

After the First Month of Using the Dedicated Gym Space

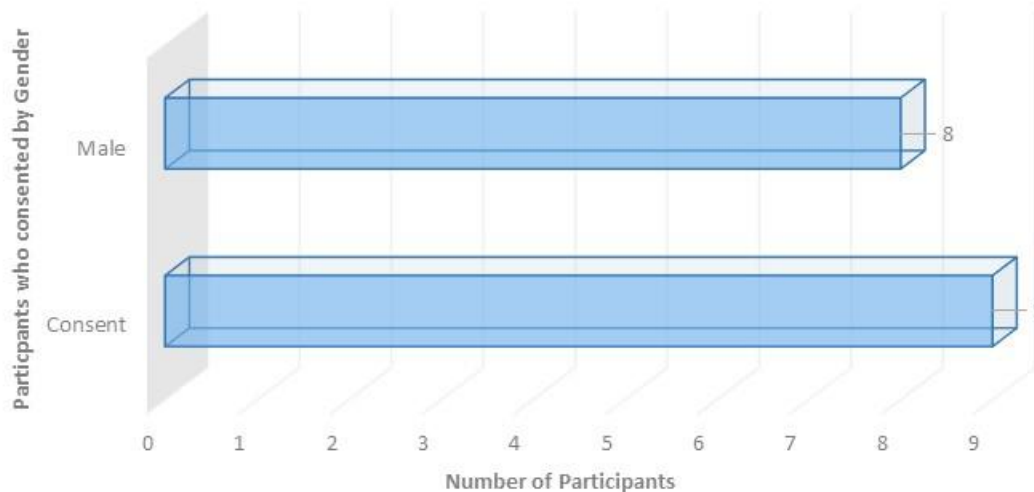
You spoke and we are listening

The purpose of the After the First Month of Fitness questionnaire is to learn about the experiences of students after they have completed their first month using the new dedicated gym space at Tait MacKenzie, and to improve Learning Disability Service's (LDS) knowledge on how this experience can be enhanced for students and ultimately enhance overall schooling experiences.

We asked you to evaluate your experience and we have provided a synthesis of your responses along with feedback and recommendations.

RESULTS – PARTICIPANT DEMOGRAPHICS

Comparison of Overall Participant Number to Gender Participants

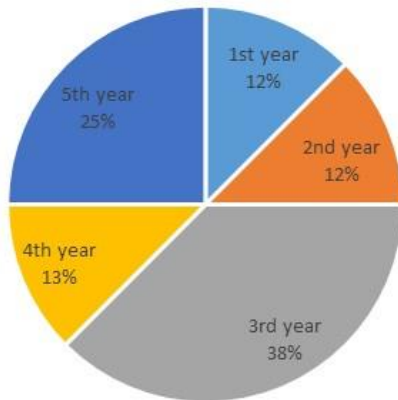


The Participants

Of the students who chose to participate in this questionnaire, all were male. Nine students consented to participate in this survey. Eight of those nine students identified as being male.

We encourage anyone who has used the dedicated gym space to participate as we welcome diversity of opinion. We also remind you that these surveys are completely anonymous and every question is optional. If you are concerned about stating your gender, there is an option that allows you to select 'prefers not to state' or you can simply skip the question. Your feedback and voice are important to us and we respect your privacy.

Cohort of Students who Participated



Fact: 100% of the students who participated in this survey will full time students. While this is great news and shows the benefits of connecting to campus community, we strongly recommend that part-time students take advantage of the same benefits that are available to them. Whether you are full-time or part-time, the dedicated gym space is open to everyone...



Take a moment and acknowledge your courage and success in making positive changes.



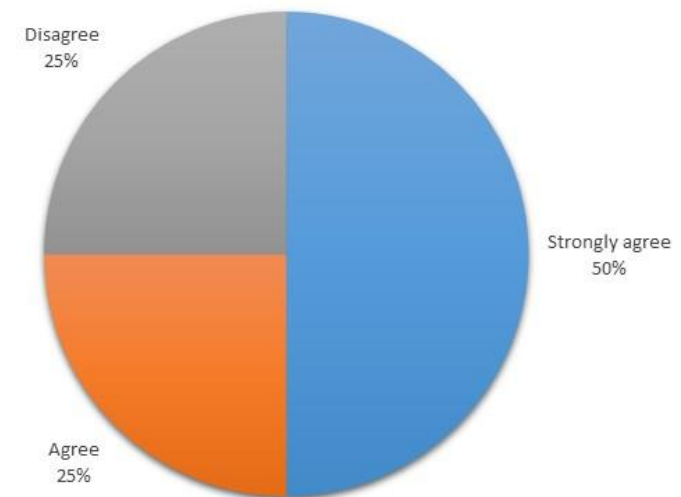
The Larger Gym Space

Participants were questioned to see if the dedicated space would be or is helpful in supporting students to make a move into using the larger gym space if they wanted to.

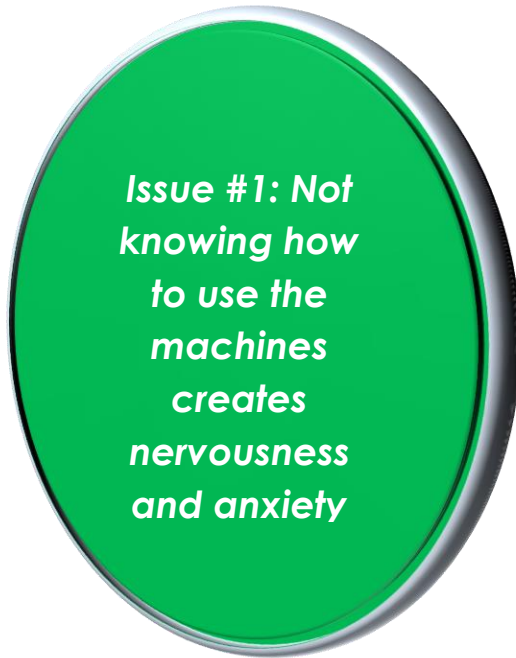
More than half of students who answered this question indicated that the dedicated gym space was helping them to consider using the larger gym space. 25% of students indicated that it was not.

We wanted to know what factors would encourage you or dissuade you from using the larger gym space. Your responses are on the following page.

Segway into the Larger Gym Space



Issues you feel that would prevent you from using the larger gym space outside of the dedicated 12-2 pm time period



Issue #3: The cost of a personal trainer for students is high

trainer for students is high

Ideas we are considering:

- On a designated day, the personal trainers will introduce participants to new exercises on new equipment so students can exercise and use the larger facility outside of the dedicated time
- Facilitate a meet and greet with the Tait MacKenzie frontline staff to support students in becoming comfortable with the larger gym space
- Create instructional videos as reminders on how to use gym equipment (only after students have had live training on the equipment)
- Assist students with developing their own fitness toolkit

Issue #2: Availability of a personal trainer and the feeling of being lost when walking into a large gym and not knowing what to do and where to start (e.g., reps, sets, etc.)

Next Steps

If you want to discuss these results, we encourage you to connect with any of the following people:

- You LDS Counsellor in W128 Bennett Centre for Student Services
- Rob Racanelli, robertr@yorku.ca
- Mike Hatton, hattonm@yorku.ca
- Raymond Peart, rpeart@yorku.ca
- Or anyone you feel comfortable talking to!

