

STUDENT SENATE BILL 2023-1156

TITLE: Resolution Advocating for Increased Outdoor Recreation Spaces for Students

AUTHOR(S): Senator Nathan Patrick, Senator Paige Kleppe

SPONSORS: Minority Party Leader Bronson Allemand , Senator Monish Vijayaraghavan, Senator Owen Lekebusch, Senator Julia Seifer, Senator Claudia Garcia, Senator Samantha Kinggard, Senator Eric Oh, Senator Elsa Brantmeyer, Senator Saketh Damara, Senator Matthew Reich

WHEREAS, outdoor recreation spaces play a vital role in promoting physical fitness, mental well-being, and a sense of community among students and staff at educational institutions [1]; and,

WHEREAS, the University of Florida is committed to fostering a healthy and inclusive campus environment that encourages physical activity and social interaction [2]; and,

WHEREAS, an expanded array of outdoor recreation spaces can cater to the varying interests and fitness levels of the university's diverse student population; and,

WHEREAS, outdoor exercise has been shown to have numerous health benefits, including improved cardiovascular fitness, reduced risk of chronic diseases, and enhanced mental health [3]; and,

WHEREAS, the University of Florida has a legacy of being a pioneer in campus recreational programs and facilities [4]; and,

WHEREAS, several studies have highlighted the positive correlation between outdoor recreation and increased academic performance, creativity, and problem-solving abilities among students [5]; then,

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate recognizes the significance of expanding opportunities for outdoor recreation spaces, including but not limited to tennis courts and workout stations, to enhance the overall well-being and academic success of the university community.

THEREFORE, LET IT FURTHER BE RESOLVED that the University of Florida Student Senate urges the university administration to allocate resources and support the development of additional outdoor recreation spaces on campus, with a focus on promoting physical activity, inclusivity, and sustainability.

THEREFORE, LET IT FURTHER BE RESOLVED that the University of Florida Student Senate encourages collaboration between campus recreational organizations and student groups to ensure the new outdoor recreation spaces cater to the diverse interests and preferences of the student body.

THEREFORE, LET IT FINALLY BE RESOLVED that the University of Florida Student Senate calls upon the university to conduct regular assessments and surveys to gauge the utilization and effectiveness of the outdoor recreation spaces, and to make necessary improvements based on feedback from the university community.

Proviso: A copy of this resolution shall be sent to University of Florida President Ben Sasse, Vice President for Student Life Dr. Heather White, Interim Provost J. Scott Angle, Director of Recreational Sports Laura Hall, and Sustainable UF Director Matthew Williams.

[1] <https://www.fs.usda.gov/features/wellness-benefits-great-outdoors#:~:text=Studies%20also%20show%20that%20being,risk%20factors%20for%20cardiovascular%20disease>

[2] <https://recsports.ufl.edu/>

[3] <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

[4] <https://recsports.ufl.edu/about/friends-and-alumni/forever-in-motion/>

[5] <https://www.reviewofoptometry.com/article/outdoor-time-can-positively-impact-school-performance#:~:text=The%20study%20revealed%20that%20when,correlation%20was%20no%20longer%20significant>