

Healthy Campus:

Direct Observation of One-Mile Bulldog Trail and Outdoor Exercise Area

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BACKGROUND:

Healthy Campus is an initiative that aims for environmental and policy changes that improve and sustain healthy eating and physical activity on campus-wide. To this end, Bulldog Trails were adopted to provide measured pathways for engagement in health-enhancing moderate to vigorous physical activity on campus. Future Healthy Campus initiatives include making improvements to the outdoor exercise equipment area adjacent to the South Gym and potentially offering free structured physical activity opportunities in the outdoor greenspaces on campus.

PURPOSE:

Our purpose was to collect baseline data of utilization of the one-mile Bulldog Trail and the outdoor exercise equipment area.

METHODS:

Setting

- Six designated target areas

Instrumentation

- System for Observing Play and Recreation in Communities (SOPARC), iSOPARC iOS application was used for data collection.

Data Collection

- One undergraduate Kinesiology major and a faculty member conceptualized the study.
- Data were collected by one undergraduate student, three graduate students from Sports Psychology, and one doctoral student from Kremen School.
- iPADS were provided via DISCOVERe.

RESULTS:

- Data collectors completed >70 observations spread across 22 days.
- Reliability was >85% for nearly 20% of the total observations.



RESULTS CONTINUED:

- The outdoor exercise equipment was rarely utilized.
- We observed the most people during the second half of each hour and the busiest locations were typically near the library and food areas.

CONCLUSION:

These data can be used to inform future interventions aiming to increase physical activity on campus. The data confirmed that timing and location are important factors to consider. Offering structured opportunities in the greenspaces and outdoor exercise equipment area could prove beneficial for students and staff who may have limited time.

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