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.


Campus Connection

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


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.


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.