

Yavapai COLLEGE



Physical Education and Outdoor Recreation Survey

Conducted Spring 2006

Health Physical Education Recreation (HPER)

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Yavapai College

I. Introduction

In spring 2006, a survey was conducted measuring student interest physical education and outdoor recreation courses offered at Yavapai College. Those polled included both current and former physical education students. A total of 372 surveys were completed, representing a 20% response rate.

II. Method

The survey questions were developed by Yavapai College's Institutional Research department and administered to a selected list, provided by the college's registrar's office, of more than 1,800 current and former students. Included with the mail version of the survey was a link to an on-line version of the survey. Of the total 372 respondents to the survey, only 25 (7%) took advantage of the on-line survey.

III. Demographic Profile

Respondents were primarily over the age of 35 (94% of respondents) and female (75% of respondents). More than one-half of the respondents were over the age of 60 (52.1%).

Respondent Demographics	N =	%
Gender		
Male	90	25.0%
Female	270	75.0%
Age		
17 to 24	1	.3%
25 to 34	21	5.8%
35 to 59	151	41.8%
60 or older	188	52.1%

IV. Level of Interest and Participation

Students surveyed were asked to provide their level of interest and level of participation in specific outdoor recreation courses.

The courses of most interest to more than half of the respondents include:

- Hiking – 65.6%
- Yoga – 64.4%
- Aerobics – 68.2%
- Swim fitness/competitive swimming – 53.3%
- Aqua fit/water cross training – 66.5%
- Weight training – 75.3%
- Fitness training – 77.8%

While the respondents indicated strong interest in specific courses, their current level of participation was low in many cases.

Courses	Level of Interest		Level of Participation	
	N =	%	N=	%
Aboriginal living skills	291	25.4%	229	5.7%
Winter survival skills	294	28.5%	219	9.1%
Hiking	300	65.6%	235	32.3%
Mountain biking	286	28.0%	207	12.5%
Scuba diving	291	29.2%	202	7.5%
Backpacking	291	38.9%	211	18.9%
Yoga	298	64.4%	232	27.6%
Bowling	286	22.7%	210	8.5%
Soccer	287	7.3%	196	5.1%
Softball	285	13.0%	195	9.2%
Tennis	292	33.2%	206	18.9%
Basketball	283	9.2%	197	8.1%
Aerobics	299	68.2%	228	42.1%
Swim fitness/competitive swimming	304	53.3%	226	31.0%
Aqua fit/water cross training	314	66.5%	250	41.2%
Weight training	316	75.3%	242	46.7%
Racquetball	286	20.6%	192	8.3%
Volleyball	277	18.0%	195	11.8%
Fitness training	315	77.8%	230	45.2%
Kayaking	294	45.2%	209	18.6%
Martial arts	282	27.3%	198	7.0%
Golf	291	25.7%	204	13.3%

% Interested = Interested and very interested responses

% Participation = Moderate and high participation responses

V. Other Courses of Interest

Survey respondents were provided a list of courses to consider for outdoor recreation. Close to one-half of the respondents were interested in the following courses.

- Orienteering/navigation – 48.0%
- Wilderness first aid/First aid responder – 64.9%
- Search and rescue skills – 64.8%
- Outdoor walking/fitness training – 74.3%
- Camping skills/outdoor pursuits – 55.4%
- Cycling – 48.8%
- Wilderness ethics/leave no trace – 55.6%
- Archery – 46.2%

Other courses for consideration	N =	Yes	No	Not sure
Rope techniques for climbing	246	29.3%	28.0%	42.7%
Bouldering	242	26.0%	29.3%	44.6%
Orienteering/Navigation	250	48.0%	21.6%	30.4%
Wilderness first aid/First aid responder	242	64.9%	15.3%	19.8%
Search and rescue skills	250	64.8%	13.2%	22.0%
Outdoor walking/fitness training	268	74.3%	8.6%	17.2%
Camping skills/outdoor pursuits	240	55.4%	15.4%	29.2%
Cycling	250	48.8%	18.0%	33.2%
Fishing	247	32.4%	30.0%	37.7%
Horseback riding	234	39.7%	22.2%	38.0%
Technical rock climbing	236	30.5%	28.4%	41.1%
Wilderness ethics/leave no trace	241	55.6%	19.1%	25.3%
Mountaineering	231	37.7%	25.5%	36.8%
Horseshoes/croquet/bocce/shuffleboard	234	32.1%	32.9%	35.0%
Archery	234	46.2%	19.7%	34.2%
Recreation leadership	240	36.7%	21.3%	42.1%
Leisure delivery and quality of life	237	32.1%	24.1%	43.9%
Other	73	32.9%	15.1%	52.1%

VI. Obstacles to Attending Yavapai College

The largest obstacle to attending Yavapai College was “inconvenient times the course was offered” with one-half of the respondents.

Limiting Factors (Ranked by %)

	N=	% of Cases
Inconvenient times course was offered	142	49.1%
Cost of tuition/fees	93	32.2%
Other	77	26.6%
Limited offerings/class was full	73	25.3%
Limiting or inadequate facilities	44	15.2%
Instructors/faculty not as expected	16	5.5%
Instruction/content not as expected	12	4.2%

Results exceed 100% due to multiple choice options.

VII. Recommended Scheduling

Respondents indicated preference in weekday courses with the largest share (54.1%) preferring them in the mornings (8 a.m. – noon).

Time/Day	N =	% of Cases
Weekdays – mornings (8 a.m. - noon)	191	54.1%
Weekdays – afternoons (noon – 4 p.m.)	117	33.1%
Weekdays – evenings (4 p.m. – 6 p.m.)	116	32.9%
Weekdays – evenings (6 p.m. – 9 p.m.)	95	26.9%
Overnight trips (3-4 days)	93	26.3%
Weekdays – mornings (before 8 a.m.)	87	24.6%
Overnight trips (5-7 days)	25	7.1%
Overnight trips (8-10 days)	19	5.4%

Results exceed 100% due to multiple choice options.

In terms of frequency, more than eight out of ten preferred that the class meet all semester (15 weeks).

Preferred Course Length	N =	% of Cases
All semester (15 weeks)	286	81.5%
Short semester (10 weeks)	130	37.0%
Short intensive course (less than 10 weeks)	81	23.1%

Results exceed 100% due to multiple choice options.

VIII. Comments from Respondents

Comments collected from survey respondents are provided under separate cover.

IX. Concluding Statement

Both Yavapai College enrollment and respondent demographics support a predominately female audience for physical education and outdoor education courses. In terms of age, more than two-thirds are over the age of 40 years. Close to one-half (48.9%) of the respondents self identified their level of activity as moderate (one to three times per week).