

**West Virginia University**

**The Student Assembly - Student Government Association**

**Assembly Resolution: AR-2020-xx**

**Title: A RECOMMENDATION TO IMPLEMENT “ACTIVE STUDY ROOM” PILOT PROGRAM IN THE DOWNTOWN LIBRARY TO CREATE A FITNESS-FRIENDLY CAMPUS**

**Short Title: Introducing “Active Study Room” pilot program**

**Place usage Downtown Library**

**Primary Sponsor: Sarah Zanabli, Senator**

**Secondary Sponsor(s): Travis Rawson, Senator**

**Mary Gee, College Senator (Statler)**

**Thanh Galloway, Senator**

**First Reading Date xx-xx-2020**

**Second Reading Date xx-xx-2020**

**Whereas,** exercise habits developed in college determine an individual’s exercise habits for the rest of their life.1

**Whereas**, regular physical activity has been proven to be associated with a decreased risk of obesity, heart disease, anxiety, depression, and other diseases. Additionally, exercise reduces stress, improves mood, and has been associated with better academic outcomes.2

**Whereas,** young adults need at least 150 minutes of aerobic exercise and on average, six in ten college students do not get the recommended amount of daily physical exercise because of homework, stress, sleep habits, diet, social life, time constraints, and distance barriers.1

**Whereas,**a study shows that in 2012, at least 49% of over 90,000 college students did not meet national exercise guidelines. Furthermore, research shows that adolescents and young adults are getting significantly less physical activity and are exhibiting more sedentary behavior.2

**Whereas**, an experiment performed over twelve months in a financial services company show that overall work performance and quality as well as interactions with coworkers improved as a result of adopting treadmill workstations. Additionally, the total amount of daily physical activity outside of work also increased because of the positive emotional response from exercising.3

**Whereas**, studies show making a work or education space more fitness friendly, such as adding a stationary bike, can boost motivation and morale while decreasing sedentary behavior without negatively affecting performance.4 Furthermore, a study done at Harvard shows that when an individual’s brain is positive, one can attain a 31% increase in the level of productivity, which is beneficial for students studying at the library.5

**Whereas,** WVU currently is lower than the 25th percentile in area of indoor recreation space per student; WVU is at 6.1 sq ft per student (compared to 10.7 ft sq per student in the 75th percentile). In comparison, Marshall has at 9.4 and Penn State has 16.7 square feet per student.6

**Whereas,** original research from WVU Campus Recreation and WVU Institutional Research examined the relationship between housing location and use of the Student Recreation Center (SRC) for the 2014-17 full-time, first time undergraduate students. Logistic regression results indicate these first-time undergraduate students have 2.5 times greater odds of being a SRC user if they live on the Evansdale Campus.6

**Whereas** original research from WVU Campus Recreation examines the relationship between campus recreation facility access and both first-year retention and cumulative GPA of full-time (FT), first-time freshman (FTF) over 2014-17. Using a multivariate model controlling for demographic, academic preparedness, and family characteristics, full-time, first-time students, results show a positive and significant relationship between SRC use and retention and GPA, specifically that campus recreation facility users (n=8,814), who use at least weekly:

• have 8.4% points higher retention than non-users

• have 0.28 points higher GPA than non-users

• contribute to at least $1.2 mill annually, calculated from a potential one-year retention increase for FT FTF from SRC use (ranges from $1.2 – 6.5 million, depending on user definition).6

**Whereas,** having exercise machinery in the downtown library will be convenient and influential for downtown residents who are less likely to go to the SRC, and can help studying students focus better or take a healthy break, boosting mood and energy.7

**Whereas,** the recreational center, the downtown library, and other collaborators welcome the idea and are currently working towards implementing “Active Study Rooms.”

***Therefore, be it resolved by the Student Assembly of West Virginia University:***

1. ***Implement the “Active Study Room” pilot program that introduces a fixed station comprised of a yoga mat, a yoga ball, sanitation wipes, and an instructional poster with recommended exercises to the second-floor study rooms in the downtown library. A QR code with an online survey will be on the poster to gage the usefulness of the program. The equipment will be monitored by Library staff and the expenses for the pilot program will be paid for by the Recreational Center.***
2. ***If the program is proven successful, the pilot program can be reassessed, taking into consideration financial and space constraints, and reimplemented to other areas of the downtown library or other areas on campus.***

**Mandates:**

G. Corey Farris, Dean of Students

Sabrina Cave, Executive Director, Student Enrichment

Dr. Thanh Le, Director, Student Engagement and Leadership (Advisor)

Daily Athenaeum

Kate Dye, Student Body President

Any other person that may you want to read this legislation.

**References**

1. **<https://www.researchgate.net/publication/323531650_Factors_That_Affect_Exercise_Habits_of_College_Students>**

1. **<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5685070/>**
2. [**https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3930588/**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3930588/)
3. [**https://www.frontiersin.org/articles/10.3389/fpsyg.2016.00957/full**](https://www.frontiersin.org/articles/10.3389/fpsyg.2016.00957/full)
4. [**https://hbr.org/2010/11/why-a-happy-brain-performs-bet**](https://hbr.org/2010/11/why-a-happy-brain-performs-bet)
5. **Zegre, S. & Decker, C. 2019, November. The value of campus recreation. Presentation to West Virginia University Student Government.**
6. [**https://www.ted.com/talks/wendy\_suzuki\_the\_brain\_changing\_benefits\_of\_exercise/up-next?referrer=playlist-the\_most\_popular\_ted\_talks\_of\_2018**](https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise/up-next?referrer=playlist-the_most_popular_ted_talks_of_2018)

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