

Campus Recreation: Find your fit!

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Program Overview

Campus Recreation (REC) provides the CSUSM community with high quality recreation and wellness programs. In response to student needs and desires, these programs include fitness classes, outdoor adventures, sports clubs, intramurals, and wellness activities.

Over 5,000 students participated in REC programs in 2018!

Campus Recreation Programs

- Fitness Classes
- Special Events
- Tiny Tournaments
- Outdoor Adventures
- Sports Clubs
- Intramurals

The Eight Dimensions of Wellness: Wellness is an active process of being aware and making choices toward a healthy and fulfilling life. It is an ongoing process of change and growth.

- Intellectual
- Physical
- Cultural
- Social
- Occupational
- Emotional
- Spiritual
- Environmental

Program Impact

(Data reported from Forester, S. (2014). The Benefits of Campus Recreation. Corvallis, OR: NIRSA.)

Nationally, students attributed the following benefits to their participation in recreation programs.

- Feeling of Wellbeing – 91%
- Overall Health – 91%
- Fitness Level – 90%
- Physical Strength – 89%
- Stress Management – 86%
- Athletic Ability – 85%
- Weight Control – 84%
- Self-Confidence – 83%
- Balance/Coordination – 80%
- Concentration – 75%

Co-Curricular Learning Outcomes: In 2017, CSUSM students self-reported that participation in REC programs increased their competencies in several co-curricular learning domains.

- Health & Happiness
- Academic Achievement
- Sense of Community
- Self-Confidence

Room for Growth

During the 2018/2019 academic year, REC's current facilities supported:

- 9 sports clubs with 200 members
- 19 outdoor adventures with 150 participants
- 10 intramural sports with 600 participants
- 552 fitness classes with 2,500 participants
- 7 special events with 400 participants
- 5 tiny tournaments with 100 participants

CSUSM student respondents who indicated interest in future REC participation:

- yes – 93%
- maybe – 6%
- no – less than 1%

In the words of our students...

“...being in a student-run organization has allowed a space for growth and development in all aspects of our teammates' lives.”

-Emma Kirker, Women's Lacrosse (2018)

“...I have been equipped with so many life-changing skills.”

-Chris Benson, Baseball Club (2016)

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