



STUDENT GOVERNMENT

THE UNIVERSITY OF TEXAS AT AUSTIN

1 University Station, A6210 • Austin, TX 78712-0180
(512) 471-3166 • Fax: (512) 471-3408 • <http://www.utsu.org>

Passed by unanimous
consent

11/26/10

AR 31: In Support of Expanding Physical Activity and Recreational Sports Facilities

Authors: Representatives Andy Jones, Suhrid Mantravadi, John Woods, Gabriela Castaneda, John Woods

Sponsors: Representatives Matt Daley, Madison Gardner, Adam Rosen, Tyler Rosen

WHEREAS Physical activity is essential to maintaining an active lifestyleⁱ; and

WHEREAS Adults should do at least 150 minutes of moderate or 75 minutes of vigorous aerobic physical activity weekly to obtain substantial health benefitsⁱⁱ; and

WHEREAS This level of physical activity is correlated with decreased depressionⁱⁱⁱ and anxiety levels;^{iv} and

WHEREAS During the 2008-2009 academic year the total estimated participation counts for all University of Texas at Austin RecSports Facilities was 3,706,774;^v and

WHEREAS During that same year, ninety percent of the student population utilized a RecSports program, service, or facility at The University of Texas at Austin;^{vi} and

WHEREAS Cardiovascular fitness equipment floor space totals 6,645 square feet in Gregory Gymnasium and the Recreational Sports Center;^{vii} however, the National Intramural-Recreational Sport Association Space Planning Guidelines for Campus Recreational Sport Facilities (guidelines regularly utilized by the Division of Recreational Sports at The University of Texas at Austin) recommends that an institution of over 20,000 students have approximately 17,108 square feet of floor space for cardiovascular fitness equipment;^{viii} and

WHEREAS Division of Recreational Sports at The University of Texas at Austin maintains cardiovascular fitness equipment in Gregory Gym, Recreational Sports Center, Belmont Hall, and Pickle Research Center;^{ix}

THEREFORE BE IT RESOLVED, That the Student Government of The University of Texas at Austin supports the expansion of cardiovascular fitness equipment floor space by the Division of Recreational Sports.

BE IT FURTHER RESOLVED, That expansion of facilities should be designed upon increasing accessibility to the northern portion of campus (including, but not limited to, those students living in the Simkins, Duren, Kinsolving, Littlefield, Andrews, Blanton, Carothers, and Whitis Court residence halls, as well as the students in the North Campus area).

BE IT FURTHER RESOLVED, That facilities be made available in or near graduate student housing. and

BE IT FURTHER RESOLVED, That the Student Government of The University of Texas at Austin encourages expansion of cardiovascular fitness equipment floor space in existing locations such as Anna Hiss Gymnasium and the Student Services Building (as space becomes available).

BE IT FURTHER RESOLVED, That the Student Government wishes to express its gratitude to the Division of Recreational Sports for its outstanding commitment to maintaining exceptional programming and facility standards and for being an active partner in student wellness.

BE IT FURTHER RESOLVED, That an official copy of this Resolution be sent to the Office of the President, the Office of the Vice President for Student Affairs, the Office of the Dean of Students, the Director of the Division of Recreational Sports, the Student Services Building Usage Committee, and the University Development Office.

i Sports Research Intelligence Centre (www.sirc.ca), “How Much Exercise is Good,” (Pg.

30)

ii US Department of Health and Human Services, 2008 Physical Activity Guidelines for Americans, (Ch. 4, Pg. 22)

iii Sports Research Intelligence Centre (www.sirc.ca), “How Much Exercise is Good,” (Pg.

31)

iv Daniel M. Landers, Arizona State University, “Influence of Exercise on Mental Health” (<http://www.fitness.gov/mentalhealth.htm>)

v Nicole Olmeda, Assistant Director-Division of Recreational Sports

vi Nicole Olmeda, Assistant Director-Division of Recreational Sports

vii Brian Stillman, Assistant Director-Division of Recreational Sports

viii NIRSA Space Planning Guidelines for Campus Recreational Sport Facilities

ix Brian Stillman, Assistant Director-Division of Recreational Sports