Wildcat Recreation Center/ Music and Fitness

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**Introduction**

This study was done on the Wildcat Recreation Center (WREC) at CSU, Chico. This study also examines the usage of music on fitness. Ever since its grand opening in August 27, 2009, there has been little research done on the Chico State Wildcat Recreation Center. I wanted to find out if the WREC is performing to its full potential and if it meets its customers’ fitness needs. Below are some of the research questions that I’ve come up with to guide my research study.

1). Does music help boost endurance when working out?

2). What programs are used the most at the WREC?

3). Does music motivate people to work out more?

4). How well has the WREC performed on the attribute price?

**Methods**

This section of the paper will describe how I gathered my data. Data are gathered from my paper and pencil surveys, my on-line surveys, and my observation study.

**Paper and pencil survey**

I developed my paper and pencil survey with help from my notes on how to create survey questions. The population for my paper and pencil survey was anyone who uses the WREC. I then used simple random sampling to select WREC users to take my paper and pencil survey. 30 surveys were completed. 15 surveys were completed by males and 15 surveys were completed by females. My paper and pencil survey was done at the WREC so all 30 respondents answered “yes” to my contingency question regarding whether they used the WREC this semester. About one out of five WREC users refused to take my survey.

**On-line survey**

My online survey was developed during class time using the survey monkey program. Questions regarding the WREC were developed and then sent out to Chico State students to complete. My online surveys were sent out via vista mail to all my classmates in three different classes. They were also sent out via mail to my friends and peers who attend Chico State. 31 on-line surveys were completed. 54% of the participants were male and 46% were female.

**Observation Study**

On November 4, 2010 from 12:59 pm to 1:25 pm, the WREC weight area was observed for 25 minutes by me and my partner. After observing the weight area users for five minutes we both agreed that the primary focus of the observation was to make general observations on the weight area users and how they used the equipment. We then continued to observe the WREC weight area for 20 more minutes. The things we were observing include the user’s age, gender, and clothing. We also observed how the users use the equipment. To determine reliability we observed the same things and shared our results at the end.

**Results**

This section of the paper will summarize my findings for my paper and pencil surveys, my on-line surveys, and my observation study.

**Paper and pencil survey**

* Overall 100% of the respondents have used the WREC this semester. The differences were not statistically significant because the P-value (1) is higher than .05.
* 13% of the respondents usually use the WREC one day per week. 33% usually use the WREC two day per week. 37% usually use the WREC three day per week. 13% usually use the WREC four day per week. 3% usually use the WREC five day per week. Female on average uses the WREC three days per week while male on average uses the WREC two days per week.
* Overall 63% of the respondents use the aerobic machines at the WREC. 80% of female respondents use the aerobic machines. 47 % of male respondents use the aerobic machines. The differences were not statistically significant because the P-value (.0582) is higher than .05.
* Overall 73% of the respondents listen to music when working out at the WREC. 50% of the respondents who listen to music when working out at the WREC are females. The differences were not statistically significant because the P-value (1) is higher than .05.
* Overall 82% of the respondents usually listen to hip hop music when working out at the WREC. 50% of the respondents who usually listen to hip hop music when working out at the WREC are males.
* When asked the extent to which respondents agreed or disagreed with the statement that music helps boost endurance when working out: 10% strongly disagree, 20% disagree, 27% neutral, 30% agree, and 13% strongly agree. 40% of male respondents agree and strongly agree that music helps boost endurance. 36% of female respondents agree and strongly agree that music helps boost endurance. The differences were not statistically significant because the P-value (.4612) is higher than .05.
* When asked the extent to which respondents agreed or disagreed with the statement that music motivates you to work out more: 13% strongly disagree, 27% disagree, 33% neutral, 20% agree, and 7% strongly agree. 27% of male and female respondents agree and strongly agree that music motivates them to work out more. The differences were not statistically significant because the P-value (.2977) is higher than .05.

**On-line survey**

* 75% of my respondents have used the WREC this semester.
* When asked how often each respondent used the WREC per week: 22% responded not at all, 28% responded less than once a week, 11% responded once a week, 28% responded two to three times a week, and 11% responded more than three times a week.
* When asked which of the following do you use at the WREC: 36% use the classes, 58% use the indoor track, 47% use the free weight, 58% use the pool, 14% use the spa, 25% use the basketball courts, 19% use the indoor soccer, 69% use the aerobic machines, 6% use the ping pong, 8% use the personal trainer, 61% use the locker facilities, and 44% use the rock walls.
* The respondents was asked to what extent do they strongly agree (1), agree (2), neutral (3), disagree (4), strongly disagree (5) with the statements below. The average rating for the statement of whether alumni/faculty should be allowed to use the WREC is 2.35. The average rating for the statement, “everyone should have to pay the WREC fees,” is 2.94. The average rating for the statement, “the WREC is worth the fees I pay each semester,” is 2.68. The average rating for the statement, “the WREC meets all of my fitness needs,” is 2.33. The average rating for the statement, “the WREC should be open 24 hours,” is 3.39.
* Price is the only attribute inside the quadrant concentrate here. This means that price is important to the respondents but the WREC is not performing well on price.
* The attributes cleanliness, crowdedness, location, variety of equipment, friendliness of staff, cleanliness of pool, days of operation, hours of operation, temperature, music/entertainment is inside the quadrant: keep up the good work. This means that all these attributes are important to the respondents and the WREC is performing well on these attributes.
* There are no attributes in the quadrant low priority.
* The attributes parking and knowledge of facility staff is inside the quadrant: possible overkill. This means that parking and knowledge of staff are not very important to the respondents but the WREC has performed well on parking and knowledge of staff.

**Observation study**

There were only guys present in the weight room and they were all wearing either a t-shirt or tank top, shorts, and tennis shoes. There were 15 guys working out inside the weight room. The male inside the weight room looked to be around 18 to 23 years old. About half of the users worked out with friends or partners and took turns using a piece of equipment.

**Conclusions/Recommendations**

Findings from my paper and pencil survey revealed that females, on average, use the WREC 3 days per week while males, on average, use the WREC only 2 days per week. Thus, females use the WREC more than males. To even it out, I would recommend advertising the WREC or developing new programs to attract more male users. Findings from my paper and pencil survey also revealed that 80% of females used the aerobic machines while only 47 % of males used the aerobic machines. Findings from my observation study revealed that there were only males using the weight area at the time of my observation. Findings from my on-line survey revealed that price is important to my respondents but the WREC is not performing well on price. I would recommend the WREC focus on price so they can better perform on price.