

BENEFITS OF CAMPUS RECREATION

Healthy Behaviors

Research concludes that regular physical activity alleviates stress, reduces feelings of depression and anxiety, improves quality of sleep and promotes psychological wellbeing.

Buckworth, J., Dishman, R. K., O' Connor, P. J., & Tomporowski, P. D. (2013). *Exercise psychology* (2nd ed.). Champaign, IL: Human Kinetics.

Campus Connection

Club sports, intramural sports, informal recreation and group fitness participation impact a student's social wellbeing leading to increased student retention.

Danbert, S. J., Pivarnik, J. M., McNeil, R. N., & Washington, I. J. (2014). Academic success and retention: The role of recreational sports fitness facilities. *Recreational Sports Journal*, 38(1), 14-22.



Social Development

Campus recreation facilities are important not just for offering a continuum of physical activity opportunities, but also for providing a safe place to engage with other students.

Huesman, R.L., Jr., Brown, A.K., Lee, G., Kellogg, J.P., & Radcliffe, P.M. (2009). Gym bags and mortarboards: Is use of campus recreation facilities related to student success? *NASPA Journal*, 46(1), 50-71

Professional Development

Work experiences that occur outside the classroom offer opportunities to develop skills in conjunction with the academic experience as employers are looking for these skills in new graduates.

Jackson, D. (2014). Employability skill development in work-integrated learning: Barriers and best practice. *Studies in Higher Education*, 40(2), 350-367.