

Mason Faculty/Staff Recreation Quality of Life Survey

Description:

Date Created: 2/18/2016 4:07:09 PM

Date Range: 2/24/2016 12:00:00 AM - 4/18/2016 11:59:00 PM

Total Respondents: 279


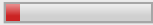
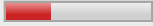
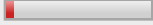
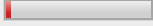
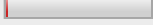
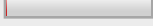
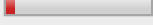
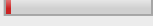
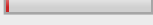
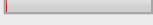
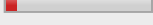
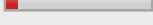
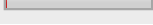
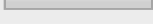
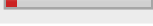
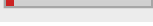
Q1. Do you currently use Mason Recreation facilities (AFC, RAC, Skyline, Fields, Tennis Courts, etc.), programs (Intramurals, Clubs, Fitness Classes, Swim Lessons, etc.), or services?

Count	Percent		
81	29.03%		Yes
198	70.97%		No
279	Respondents		


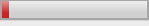
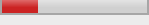
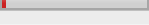
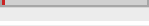

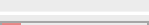
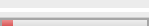

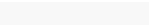
Q2. How many days in an average week do you engage in at least 30 minutes of moderate to vigorous physical activity?

Count	Percent		
18	9.89%		None
66	36.26%		1 - 2
64	35.16%		3 - 4
22	12.09%		5 - 6
12	6.59%		Every day
182	Respondents		

Q3. What types of physical activity do you currently take part in? (Check all that apply)

Count	Respondent %	Response %		
28	15.38%	5.69%		Biking
48	26.37%	9.76%		Running
153	84.07%	31.10%		Walking
27	14.84%	5.49%		Hiking/Backpacking
16	8.79%	3.25%		Swimming
7	3.85%	1.42%		Team Sports
3	1.65%	0.61%		Racquet Sports
30	16.48%	6.10%		Fitness Classes
16	8.79%	3.25%		Mind/Body Classes
12	6.59%	2.44%		Dance Classes
5	2.75%	1.02%		Martial Arts
38	20.88%	7.72%		Indoor Cardio (Treadmill, Elliptical, etc.)
40	21.98%	8.13%		Lifting Weights
4	2.20%	0.81%		Rowing/Canoeing/etc.
1	0.55%	0.20%		Rock Climbing
37	20.33%	7.52%		Home video workouts (Ex. P90X, Insanity)
27	14.84%	5.49%		Other (please specify)
182	Respondents			
492	Responses			


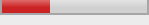
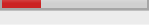
Q4. Where do you currently take part in these activities? (Check all that apply)

Count	Respondent %	Response %		
117	64.29%	29.25%		At home
20	10.99%	5.00%		At my community or apartment complex workout room/facility
101	55.49%	25.25%		In my neighborhood
11	6.04%	2.75%		At a city/county facility or program (Ex. Fairfax County Community Center)
9	4.95%	2.25%		At a local school's track and/or fields
20	10.99%	5.00%		On campus bike or running/walking trails
29	15.93%	7.25%		On city/county owned bike or multi-use trails
53	29.12%	13.25%		At a private facility or program (Ex. Gold's Gym)
30	16.48%	7.50%		On campus on my own
10	5.49%	2.50%		Other (please specify)
182	Respondents			
400	Responses			

Q5. What are the top three things that prevent you from using Mason Recreation facilities, programs, or services? (Check up to 3)

Count	Respondent %	Response %		
7	3.85%	1.63%		I did not know about Mason Recreation
13	7.14%	3.02%		None of my friends/co-workers use Mason Recreation
12	6.59%	2.79%		My friends/family workout in other facilities
15	8.24%	3.49%		My dependents cannot join me to workout at Mason Recreation
14	7.69%	3.26%		There is no childcare options available at Mason Recreation while I work out
9	4.95%	2.09%		I do not feel comfortable using Mason Recreation facilities
16	8.79%	3.72%		I find Mason Recreation facilities intimidating
1	0.55%	0.23%		The facility hours are not convenient for me
13	7.14%	3.02%		Classes do not take place near my work area
17	9.34%	3.95%		The program schedule is not convenient for me
14	7.69%	3.26%		My supervisor does not allow me flex time to include a workout
31	17.03%	7.21%		I go to a facility/program closer to my home
37	20.33%	8.60%		I like to run/walk/bike outside, not indoors
26	14.29%	6.05%		I workout on my own
38	20.88%	8.84%		I live too far from campus
29	15.93%	6.74%		I don't have enough free time
78	42.86%	18.14%		It is too expensive
29	15.93%	6.74%		Parking near Mason Recreation facilities is hard to find
4	2.20%	0.93%		There is no permanent locker I can rent in the facilities to store my workout clothes
15	8.24%	3.49%		Lack of dedicated faculty/staff changing room
9	4.95%	2.09%		There are no Recreation facilities at the campus I work at
3	1.65%	0.70%		I don't do physical activity
182	Respondents			
430	Responses			


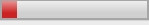
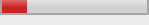
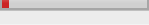
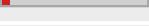

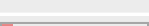
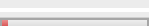


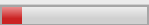
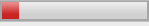
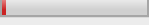
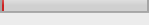
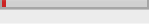
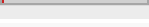
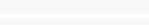
Q6. How many days in an average week do you engage in at least 30 minutes of moderate to vigorous physical activity?

Count	Percent		
2	2.56%		None
25	32.05%		1 - 2
26	33.33%		3 - 4
21	26.92%		5 - 6
4	5.13%		Every day
78	Respondents		

Q7. How many days in an average week do you engage in at least 30 minutes of moderate to vigorous physical activity in a Mason Recreation facility?

Count	Percent		
8	10.26%		None
46	58.97%		1 - 2
17	21.79%		3 - 4
7	8.97%		5 - 6
0	0.00%		Every day
78	Respondents		

Q8. What types of physical activity do you currently take part in? (Check all that apply)

Count	Respondent %	Response %		
24	30.77%	7.74%		Biking
33	42.31%	10.65%		Running
55	70.51%	17.74%		Walking
16	20.51%	5.16%		Hiking/Backpacking
18	23.08%	5.81%		Swimming
10	12.82%	3.23%		Team Sports
7	8.97%	2.26%		Racquet Sports
23	29.49%	7.42%		Fitness Classes
14	17.95%	4.52%		Mind/Body Classes
2	2.56%	0.65%		Dance Classes
1	1.28%	0.32%		Martial Arts
43	55.13%	13.87%		Indoor Cardio (Treadmill, Elliptical, etc.)
37	47.44%	11.94%		Lifting Weights
9	11.54%	2.90%		Rowing/Canoeing/etc.
4	5.13%	1.29%		Rock Climbing
10	12.82%	3.23%		Home video workouts (Ex. P90X, Insanity)
4	5.13%	1.29%		Other (please specify)
78	Respondents			
310	Responses			


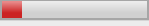
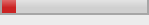
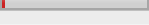
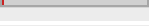

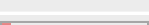
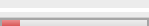


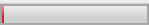
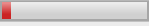
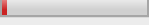
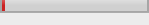
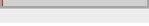
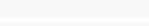
Q9. Where do you currently take part in these activities? (Check all that apply)

Count	Respondent %	Response %		
68	87.18%	27.98%		At Mason Recreation facilities
46	58.97%	18.93%		At home
10	12.82%	4.12%		At my community or apartment complex workout room/facility
41	52.56%	16.87%		In my neighborhood
6	7.69%	2.47%		At a city/county facility or program (Ex. Fairfax County Community Center)
5	6.41%	2.06%		At a local school's track and/or fields
15	19.23%	6.17%		On campus bike or running/walking trails
24	30.77%	9.88%		On city/county owned bike or multi-use trails
11	14.10%	4.53%		At a private facility or program (Ex. Gold's Gym)
14	17.95%	5.76%		On campus on my own
3	3.85%	1.23%		Other (please specify)
78 Respondents				
243 Responses				

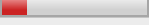
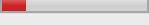
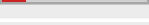


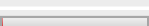
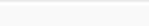
Q10. If you were to have, or currently have, a Mason Recreation membership, which facility would you primarily use?

Count	Percent		
123	47.86%		Aquatic and Fitness Center (AFC)
114	44.36%		Recreation and Athletic Complex (RAC)
17	6.61%		Skyline Fitness Center
2	0.78%		West Campus Fields
1	0.39%		West Campus Tennis Courts
257 Respondents			


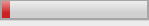
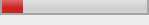
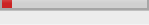
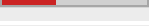
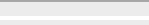
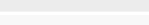
Q11. If you were to have, or currently have, a Mason Recreation membership, what would you do to workout in the facilities? (Check all that apply)

Count	Respondent %	Response %		
197	76.65%	18.73%		Use Cardio Equipment
145	56.42%	13.78%		Use Machine weights
107	41.63%	10.17%		Use Free weights
22	8.56%	2.09%		Use the gymnasiums for individual workouts or pick-up sports games
16	6.23%	1.52%		Use the fields for individual workouts or pick-up sports games
9	3.50%	0.86%		Use the outdoor basketball courts
104	40.47%	9.89%		Swim
68	26.46%	6.46%		Use the hot tub or sauna
134	52.14%	12.74%		Take Group Exercise/Spin Classes
84	32.68%	7.98%		Take Mind/Body Classes
18	7.00%	1.71%		Play Racquetball/Squash
16	6.23%	1.52%		Play Tennis
68	26.46%	6.46%		Workout with a Personal Trainer
36	14.01%	3.42%		Go on Outdoor Adventure trips
22	8.56%	2.09%		Rent equipment from Outdoor Adventures
6	2.33%	0.57%		I would do none of these things
257	Respondents			
1052	Responses			


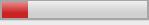
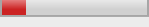
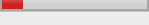
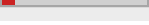

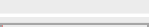
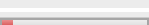
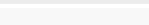
Q12. If you were to have, or currently have, a Mason Recreation membership, what day(s) of the week would you use the facilities? (Check all that apply)

Count	Respondent %	Response %		
184	71.60%	17.78%		Monday
173	67.32%	16.71%		Tuesday
186	72.37%	17.97%		Wednesday
177	68.87%	17.10%		Thursday
161	62.65%	15.56%		Friday
87	33.85%	8.41%		Saturday
62	24.12%	5.99%		Sunday
5	1.95%	0.48%		None
257	Respondents			
1035	Responses			

Q13. If you were to have, or currently have, a Mason Recreation membership, what time(s) of the day would you use the facilities? (Check all that apply)

Count	Respondent %	Response %		
110	42.80%	23.01%		6 a.m. - 9 a.m.
28	10.89%	5.86%		9 a.m. - 11:30 a.m.
70	27.24%	14.64%		11:30 a.m. - 1:30 p.m.
33	12.84%	6.90%		1:30 p.m. - 4 p.m.
181	70.43%	37.87%		4 p.m. - 7 p.m.
52	20.23%	10.88%		After 7 p.m.
4	1.56%	0.84%		None
257 Respondents				
478 Responses				


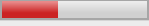
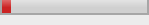
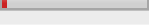
Q14. What information would you be interested in receiving from Mason Recreation? (Check all that apply)

Count	Respondent %	Response %		
102	40.00%	14.96%		Nutrition
123	48.24%	18.04%		Exercises you can do at your desk/workspace
115	45.10%	16.86%		Exercise routines you can do at home with minimal equipment
98	38.43%	14.37%		"How to" instructions for using various equipment in Mason Recreation facilities
64	25.10%	9.38%		Health Screening session times
28	10.98%	4.11%		Learn to Swim session times
95	37.25%	13.93%		Personal Training Services
5	1.96%	0.73%		Other (please specify)
52	20.39%	7.62%		I do not want to receive any information from Mason Recreation
255 Respondents				
682 Responses				

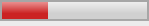

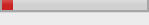
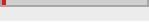
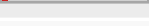
Q15. If Mason Recreation facilities were open to faculty/staff and their family members for a reduced price on weekends, how likely is it that you would use Mason Recreation facilities?

Count	Percent		
72	28.24%		Very likely
86	33.73%		Somewhat likely
37	14.51%		Somewhat unlikely
60	23.53%		Very unlikely
255 Respondents			



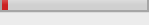
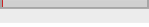
Q16. If Mason were to offer incentives to faculty and staff members to use Recreation facilities, how likely is it that your usage of Mason Recreation facilities would increase?

Count	Percent		
131	51.37%		Very likely
99	38.82%		Somewhat likely
16	6.27%		Somewhat unlikely
9	3.53%		Very unlikely
255	Respondents		


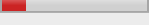
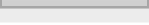
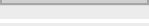

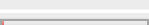
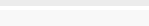
Q17. Please indicate your level of agreement with the following statement: In general, I understand Mason's Strategic Goal of being a Well-Being University.

Count	Percent		
81	31.76%		Strongly agree
137	53.73%		Agree
19	7.45%		Disagree
7	2.75%		Strongly disagree
11	4.31%		Mason has a Well-Being Initiative?
255	Respondents		

Q18. Please indicate your level of agreement with the following statement: I feel that achieving "Well-Being" is my responsibility.

Count	Percent		
120	47.06%		Strongly agree
123	48.24%		Agree
11	4.31%		Disagree
1	0.39%		Strongly disagree
255	Respondents		

Q19. Which gender do you identify with?

Count	Percent		
204	81.27%		Female
41	16.33%		Male
0	0.00%		Transgender Male/Transgender Man
0	0.00%		Transgender Female/Transgender Woman
3	1.20%		Genderqueer/Gender Non-conforming
0	0.00%		Preferred Identity (in addition to or not listed above)
3	1.20%		Prefer not to respond
251	Respondents		

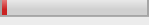
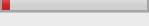
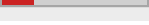
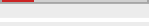
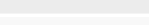
Q20. What is your age range?

Count	Percent		
9	3.59%		Under 25
83	33.07%		25 - 34
61	24.30%		35 - 44
52	20.72%		45 - 54
41	16.33%		55 - 64
5	1.99%		65+
251 Respondents			

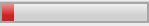

Q21. What is your annual salary?

Count	Percent		
27	10.76%		Under \$35,000
53	21.12%		\$35,001 to \$45,000
59	23.51%		\$45,001 to \$55,000
44	17.53%		\$55,001 to \$65,000
30	11.95%		\$65,001 to \$75,000
38	15.14%		Over \$75,000
251 Respondents			

Q22. How far do you live from the Fairfax campus?

Count	Percent		
9	3.59%		I live on campus
14	5.58%		I live within 1 mile from campus
56	22.31%		I live between 1-5 miles from campus
56	22.31%		I live between 6-10 miles from campus
116	46.22%		I live over 10 miles from campus
251 Respondents			

Q23. How far do you live from the Science and Technology Campus (formerly known as Prince William campus) and the Freedom Aquatic and Fitness Center?

Count	Percent		
0	0.00%		I live at the Science and Technology Campus
13	5.18%		I live within 5 miles from the Science and Technology Campus
20	7.97%		I live between 6-10 miles from the Science and Technology Campus
218	86.85%		I live over 10 miles away from the Science and Technology Campus
251	Respondents		