

Facilitating Recreational Programming on Campus

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Background

The purpose of this project is to identify the information and resources that would be most valuable to UBC groups and clubs when planning and hosting recreational events.

Recreational programs have been shown to have physical, educational, psychological and social benefits to students in university (Forrester, 2014). Despite these benefits, it may be difficult for students to run these types of programs due to difficulty balancing school, work and other responsibilities (Hall, Scott, & Borsz 2008).

Our research aims to identify the barriers UBC academic groups face when planning and hosting recreational programming. This study also aims to determine the most valuable resources that could be provided to assist in overcoming the identified barriers.

Our data could be used to form a 'recreational programming toolkit' that could be provided to all UBC campus groups. We hope this information can be used to lessen the burden that recreational event planning can place on university students and enable more groups to host activities that are beneficial to the university population.

Project Design

Qualitative data was collected through semi-structured interviews of each participant. The following questions investigated the group's history with recreational programming, their successes and failures in their endeavors, as well as the resources they desired but struggled to obtain to facilitate their events as intended. Thematic content analysis provided us with a count of the total number of groups that identified similar barriers, as well as the most frequently wished-for information and resources.

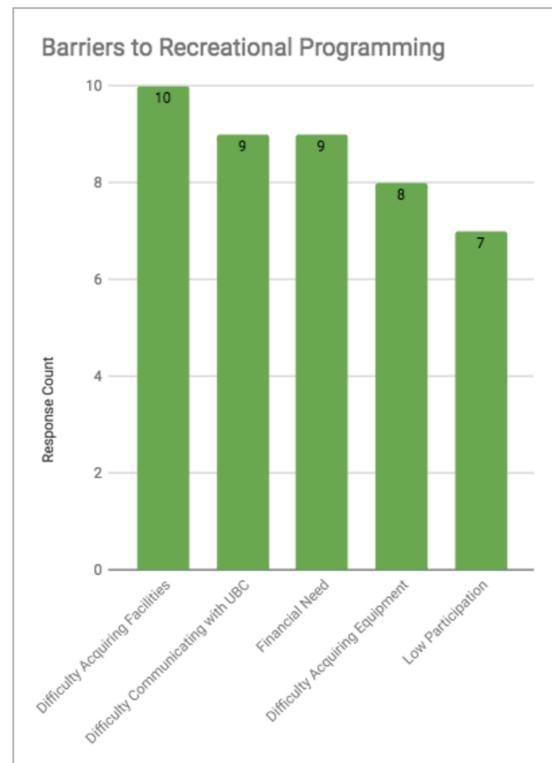
Part 1: Barriers to Recreational Programming

The most frequently identified barriers to recreational programming were:

- Difficulty acquiring facilities
- Challenges communicating with UBC
- Need for financial support

Participant Quote: "it's a bit ambiguous trying to determine what facilities offer what resources and where you can go to get additional help to secure spaces and equipment."

Participant Quote: "It's ALWAYS financial reasons. Either there is not enough funding, or it costs too much, or if there is funding it's so difficult and tedious to go through all the processes [to access it]."



Part 2: Resources to Facilitate Recreational Programming

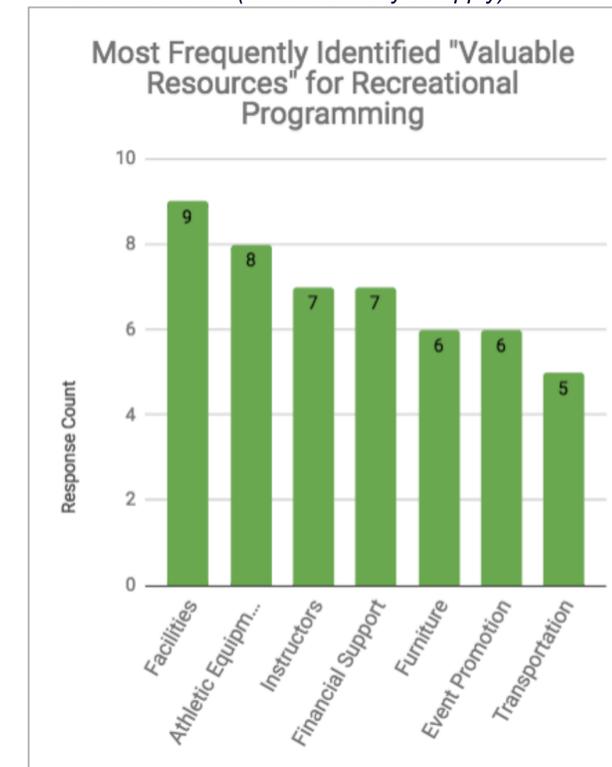
The most frequently identified "desired resources" for recreational programming were:

- Help Booking Facilities and Acquiring Athletic Equipment.
- Financial Support
- Leaders or Instructors
- Assistance Promoting Events

Participant Quote: "Overall I think it would be really great to have step by step guidelines of how to book places including the different places that are offered, as well as what resources each facility has and where you could access additional resources if the facility doesn't have them."

Desired Resources

Response totals to the question: "Which of the following do you feel could be beneficial resources to you when planning a recreational event? (select as many as apply)"



Discussion

Whether campus groups plan recreational events to socialize, to increase their health, or just to break up their regular group activities, a 'recreational programming toolkit' would allow all UBC groups to reap even more benefits from their events, and hold them more frequently. This toolkit could also make planning more accessible and welcoming for groups that have not held them in the past.

Conclusion

Based on our findings, we recommend that a toolkit of information and resources be compiled for use by UBC groups, clubs, and societies that address the most frequently identified barriers as well as desired resources.

The Ideal Toolkit

- The ideal toolkit would provide information on:
1. The best practices for booking facilities and acquiring athletic/sports equipment
 2. Options and advice for when groups feel they need financial support
 3. Listings of possible instructors
 4. Resources to obtain help in promoting events, as well as general advice on actions the group can take to increase event engagement and participation.

Acknowledgement

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References

- Forrester, S. (2014). The benefits of campus recreation. *Corvallis, OR: NIRSA.*
- Hall, S. L., Scott, F., & Borsz, M. (2008). A constructivist case study examining the leadership development of undergraduate students in campus recreational sports. *Journal of College Student Development, 49(2), 125-140.*