

## 2015 Carleton Satisfaction Survey for Students

### Athletics Programs

| Athletics Programs |     |                                 |     |                                     |     |
|--------------------|-----|---------------------------------|-----|-------------------------------------|-----|
| Yes participated   |     | Not participated but interested |     | Not participated and not interested |     |
| %                  | #   | %                               | #   | %                                   | #   |
| 19.0%              | 116 | 46.0%                           | 281 | 35.0%                               | 214 |

### Mean of Responses

|   | Athletics Programs |      |           |
|---|--------------------|------|-----------|
|   | Yes participated   |      |           |
|   | N                  | Avg. | Std. Dev. |
| My overall experience with the Athletics Programs                   | 106                | 8.2  | 1.7       |
| Way in which program opportunities are communicated and promoted    | 104                | 7.0  | 2.2       |
| Quality of the program instructors/leaders                          | 98                 | 8.0  | 2.0       |
| My overall satisfaction with the variety of fitness classes offered | 87                 | 7.9  | 1.9       |

### Percentage of Responses

|   | Athletics Programs |       |       |
|---|--------------------|-------|-------|
|   | Yes participated   |       |       |
|   | Low                | Med.  | High  |
| My overall experience with the Athletics Programs                   | 3.8%               | 23.6% | 72.6% |
| Way in which program opportunities are communicated and promoted    | 9.6%               | 48.1% | 42.3% |
| Quality of the program instructors/leaders                          | 5.1%               | 29.6% | 65.3% |
| My overall satisfaction with the variety of fitness classes offered | 6.9%               | 27.6% | 65.5% |

**Source:** 2015 Carleton Satisfaction Survey for Students

**Notes:** 1. % -> percentage of respondents where: Low - 1,2,3,4; Med. - 5,6,7; High - 8,9,10.

### Would you recommend the fitness classes to friends?

| Yes   |    | No    |    |
|-------|----|-------|----|
| %     | #  | %     | #  |
| 86.9% | 93 | 13.1% | 14 |

### Will you purchase a fitness class in the next term/year?

| Yes   |    | No    |    |
|-------|----|-------|----|
| %     | #  | %     | #  |
| 40.7% | 44 | 59.3% | 64 |

### Ideal time of day of a fitness class

|            | %     | #   |
|------------|-------|-----|
| before 9am | 17.1% | 65  |
| 9am-noon   | 14.5% | 55  |
| noon-1pm   | 3.2%  | 12  |
| 1pm-3pm    | 9.5%  | 36  |
| 3pm-5pm    | 11.8% | 45  |
| after 5pm  | 43.9% | 167 |

### Ideal length of a fitness class

|            | %     | #   |
|------------|-------|-----|
| 30 minutes | 14.2% | 54  |
| 45 minutes | 36.6% | 139 |
| 60 minutes | 42.1% | 160 |
| 90 minutes | 7.1%  | 27  |

### Types of fitness classes you would be interested

|   | %     | #   |
|---|-------|-----|
| Dance classes   | 33.2% | 132 |
| Group cycling (spinning)                              | 31.5% | 125 |
| Martial Arts  | 31.7% | 126 |
| Yoga and Pilates                                      | 51.6% | 205 |
| Group and Specialty fitness (cardio, boot camp, step) | 56.2% | 223 |
| Mature fitness  | 9.8%  | 39  |

### Best way to reach you regarding athletics programs

|   | %     | #   |
|---|-------|-----|
| Facebook  | 43.8% | 174 |
| Twitter   | 13.6% | 54  |
| Instagram   | 15.4% | 61  |
| Newsletter  | 18.1% | 72  |
| Athletics Website                                   | 22.9% | 91  |
| Posters   | 26.7% | 106 |
| Direct email to all students                        | 72.3% | 287 |
| Push notifications from the Carleton University App | 30.0% | 119 |
| Other (please specify)>                             | 3.5%  | 14  |

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