and play musical instruments? [Multiple choice – allow one answer]**
- a. Yes
 - b. No
 - c. Unsure
- 24. Do you have anything else to share about the physical health or wellness activities that you participate in, or would like to see more of on campus? [Text box]**