



FITNESS AND WELLNESS SURVEY REPORT

End of Year 2011-2012

Angelo State University

A: Summary

The purpose of this survey was to collect end of year data related to the Fitness and Wellness program (ASUFit) at Angelo State University during the 2011-2012 academic year (FY 2012). The desired information included year end perceptions related to wellness, and what activities or interventions the respondents felt were beneficial during the initial pilot year. Data related to each section of the survey is summarized in the charts and tables shown in sections B, C, D, and F with Section G showing all comments that were submitted.

- Activities and facilities received the highest ratings, with stress counseling, smoking cessation, and wellness-related insurance benefits receiving slightly lower ratings.
- Respondents indicated that smoking cessation, wellness-related insurance benefits, a wellness policy for employees, and alcohol/drug abuse programs were among the most needed wellness improvements.
- The campus community does not differentiate between activities/events provided by ASUFit and those provided via the University Recreation program (UREC) or other fitness/wellness initiatives within the university. Over 30% of the comments submitted referred to activities and functions managed by University Recreation. This suggests that the university should blend the various fitness and wellness initiatives together so that all are focused on common goals for the university.
- Multiple comments indicated a need for an employee physical fitness/wellness plan that provides some type of incentive.

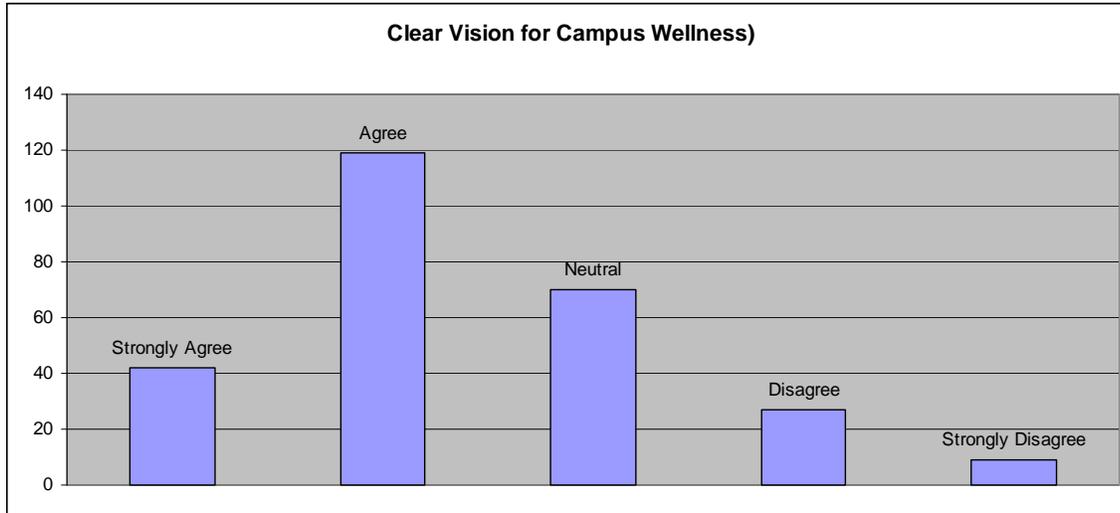
B: Method and Response

This end of year survey was conducted during May of 2012 using an online instrument (SurveyMonkey.com). Forty-eight multiple-choice were asked, with room for comments in each section, and a final open-ended comment section was provided at the end. Section one of the survey focused on overall campus wellness, section two on existing wellness interventions, section three on improvements needed, and section four was a direct assessment of the ASUFit program. The population surveyed included all full time employees and students within the university and also community partners who collaborate related to Wellness initiatives. Approximately 6,700 surveys were distributed via email with 217 responses received (3.2 % response). The survey opened on May 3, 2012 and closed June 4, 2012.

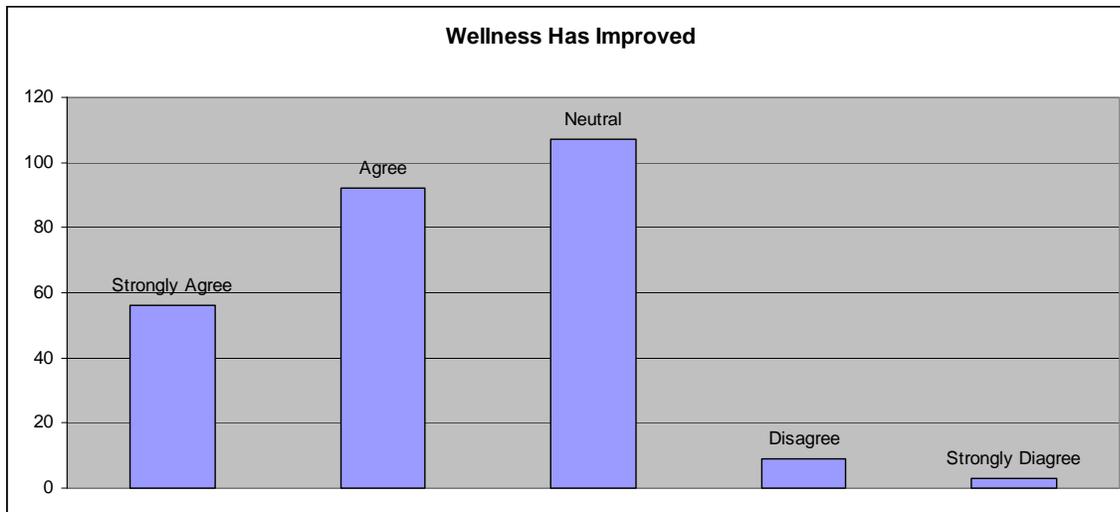
Section C: Campus Wellness

Respondents indicated a moderate level of satisfaction with ASU’s overall vision for wellness, improvements over the past three years, and a balance of activities vs. outcomes. The responses strongly supported targeting both faculty and staff and also that the regional community should be engaged as a partner for ASU wellness efforts. However, the comments submitted by employees and students clearly indicated that there is a significant amount of confusion between activities/events provided by ASUFit and those provided via the University Recreation program (UREC) and other fitness/wellness initiatives within the university.

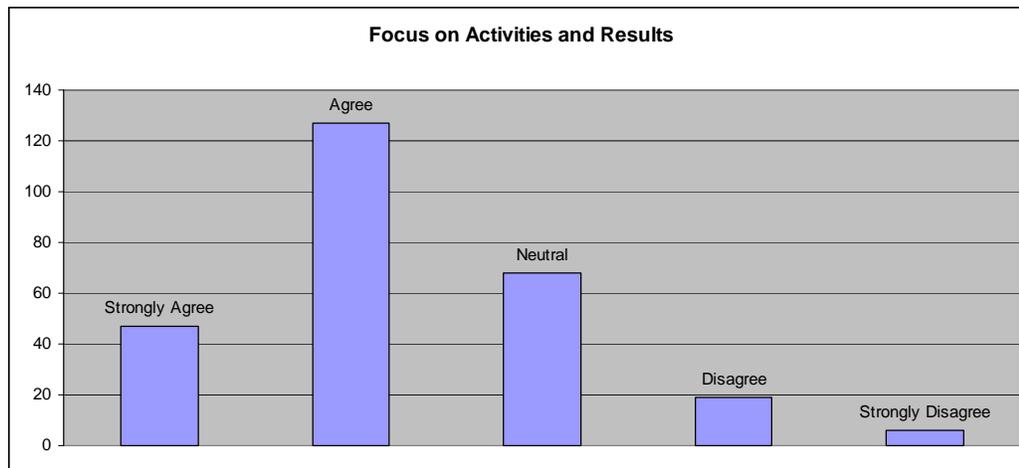
1. Angelo State University has a clear vision and defined goals for campus wellness (mean rating = 3.59 with “5” being the best).



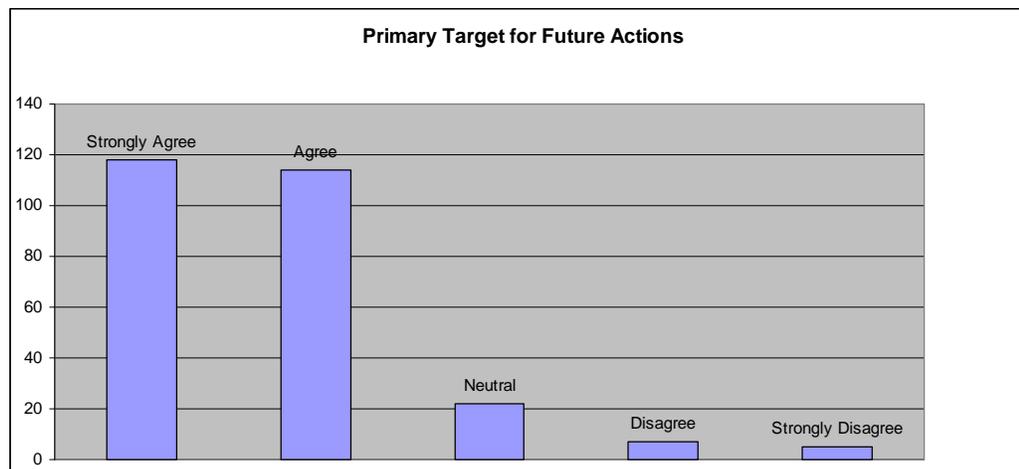
2. Wellness has improved on the ASU campus over the past three years (mean rating = 3.70 with “5” being the best).



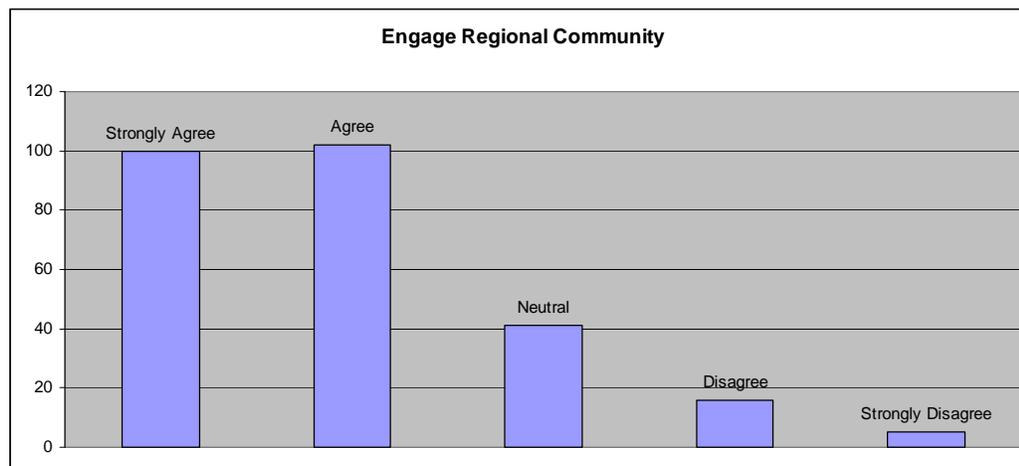
3. Current wellness initiatives on campus focus on a good balance of activities and results (mean rating = 3.71 with “5” being the best).



4. The primary target for future wellness interventions on campus should be both students and employees (mean rating = 4.25 with “5” being the best).

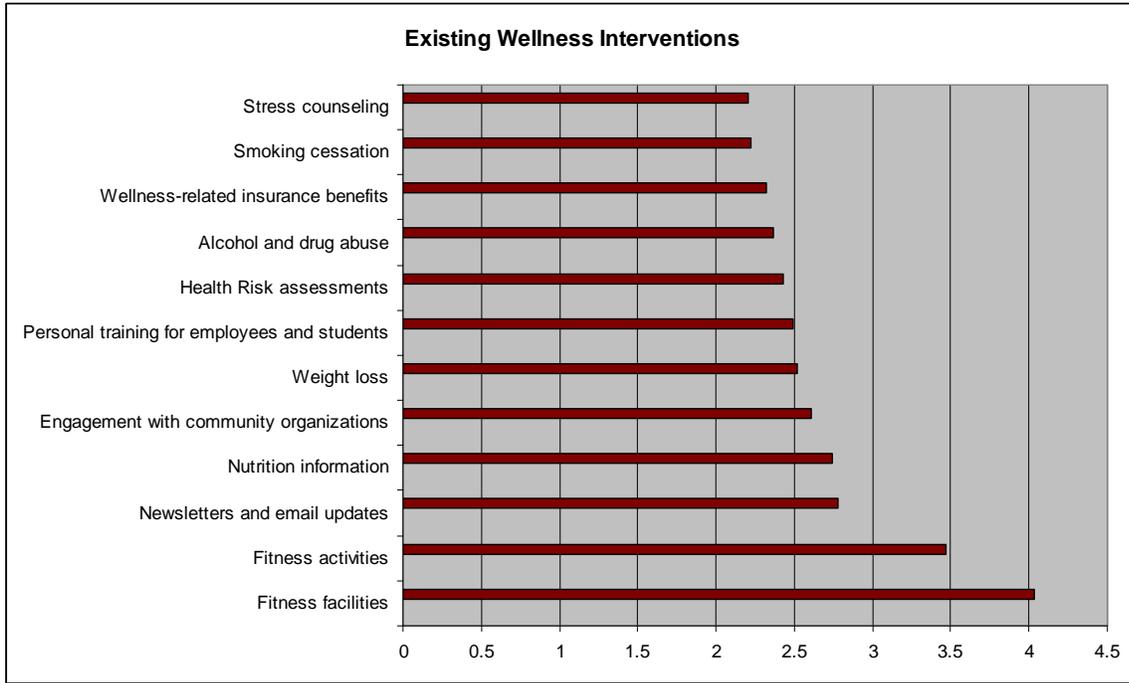


5. The regional community should be engaged as a partner for ASU wellness efforts (mean rating = 4.05 with “5” being the best).



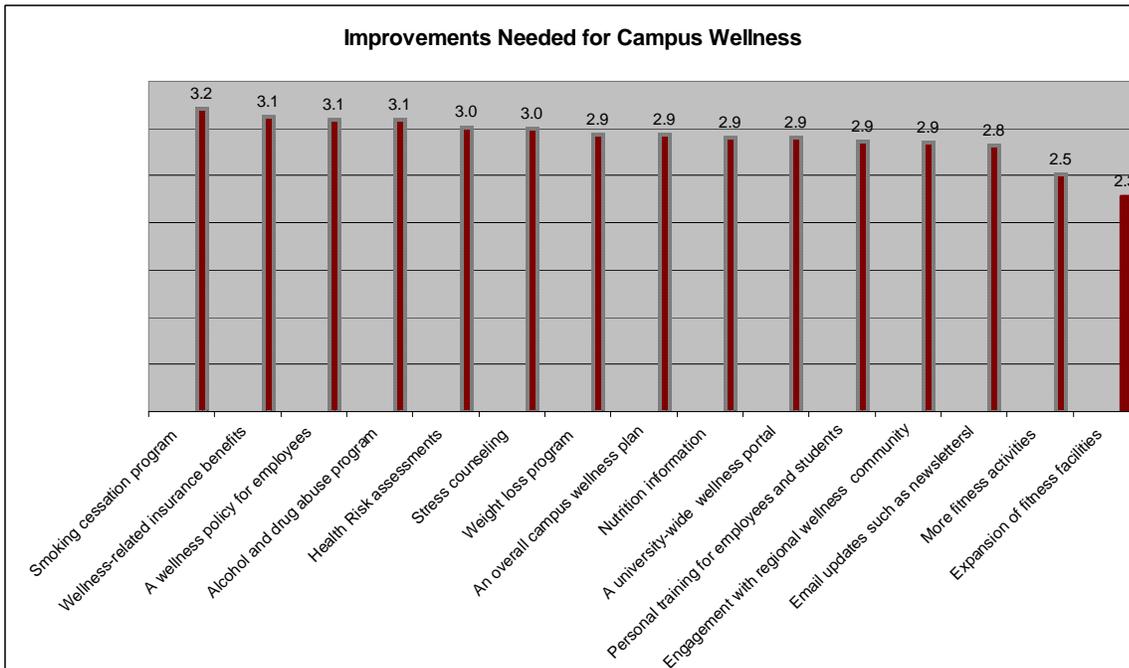
Section D: Wellness Interventions

Respondents were asked to rate existing campus wellness interventions using a scale of 1 to 5 with “5” being Very Good and “1” being Very Poor. Activities and facilities received the highest ratings, with stress counseling, smoking cessation, and wellness-related insurance benefits receiving slightly lower ratings.



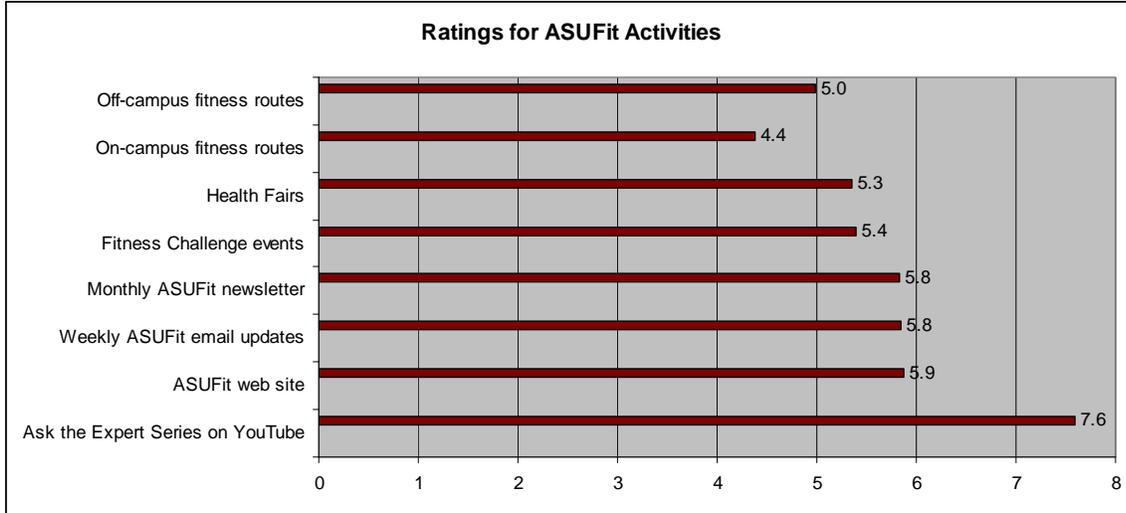
Section E: Improvements Needed for Campus Wellness

Narrative: Respondents were asked to rate potential improvements to campus wellness using a scale of 1 to 5, with “5” being Very Good and “1” being Very Poor. The top four improvements, as ranked by respondents, were smoking cessation, wellness-related insurance benefits, a wellness policy for employees, and alcohol/drug abuse programs.



Section F: ASUFit Program End of Year Assessment

The overall rating of the ASUFit program for 2011-2012 was 6.4 on a scale of 1-10 with 10 being the best. The chart below (“Ratings”) shows ratings for individual activities on a scale of 1-10. As noted in the Section A summary, many ASU employees or students do not differentiate between actions and services provided by ASUFit, University Recreation, and other campus departments involved in fitness and wellness.



Comparisons to Previous Years Based On % Agree or Strongly Agree				
	2009-2010	2010-2011	2011-2012	change 2011-2012
Overall wellness (including fitness) is closely related to work and school performance.	88.1	89.1	89.3	.2%
I am interested in information related to maintaining or improving my current level of Fitness.	83.5	79.9	83.6	4.63%
My current weight and Body Mass Index (BMI) are within recommended guidelines.	52.9	54	60.2	11%
The activities and information provided by the ASUFit program have helped me become a healthier person.	57.9	39	38	-2.6%
I participated in at least one ASUFit activity this year	Not Asked	39.4% Said "Yes"		

Section G: Comments Submitted

(Note: Grammar and spelling within comments are as submitted by respondents)

1. I think we should have a program for Cross Fit @ Angelo State. I think it would get many students involved and make students set goals not only for the fitness and wellness but also for there studies as well.
2. Pretty poor and wasting money on "improvement" that is not making any impact to the masses. Wanna help college students? Lower our price tag for school or discount books. Quit wasting our money!!!!!!
3. As far as question 2 goes, I am a first year student. So I don't know.
4. It is difficult to use facilities because of either classes going on or alot of people hanging out at machines and not working out
5. The program should incorporate some type of incentive plan with GOOD incentives to increase participation numbers.
6. I believe that if we made the gym open 24/7 like we did the library, then many students would benefit from it.
7. The wellness could improve more on campus by having more fruit & veggies in the UC food court. Especially when it comes to what you can get for meal plan. My usual breakfast I get is the cup of cereal, milk and a banana. If I want to change it to be a fruit cup, yogurt and a banana, then it goes over. There needs to be a balance. I don't think it's right that I can go over my limit when someone else can get two pancakes, two slices of bacon/sausage, and eggs plus a drink and be fine.
8. CHP shouldn't charge Faculty/Staff to use their facilities. It is tough to promote ASU Fitness & Wellness when you have to pay to use the facilities. No one else on campus charges for their facilities to be used. FMGT continues to keep the campus looking great and doesnt charge each department to upkeep their area. IT provides services as well at no cost.
9. The students should always be the main priority and target.
10. The periodic e-mails and newsletters regarding bettering employee health are very good. I do not have data to know whether/not folks are in better health or just have increased awareness.
11. I'm an online student living in Houston, TX
12. I feel like the campus should become smoke-free just like all of the bars and restaurants. I know that there are many people (including faculty members) who smoke within 20 feet of the doors. Who will enforce that?
13. Most older staff do not know that a personal trainer is available.
14. I am a new employee here; have been here less than a week. I was a student here bur graudated in 2006 so I am not the best candidate to state an opinion in changes in the wellness program. I do however believe that ASU is committed to educating people and offering opportunities for enhancement in the health/wellness arena. I have not begun to take advantage of the ASU wellness facilities yet but plan to do so in the near future.
15. I have had to obtain membership at another facility in order to find enough classes and times to get fit. What I found at ASU was a good system in place for students but a lack of understanding for staff and faculty needs. Classes are few and cease during students holidays and breaks; we continue to work and need to continue fitness and exercise year-round.

16. ASU wellness should focus primarily on students and secondarily on faculty and staff. I am saddened to see your student's money and resources used on the San Angelo community.
17. We need to implement a program for employees to workout during the day as part of an employee "benefit". Goodfellow AF base allows its civilian employees an extra 1 hour during the lunch break 3 days a week--PAID-- so that they can participate in exercise programs. This would be a benefit to ASU because employees would be choosing a healthier life style.
18. If I was more involved in fitness activities I would be better prepared to answer some of these questions. The information may be out there, but it hasn't been obvious to me.
19. All I see is peeps becoming fatter and fatter. When people go here it's not the freshman 15 it's the ASU 60
20. I haven't really noticed any real initiative for fitness on ASU, although the gym is used and there are a lot of students who like to stay in shape by using the facilities.
21. I believe that activities such as kayaking and other outdoor activities should be "advertised" more, for lack of a better word. I've been wanting to go kayaking for a long time and just barely found out how I could do that.
22. I have really enjoyed the wellness classes ASU has added during the day as part of their initiative.
23. The CHP should have longer hours closing at 8 stinks
24. The current program only focuses on physical fitness and athletic endeavors.
25. I think it would be cool if ASU fit would share their ideas and vision with the entire school.
26. I wholeheartedly believe that the regional community could benefit from a wellness effort. However, I don't believe that ASU should bear any of the financial or time commitment involved in such a partnership. ASUfit should first focus on making itself an established program that is implemented throughout the campus before attempting to expand to the surrounding community.
27. The fitness and wellness program seems to be for walkers, runners and bikers. How about some passive programs, like after work hours for Yoga or water arobics or programs of that nature for employees with bad knees or other heath issues that do not or cannot do the more strenous programs.
28. I think that there is a clear vision of goals and such. But, in reality, will anyone take these initiatives. Probably not out right. And no one should be forced by edicts from the powers that be. It is a very personal and private thing to most people. I would keep putting the information out there for everyone. Especially on how and what to eat. That to me is the biggest challenge. Eat better and possibly start feeling better to try to exercise.
29. Current UREC hours during intersession prohibit staff from continuing with a fitness plan when their work hours are 8 - 5.
30. If ASU really cared they wouldn't charge to use facilities.
31. "I don't know that the vision or defined goals for campus wellness are.
32. I don't know if wellness has improved.
33. I don't know of Current wellness initiatives going on currently.
34. I don't have an opinion on whether or not the regional community should get involved."
35. If there are clearly defined goals, I have not seen them.
36. "I went through and attended many events and opportunities asu offers. I report many factors and opinions about asu and the surrounding area. After living in several different states around university areas. ASU is by far the worst rating on many aspects. Everything places an appearance of what it wants to present but in turn is wasting mine and many others money that we invest into our education.

37. The only information about Fitness & Wellness I ever received during my 4 years at ASU was the emails regarding this survey and of course the remodeled CHP. Which is entirely too small and unequipped to truly allow all students to obtain proper fitness. Also, the track should be more open to the general student population. Another frustrating fact seen all around ASU is professors smoking within the 50 ft range all over campus.
38. A personal trainer for students would be awesome
39. CHP shouldn't charge Faculty/Staff to use their facilities. It is tough to promote ASU Fitness & Wellness when you have to pay to use the facilities. No one else on campus charges for their facilities to be used. FMGT continues to keep the campus looking great and doesn't charge each department to upkeep their area. IT provides services as well at no cost.
40. Many students do not follow correct smoking laws, people smoke in the incorrect designated spaces are in essence harming students going through doors. If benches were removed from directly outside of chairs this would be very helpful.
41. I am an Alumnus and have only participated in the ASU sponsored community fun runs.
42. Some of the fitness activities aren't challenging enough.
43. My answers to these questions are based primarily upon what I've known about ASU's wellness intervention strategies in the past. Most of my NAs, with the exception of #s 10 & 11, are based upon the fact that I've not yet been through orientation, rather than on my actual experience with any of these things. I am looking forward to my orientation this afternoon for that very reason. I want to know what opportunities to improve my health are available to me as an ASU employee.
44. This goes back to a perceived lack of information and inclusion for employees.
45. The items I answered N/A too are because I have not seen information on these programs. Items # 10 & 11 do not apply to my lifestyle.
46. I haven't even heard about some of these listed items...
47. The "stress counselors" in this school are definitely NOT stress counselors. Medication is not a stress reducing product.
48. I know the gym has many classes and great equipment, but as a non-traditional student (much older than general student body), I don't necessarily feel comfortable participating in many of the activities. I haven't specifically inquired about weight-loss and smoking cessation accommodations, which is something I am interested in, so I don't really know what is available.
49. Read last comment
50. Don't recall ever getting information about fitness or health wellness
51. I am an off campus non traditional student so I am rarely on campus. The only thing I know of the fitness of ASU is the 5Ks on campus and heard about the Rec.
52. Events are not well advertised.
53. Many of these things exist on campus, but I am not aware of where to go or where to recommend someone who might need a 'wellness intervention', whatever that might be.
54. Did not know we could use a personal trainer
55. The room on the second floor of the CHP that fitness classes are held in could use improvement. There is no air conditioning and can get cramped.
56. I have no knowledge of most of the programs available on campus.
57. I feel that the PR for fitness and health events, newsletters, and awareness is extremely poor. I know that a lot of my peers and I would become more involved in events if we knew about them.

58. On those that I selected N/A I did not realize there were programs like this at ASU and I have been attending the university since 2005. Might consider advertising the various programs better.
59. "The pool area needs to be redone and cleaned better. It smells like mildew.
60. Chart wells needs to post their nutritional info so students like me who are on weight watchers can track easily.
61. Their should be some aqua classes."
62. The sections I checked as N/A are ones that I don't know anything about. There may be some of that going on, I just don't know about it.
63. "I am unaware if there is any weight loss team or anti-smoking groups on campus. I am also unaware if there is a method to become fit for those that have heart conditions or asthma on campus. If these do exist they are under publicized.
64. Something I do know though is that restrictions on smoking are not enforced, especially by the faculty of ASU. ""50 feet? You mean inches?""
65. The only thing I can say on this is. Most people would love a trainer. But, most of the employees work an 8 hr day. There need to be more activities and facilities made available for after work training and exercise. Most folks are probably under the impression that everything is geared and attended by kids. This is very intimidating to older folks. They don't want to be embarrassed. Or put themselves in that kind of environment.
66. again the facilities are not accessable to everyone because it costs money when it should be available to employees.
67. These programs may actualy be better than I think. However, since I do not know about them and do not know how do use them, my ratings are low.
68. I love that ASU FIT has reached out and supported many community fitness events and programs, I think this makes ASU more visable in San Angelo and with all that they have been able to do for area youth this is a huge marketing tool as well.
69. Including the community opens a wide variety of connection and gains.
70. I have noticed a real drop in the number of faculty and staff in the CHP since the UNIVERSITY CHANGED THE USAGE policy and started to charge them fees for the use of the facility.
71. I agree with involmnet with the surrounding community, but only to a certain extent. Students don't pay high tuition along with all the other expenses just to have the community come in for free and crowd our facilities and activities.
72. This is clearly giving ASU the opportunity to take more money from those who are alerady severely under paid
73. CHP shouldn't charge Faculty/Staff to use their facilities. It is tough to promote ASU Fitness & Wellness when you have to pay to use the facilities. No one else on campus charges for their facilities to be used. FMGT continues to keep the campus looking great and doesnt charge each department to upkeep their area. IT provides services as well at no cost.
74. I am an Alumnus and have only participated in the ASU sponsored community fun runs.
75. ASU needs to adopt a physical fitness/wellness plan as follows: Staff should be given time during work to exercise limited to no more than 1 hr for each session, up to 3 times a week. This hour includes dressing time, and exercise must occur on campus (either brisk walks, utilize outdoor basketball/tennis facilities, or at the CHP). The hour is DEPENDENT upon supervisor agreement, and work comes first if there is a conflict in scheduling the hour. Staff must have a Dr's OK to partake in

the fitness plan. If the fitness time is taken at the end of the day, the employee must check in with their office at the completion of their workout before going home. Any abuse of this hour will cause the employee to lose the privilege. In my previous job with the federal gov't, we had a process like this and it worked. The number of staff who increased their physical well-being was significant! With most staff jobs being both sedentary and comprising 8 hours of computer work - everyone benefitted ergonomically with time away from their chairs and visually with time away from computer screens...

76. Longer hours especially on the weekends would help get people more involved.

77. I prefer not to answer these questions until I've learned more about what is available and what the university offers in these areas. I feel my assessment at this time would be inaccurate.

78. We need to develop a wellness plan for employees to use the CHP more. I feel employees should not have to pay for the use of the CHP or for fitness classes. This could be listed as a "benefit". The current fees are very low compared to the rest of San Angelo but it would be great if it was free. Also, spouses of employees should be allowed to attend fitness classes as well.

79. My comment is not about the wellness programs at ASU, but about the point of this section of the survey. Are you asking what is needed for the future and does a 5 mean that ASU is doing everything that is needed, or does a 5 mean that the item needs the most attention?

80. I didn't understand if clicking "Very Good" meant that I thought you needed more, or if clicking "Very Poor" meant that I thought you needed additional improvements... I was confused. That's why I just clicked in the middle for all of them.

81. Start making fun of the big fat fatties to motivate them to lose weight

82. Never received an email about wellness or fitness!!!

83. Need to offer more fitness classes throughout the day

84. ASU needs to have a triathlon on campus!!!!!!!

85. I guess the "1" rating means that we need more of it?

86. I have no knowledge of most of the wellness interventions on campus.

87. I'm not sure if I answered these correctly - the instructions are very confusing and almost seem to contradict themselves. The ones I marked high are the ones I think we could use more of - and vice versa.

88. As far as a wellness policy for the university. Should there be a policy? That would be received by many as telling them that they are expected to be something that they may not be. A policy to me is a rule that must be adhered to. Things of that nature will probably not be accepted well. If you look at employees for instance. There are many folks that do not exercise. Do not watch their weight/eating habits. Human nature tells me that a person will not do anything until they get sick and a Doctor tells them what needs to be done to get well, i.e. diabetes, high blood pressure, coronary disease, etc..... That's just life.

89. It isn't clear what you are asking in this section.

90. I was not sure how to answer this section - it's called "Improvements Needed for Campus Wellness," but it's not clear if the "very poor" to "very good" rating means the existing activities/facilities/etc. are poor or good or if the improvement needed is poor (none?) or good (a lot?). Semantic structure of this section is poor.

91. The questions on this survey are poorly written and very hard to understand.
92. I am unaware of many of the above topics
93. I had class in the rec center it was just very frustrating always having to check in when we are just going to class. We understand you need a count but we are going to class so a group of us it takes forever for each person to check in when we aren't even using the facilities.
94. Thanks for asking if I think I'm fat....
95. Not everyone runs, nor can they run
96. CHP shouldn't charge Faculty/Staff to use their facilities. It is tough to promote ASU Fitness & Wellness when you have to pay to use the facilities. No one else on campus charges for their facilities to be used. FMGT continues to keep the campus looking great and doesn't charge each department to upkeep their area. IT provides services as well at no cost.
97. While the program is a new exciting concept on campus it requires more fun ideas that engage more students.
98. It was difficult with the cyclocross series to get bikes to the races for students to use. The bikes were stored at the lake and students weren't able to transport them.
99. I've never heard of ASU fit....
100. Can not answer 45 as I very recently moved back to San Angelo
101. We need to encourage employees to workout on a regular basis. A 5 o'clock fitness class is not a good idea. Employees leave work at 5. By the time I get over to the CHP and change clothes it is 5:15 and fitness classes have already begun. Maybe the 5 o'clock classes could begin at 5:30 so that employees could have a chance to attend. Especially the Cycle and Yoga classes.
102. Would like fac/staff to have free access
103. Get a kickboxing class! We had to go off campus to look when we found out that the CHP didn't have one.
104. BMI is not a good indicator to use.
105. I have been at ASU for two years now and never knew there was a ASU fit newsletter or email listserve. I would like to receive these but do not know how to access them. Overall I think the program is doing well and will only get better.
106. I didn't answer 44-45 because I basically try to keep fit on my own and don't have a lot of time to devote to on-campus or other organized fitness activities. So I can't really rate the importance of items I don't utilize or take part in.
107. Only comment. I have been informed by my doctor's and trainers that at my age of 55 yrs, I am exactly where they want me. That the BMI chart listed is only a guideline. At my height of 66" and 183 lbs I am considered obese. It does not take into consideration muscle mass, age and weight. If you look at me, I've been told that I look in great shape. And that is from my registered trainers and my doctor's whom I visit every six months. They don't want to see me at 148 lbs. That is too much. I was at 250 lbs. I have maintained what is considered a healthy weight through constant exercise and diet.
108. I think that the ASUFit program still has a long way to go to match the level of participation that other universities receive with similar programs (assuming that is the goal). However, I am a graduating senior and I have definitely seen a drastic increase in the presence of ASUFit on campus. I thought that the people handing out flyers with the camping gear set up next to them was a great way to make your presence known.

109. I think its good and moving forward but I honestly didnt even know there was all these updates and fitness challenges and expert stuff. So i think everything should be more advertised. like a lot more advertised.
110. Lack of knowledge about these programs, prevents me from making the best judgements and evaluations possible.
111. Get involved in the food and make it better. More and better classes.
112. Crossfit. Insanity. P90x
113. Have a tournament for every sport (raquetball, ping pong, swimming, disk golf, soccer, flag football, volleyball) and have atleast two tournaments a semester. And have them all available, not just some during the fall and some during the winter.
114. It would be nice to have something for parents that they can bring their children to. I have an 11 month old and would like to get into shape, but after work I have to take care of my daughter and it would be nice if we could do something together.
115. Fitness classes on the weekend will be nice as well as longer hours at the CHP on the weekends. I work on campus and the hours I work don't allow me to go to the CHP as often as I want, especially on the weekends since they close early.
116. Being the single income earner in my home I cannot afford to participate in any outside activities. I have already had to give up my personal medications in order to just feed my family.
117. CHP shouldn't charge Faculty/Staff to use their facilities. It is tough to promote ASU Fitness & Wellness when you have to pay to use the facilities. No one else on campus charges for their facilities to be used. FMGT continues to keep the campus looking great and doesnt charge each department to upkeep their area. IT provides services as well at no cost.
118. I would like to see some sort of walk or race that the ASU student body took on for an institution. A walk for the cure is done too much but maybe for those who can't see, or a disability, a walk against bullying, or a fun race for the military. It doesn't have to be elaborate but something that can bring students together
119. A masters swimming progrm would be very beneficial to assist/teach student, faculty, and community the basics for participating in many of the local triathlons here in San Angelo.
120. As stated earlier, ASU needs to adopt a physical fitness/wellness plan as follows: Staff should be given time during work to exercise limited to no more than 1 hr for each session, up to 3 times a week. This hour includes dressing time, and exercise must occur on campus (either brisk walks, utilize outdoor basketball/tennis facilities, or at the CHP). The hour is DEPENDENT upon supervisor agreement, and work comes first if there is a conflict in scheduling the hour. Staff must have a Dr's OK to partake in the fitness plan. If the fitness time is taken at the end of the day, the employee must check in with their office at the completion of their workout before going home. Any abuse of this hour will cause the employee to lose the priviledge. In my previous job with the federal gov't, we had a process like this and it worked. The number of staff who increased their physical well-being was significant! With most staff jobs being both sedentary and comprising 8 hours of computer work - everyone benefitted ergonomically with time away from their chairs and visually with time away from computer screens...
121. Different types of activites to interest different types of people. Make more groups for less active people are have more avabile times
122. More advertising
123. "Year long challenge or mini-weight loss/overall health challenges to promote reducing body mass instead of scale readings.

124. Try different types of classes for a small fee (different types of yoga, etc.)
125. Promote items off-campus (outside of the races) to be healthy and well.
126. Thank you for what you do currently!"
127. YOGA CLASSES
128. More classes such as yoga and pilates and group runs, etc. Having continuous events would increase involvement, and it would make sense to partner with the UREC classes rather than have separate activities.
129. "free access to fac/staff to all fitness classes
130. fitness course through out the campus:
131. <http://www.outdoor-fitness.com/equipment/product%20gallery.htm>"
132. Having fitness classes begin at 5:30 pm instead of 5:00--employees get off work @ 5:00pm.
133. Allow spouses to participate in fitness classes.
134. Do not charge employees/spouses for fitness classes if they already pay the annual \$120 each.
135. Create a benefit allowing employees 3 hours a week PAID exercise time.
136. Saturday Cycle or Yoga classes
137. Week day fitness classes at 6:00am
138. KICKBOXING!!
139. Oh, and a later Yoga class, not just at 12"
140. A program for overweight students, with a weight-loss goal, personal trainers (at a cost-effective price).
141. I was interested in hiring a personal trainer, but could not justify the price with the short amount of sessions."
142. more classes at more times
143. A school sponsored tri or a cycling club would be nice.
144. The fitness events should be better advertised to all students not just those who use the facilities. Facility staff are not well educated on the different things offered by asufit and the fitness programs I am usual directed to the website for more information. I feel like if I am at the CHP asking for information I shouldn't have to leave to use a computer to get that information. Emails with information on events and services would probably increase attendance.
145. Insanity Fitness Class
146. 5K's are good. as well as any kind of challenge
147. "*Allowing employees to use the facilities for free like it used to be.*
148. Better challenges...the spring challenge did not engage our office like previous challenges. They need to be team or group oriented."
149. It seems to me that ASUFit does a good job for the people who choose to be involved. I'm not sure what all needs to be improved because I'm not a big participant - even though I do keep pretty fit on my own.

150. There are numerous facilities and activities here and out there. You just have to have the "Want" to get out there. Self motivation is the key. You have to entice people to diet, exercise. That is a multi-billion dollar business these days.
151. I've never heard of it before. You should have more activities, publicity, and/or involvement. Maybe cosponsor some events with a more popular department/area to get your program known well on campus?
152. More on campus paths or running trails would be great. additional gym equipment such as the Concept 2 rowing machine and assisted pull up machines would provide more well rounded and complete gym