Tips for CAPS: On-campus service-learning in a facility management course

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University of Indianapolis

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PURPOSE OF SESSION

Service-Learning

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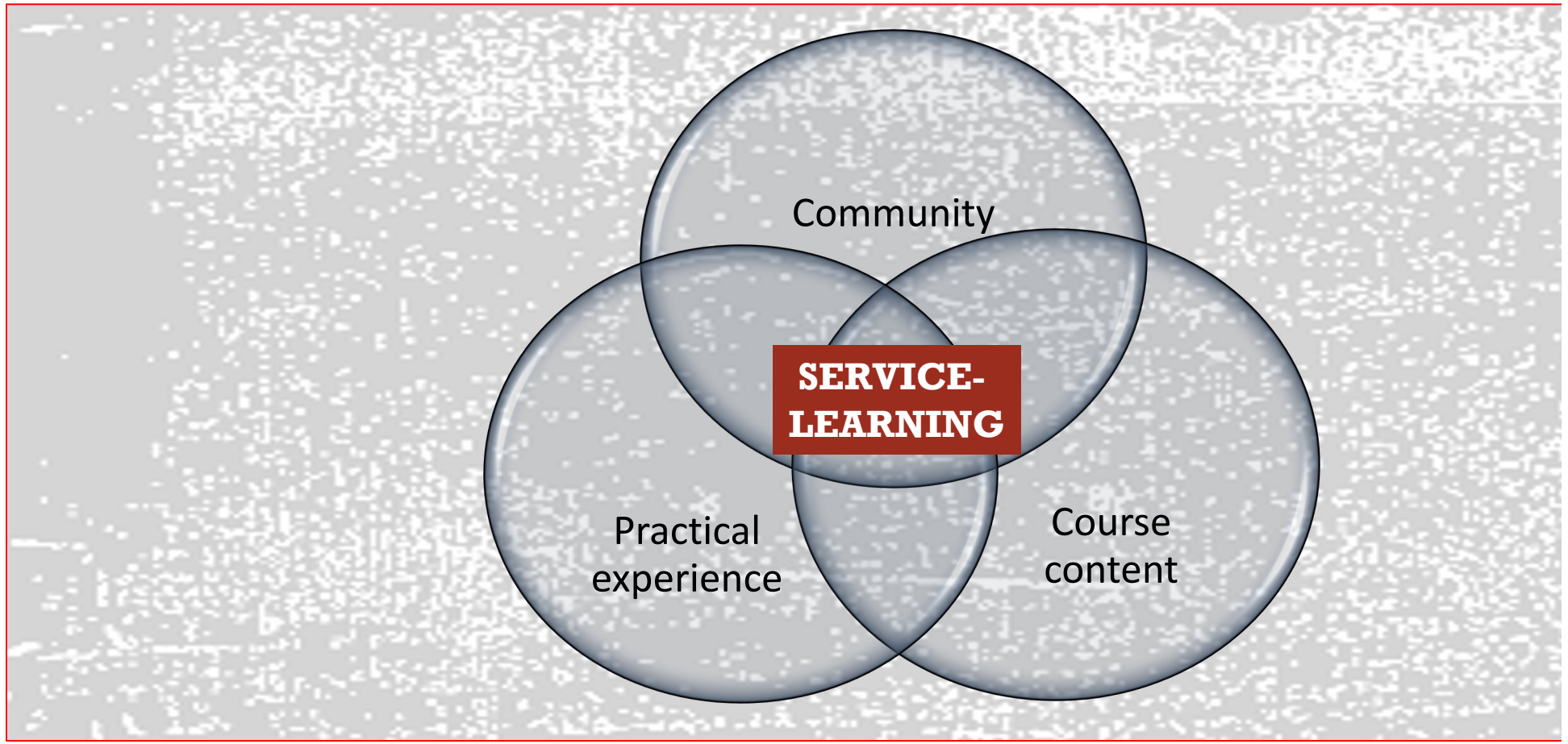
SERVICE-LEARNING



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CAPS PROJECT

- THIS

- NOT THIS

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THE QUESTION(S)

- ARE FACULTY & STUDENTS USING THE NEW FACILITY?
- WHEN?
- WHAT EQUIPMENT?
- SIGNING IN PROPERLY?
- REPEAT CUSTOMERS

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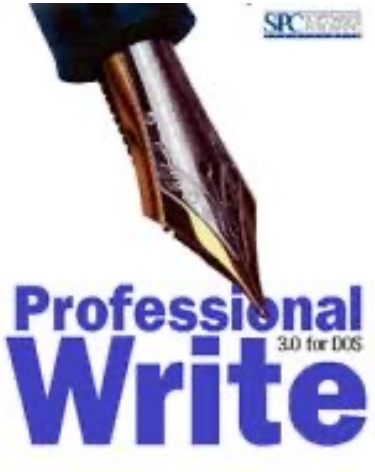
LEARNING OBJECTIVES

Collect & analyze data

Draw conclusions



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STEP 1

- **CONTEXT**

4. An Assessment of Proximity of **Fitness Facilities** and Equipment and Actual Perceived Usage by Undergraduate University Students: A Pilot Study.

Academic Journal

Allen, Rebecca; Ross, Craig M., Recreational Sports Journal Oct2013, Vol. 37 Issue 2, p123 (English Abstract Available)

Subjects: PHYSICAL **fitness** centers; PHYSICAL **fitness** -- Psychological aspects; PHYSICAL **fitness** -- Research; HEALTH of **college** students; SOCIAL cognitive theory; RECREATION for **college** students

Show all 5 Images

PDF Full Text (150KB)

5. Use of a Student Recreation Center. Self-Determination Needs Satisfaction. and Subiective Vitalitv: A

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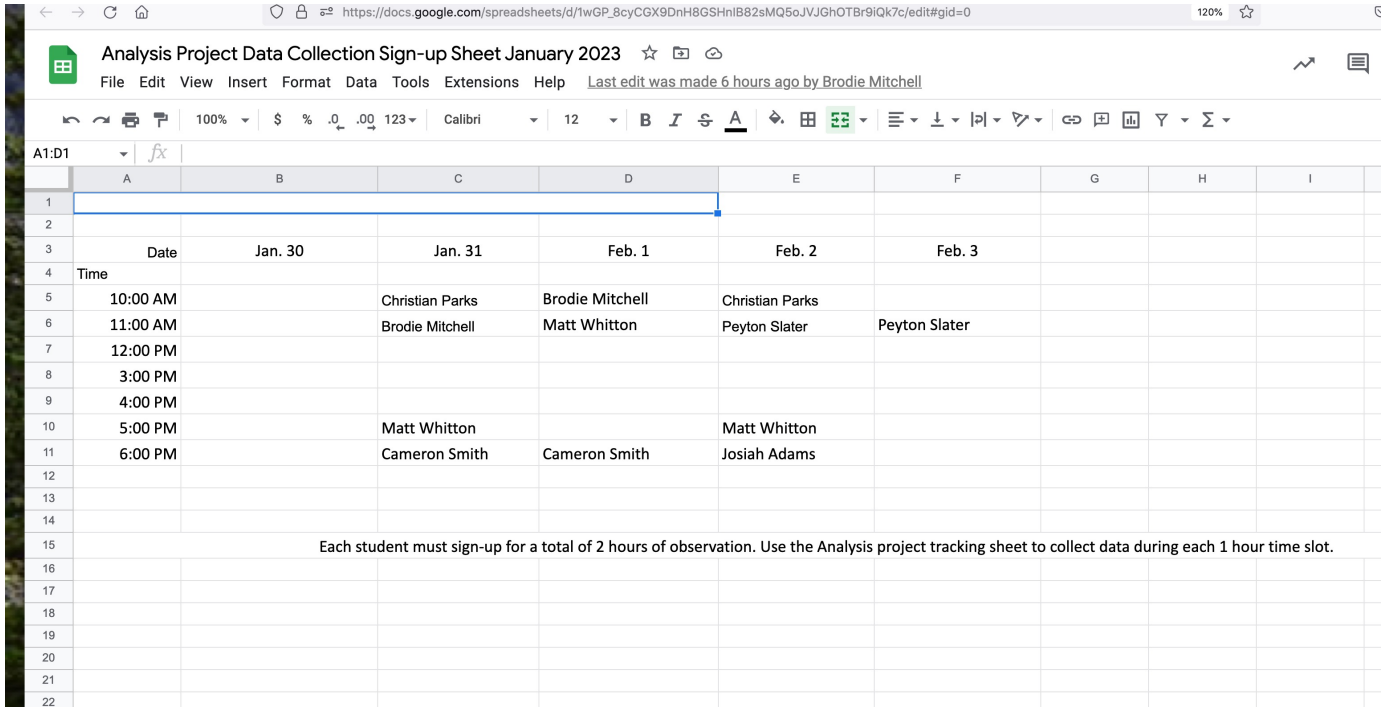
STEP 2

- **COLLECT DATA VIA OBSERVATION**



https://docs.google.com/spreadsheets/d/1wGP_8cyCGX9DnH8GSHnlB82sMQ5oJVJGhOTBr9iQk7c/edit#gid=0

Analysis Project Data Collection Sign-up Sheet January 2023

File Edit View Insert Format Data Tools Extensions Help Last edit was made 6 hours ago by Brodie Mitchell

Date	Jan. 30	Jan. 31	Feb. 1	Feb. 2	Feb. 3
Time					
10:00 AM		Christian Parks	Brodie Mitchell	Christian Parks	
11:00 AM		Brodie Mitchell	Matt Whitton	Peyton Slater	Peyton Slater
12:00 PM					
3:00 PM					
4:00 PM					
5:00 PM		Matt Whitton		Matt Whitton	
6:00 PM		Cameron Smith	Cameron Smith	Josiah Adams	

Each student must sign-up for a total of 2 hours of observation. Use the Analysis project tracking sheet to collect data during each 1 hour time slot.

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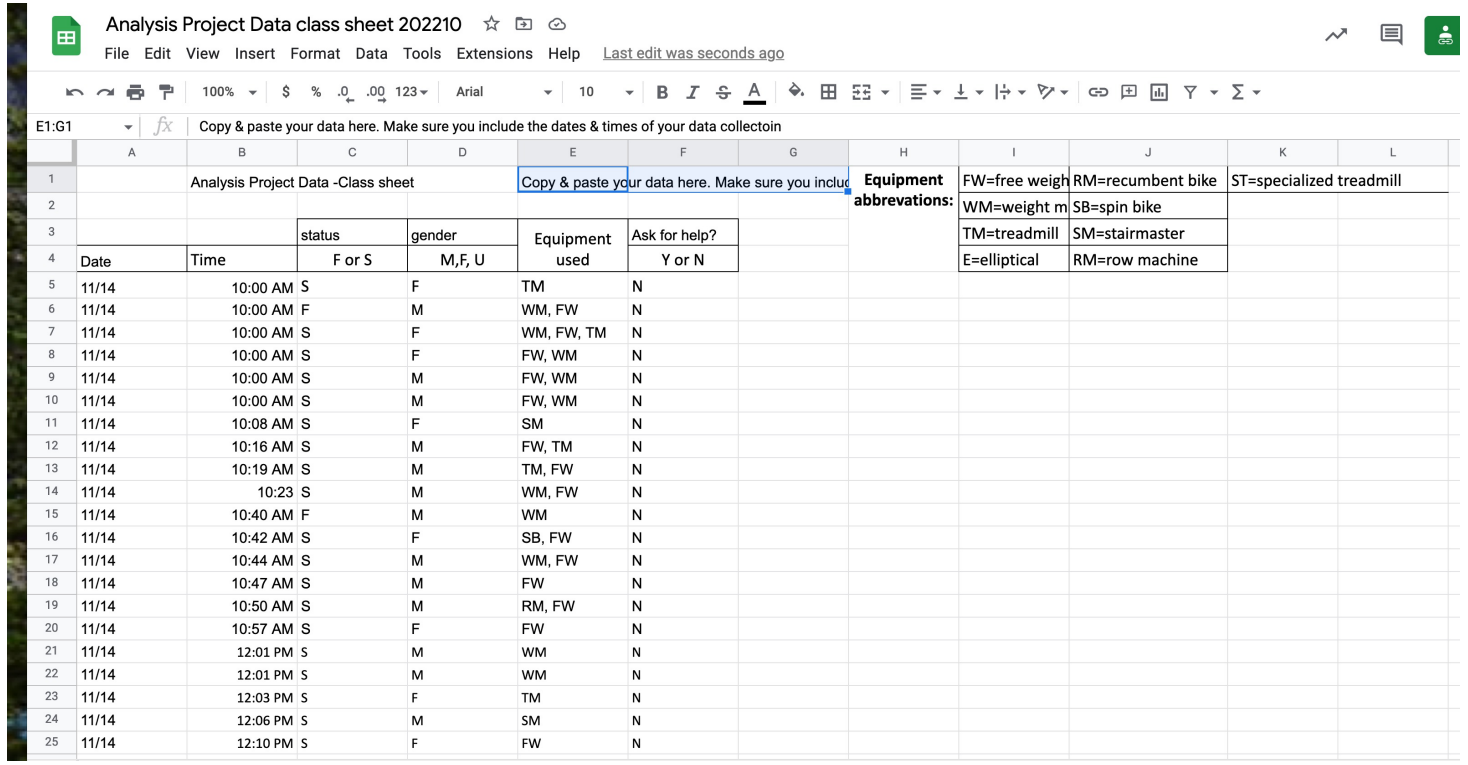
STEP 3

- **REPORT DATA VIA GOOGLE SHEET**



Analysis Project Data class sheet 202210

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E1:G1 — Copy & paste your data here. Make sure you include the dates & times of your data collectoin

	A	B	C	D	E	F	G	H	I	J	K	L
1		Analysis Project Data -Class sheet			Copy & paste your data here. Make sure you includ			**Equipment abbrevations:**	FW=free weigh	RM=recumbent bike	ST=specialized treadmill	
2									WM=weight m	SB=spin bike		
3			status	gender	Equipment	Ask for help?			TM=treadmill	SM=stairmaster		
4	Date	Time	F or S	M,F, U	used	Y or N			E=elliptical	RM=row machine		
5	11/14	10:00 AM	S	F	TM	N						
6	11/14	10:00 AM	F	M	WM, FW	N						
7	11/14	10:00 AM	S	F	WM, FW, TM	N						
8	11/14	10:00 AM	S	F	FW, WM	N						
9	11/14	10:00 AM	S	M	FW, WM	N						
10	11/14	10:00 AM	S	M	FW, WM	N						
11	11/14	10:08 AM	S	F	SM	N						
12	11/14	10:16 AM	S	M	FW, TM	N						
13	11/14	10:19 AM	S	M	TM, FW	N						
14	11/14	10:23	S	M	WM, FW	N						
15	11/14	10:40 AM	F	M	WM	N						
16	11/14	10:42 AM	S	F	SB, FW	N						
17	11/14	10:44 AM	S	M	WM, FW	N						
18	11/14	10:47 AM	S	M	FW	N						
19	11/14	10:50 AM	S	M	RM, FW	N						
20	11/14	10:57 AM	S	F	FW	N						
21	11/14	12:01 PM	S	M	WM	N						
22	11/14	12:01 PM	S	M	WM	N						
23	11/14	12:03 PM	S	F	TM	N						
24	11/14	12:06 PM	S	M	SM	N						
25	11/14	12:10 PM	S	F	FW	N						

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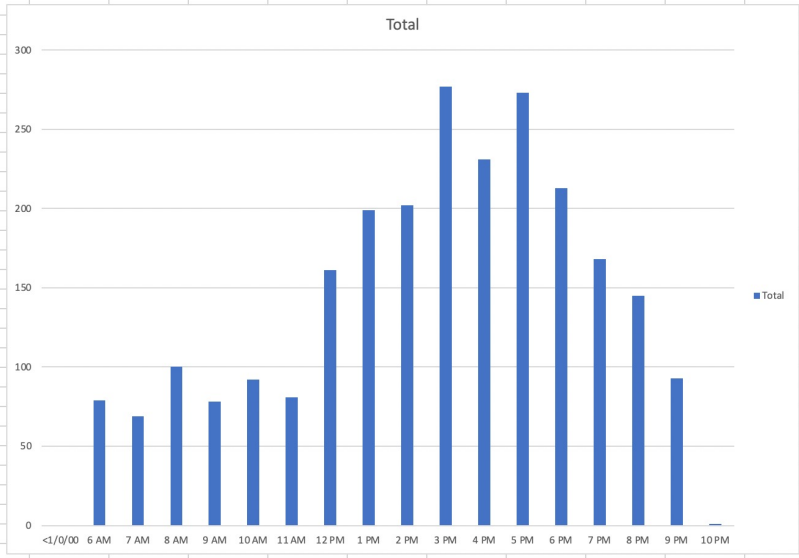
STEP 4

- **ANALYZE THE DATA & DRAW CONCLUSIONS**

Row Labels	Count of Check-in Time
<1/0/00	
6 AM	79
7 AM	69
8 AM	100
9 AM	78
10 AM	92
11 AM	81
12 PM	161
1 PM	199
2 PM	202
3 PM	277
4 PM	231
5 PM	273
6 PM	213
7 PM	168
8 PM	145
9 PM	93
10 PM	1
Grand Total	2462



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STEP 5

- **REPORT THE DATA**

Department of Kinesiology, Health, and Sport Sciences

CAPS Equipment Usage and its Trends

Sarah Lopez-Tapia, University of Indianapolis, Indianapolis, IN
Madison Phillips, University of Indianapolis, Indianapolis, IN
Amy Vegh, University of Indianapolis, Indianapolis, IN

Introduction

Equipment is the most expensive item bought and maintained when beginning a fitness center or gym. The type and number of pieces of equipment a university purchases will affect the equipment prices as well. An order may contain a studio for $8,000 or a big gym with all the equipment one could want for $50,000 (Heinz, 2022). When investing in a gym, such as a fitness facility, an institution must make sure to buy high-quality gym equipment (Heinz, 2022). Despite schools spending a lot of money on athletic and recreational sport facilities, college students don't make use of the health and equipment advantages available (Allen, 2013). Knowing what will be used versus what will be wasted and just collect dust is crucial. Uindy has a new fitness center called the Center for Applied Health and Performance (CAPS). To meet the needs of student athletes and other top performers, equipment must have above-average performance capacity (Team et al., 2018). Since Uindy has very similar equipment to the ones found in the ARC for athletes and their websites states that the facility provides experience for their student going in health-related fields, we can assume the costs of the equipment bought for CAPS is on the higher end. We also know that the majority of the equipment is new to the university because they have upgraded in space from the previous fitness facility offered. Due to the assumed purchase cost, we want to know if the usage of said equipment follows national trends in effectiveness. The purpose of the research is to collect data on what equipment is used and when in CAPS. From this research, the results found will be compared to nationally collected data and conclude whether or not the CAPS space facility is efficient in equipment usage.

Methods

The CAPS facility is located on the second floor of Uindy's Student Center, with entries and exits on both sides of the gym. It offers a variety of fitness classes and a wide range of fitness equipment. For this project, the data revolved around the specific equipment in the center and who uses it. Equipment offered in CAPS is free weights, dumbbells, kettlebells, weight machines, treadmills, bikes (recumbent and spin), ellipticals, Stairmasters, and rowing machines. The CAPS building has a very large, open floor plan. Additionally, there are two smaller areas inside the facility that has additional equipment and room for a workout. One is behind semi-see-through glass and has med balls, ropes, and yoga mats. The other one is located by the front desk and offers a secluded workout behind a door. This room has kettlebells, two wind bikes, and two pulley machines. It is depicted on the right side of the page above the references list. Before you enter the facility, there are small lockers outside by the restrooms.

Methods Continued

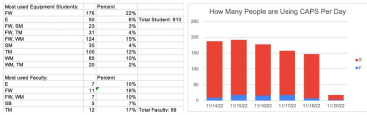
Data was collected on students and faculty members using the CAPS facility during the week of November 14th through November 18th from the hours 10:00 am to 7:00 pm and additionally on November 20th from 12:00 to 1:00 pm. These collection times were overseen by the KINS 355 class. The data that was collected was based on the date, time, whether a participant was a student or faculty member, male or female or other, what equipment was used, if they asked for help, if they wore headphones or not, and if they watched on their phone or tablet.

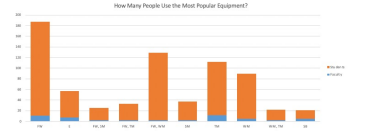
Results

The amount of people using the new fitness center per day is above 200 on workdays. This is estimated based on the data that was collected during peak hours and not all hours since there were about seven unobserved hours per day. Based on our findings, at least 44% of students use free weights or some combination of free weights and other machines. A combination of weight machines and other equipment was the second most popular among students at 27%, with treadmills (or some combination) coming in close third at 18%. Faculty seem to gravitate towards free weights as well but only about 26% of them compared to the 44% of students. Cardio equipment (including ellipticals, treadmills, and bikes) make up the most used for faculty at a combined 34%. In the table and graphs below there are abbreviations in place of names of equipment. They are as follows: FW is free weights, WM is weight machines, TM is treadmill, E is elliptical, RM is recumbent bike, SB is spin bike, SM is Stairmaster, and RM is row machine.

Most used Equipment Students:	Percent	
FW	178	22%
E	56	6% Total Student: 810
FW, SM	23	3%
FW, TM	31	4%
FW, WM	124	15%
SM	46	6%
TM	150	18%
WM	85	10%
WM, TM	20	2%

Most used Faculty:	Percent	
E	7	10%
FW	11	16%
FW, WM	7	10%
SB	5	7%
TM	12	17% Total Faculty: 69





Findings indicate that the CAPS facility is being used everyday, mostly by students, less by faculty. Yet the average number of people per hour (200 people/8 hours observed) is about 25 people, which is under the assumed capacity of the fitness center.

Conclusion & Recommendations

The facility is open to University of Indianapolis staff and students Monday through Friday from 6:30 am to 10 pm and on Saturday and Sunday from 12 pm to 10 pm. Students and staff use the space to be active, maintain excellent health, and develop strong relationships with their fellow peers. There are also programs offered for students who are intending on working in the health field to get real time experience.

Based on the findings in the data, most people used the free weights, weight machines, treadmills, Stairmasters, and the bikes. In The observed data leans towards a recommendation of getting rid of the rowing machines that are not used nearly as often as any other piece of equipment, by selling them and using the money to purchase more free weight options replenishing the empty space made. Students make up the majority of attendees at the CAPS facility. To improve the output of faculty members at the facility, it is recommended to make the aerobic section more appealing. The school can do this by converting the isolated space by the front desk into an aerobic specific area. They can move some of the ellipticals in front of the windows and place bikes facing in towards the center. This can also be made into a space that offers spin classes as an option for students and faculty.

References

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Heinz, T. (2022, August 18). *How much does it cost to start a new gym?* Buy Boxing, MMA Gear, Fitness & Gym Equipment on Wholesale Price. Retrieved November 29, 2022, from https://wholesale.rdxsports.com/blog/how-much-does-it-cost-to-start-a-new-gym

Team, W. by T. E., by, W., & Team, T. E. (2018, June 13). *Best Fitness Equipment for University Gyms*. TreadmillReviews.net. Retrieved November 29, 2022, from https://www.treadmillreviews.net/commercial/university-gyms/

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Student comments

- helped me organize my ideas and information. It also, helped me better understand my topic through research and writing
- doing projects in the real world was very beneficial
- helped me learn how to collect data and create results that go along with the research conducted
- hands on learning that was offered to the students. Having to do assignments and projects that require students to engage themselves helps them with learning the material.

Helped me think more critically – 4.4/5

Challenged me intellectually – 4.5/5

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