



During this academic year, the department of Campus Recreation has focused on delivering high quality traditional recreation and fitness programs while also piloting new initiatives to help engage unreached student populations. Some of these programs and initiatives include the replacement and addition of new fitness equipment, partnerships with departments on campus such as the graduate school and housing, expanded outdoor recreation program offerings, wellness focused events and new delivery models for our popular Intramural Sports leagues. Overall, these new campus recreation programs have greatly impacted well-being by offering diverse and engaging opportunities for individuals to improve their physical, mental and emotional health. The integration of wellness focused events, outdoor experiences, non-officiated sports and innovative fitness equipment attracts individuals of all fitness levels and promotes a holistic approach to well-being.

ACCESS NUMBERS FOR SWANN AND DOUTHIT HILLS FITNESS CENTERS

598,770

Total swipe-ins

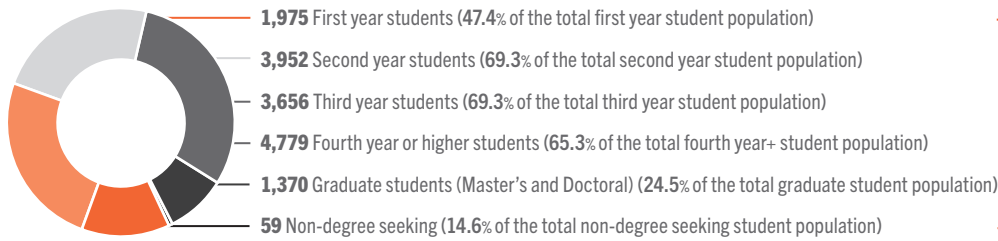
17,706

Unique users

40+

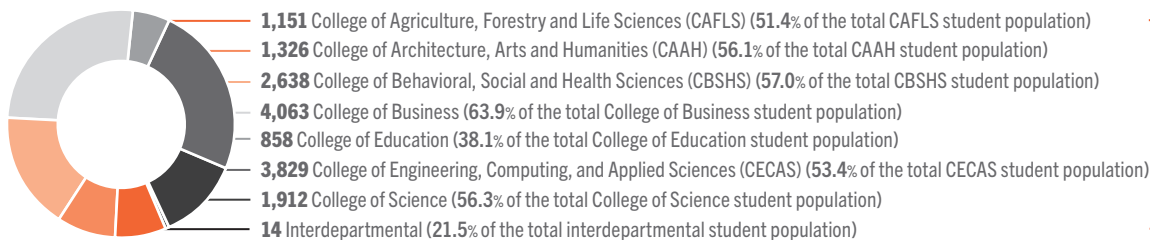
Total acres of outdoor space overseen

Analysis of Spring 2023 student facility access numbers:



15,791

Total students (55.5% of the total student population)



15,791

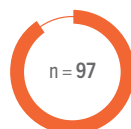
Total students (55.5% of the total student population)

STUDENT EMPLOYMENT

The Campus Recreation Student Employee Feedback Survey for Spring 2023 had 107 participants.

470

Total student employees



90.7%

of student employees agreed or strongly agreed their job provided transferable skills they will use in the future

“Love this job. Coming here made me find a group of friends outside of class and other activities.”

— Student Employee

STUDENT ENGAGEMENT IMPACT



OUTDOOR RECREATION AND EDUCATION:

1,205

Total Outdoor Program participants

6,157

Pieces of equipment rented



INTRAMURAL SPORTS:

5,272

Unique participants

27,509

Total swipe-ins



CLUB SPORTS:

2,742

Unique participants

33

Club sports teams



FITNESS AND WELLNESS:

4,285

Unique participants

115

Fitness class offerings per week

CORE STUDENT PARTICIPANT SURVEY SPRING 2023:



98.7%

rated their overall trip experience as good or exceptional



82.7%

strongly agreed that participating in the CORE trip was beneficial to their mental health and wellness

“I had a great time! It was a challenge at times, but all part of the experience and I am glad I spent my spring break with CORE. The trip leaders were awesome and made the experience as fun and educational as possible!”

— CORE Trip Participant

FITNESS AND WELLNESS PARTICIPANT SURVEY FALL 2022-SPRING 2023:



98.7%

agreed or strongly agreed participation in fitness programs helped them manage stress and positively impacted their academic success

“My favorite thing is that when I walk into that spin studio I feel so welcomed and appreciated. I used to never like working out but spin has made me appreciate working out and keeping my body healthy so much. Spin has saved me in so many ways, physically, emotionally and academically. I just know that when I’m having a bad day or even a good day the spin studio feels like home, and I look forward to it every single time.”

— Fitness Participant

“My favorite thing about Fitness and Wellness Programs at Clemson University is the community, support, and encouragement in the 5:45 F-45 class. The other members and instructors make this feel like a very supportive environment”

— F-45 Participant

NOTABLE ACCOMPLISHMENTS

- CORE offered its first International Trip Post COVID-19 to the Island of Dominica in the Caribbean in May. This collaborative program with the Center for Student Leadership and Engagement’s Alternative Break program focused on service and outdoor adventure.
- Intramural Sports piloted several non-officiated sport leagues designed to promote more recreational engagement opportunities for students
- Campus Recreation offered a diverse set of well-being focused programs including Art Night at Andy’s, Wellness Wednesdays, Love your Body Week, Stress Less Week and Flow and Joe.

168

New pieces of fitness equipment (pin select, free weight, functional and cardio) were added between Fike and Douthitt Hills, keeping fitness equipment selection functional and inviting