

STUDENT SENATE BILL 2024-1121

TITLE: Resolution For Extending Hours of Southwest Recreation Center

AUTHOR(S): Senator Megan McGuire and Senator Roman Quattrocchi

SPONSOR(S): Senator Julia Seifer, Senator Abby Whitaker, Senator Anabella Vigna, Senator Monish Vijayaraghavan, Senator Caroline Kelley, Senator Coe Leavengood, Senator Nathaniel Thomas, Senator Kishan Nayak, Senator Laurel Wentworth, Senator Connor Ruffin

WHEREAS, On a national basis, there is a decrease in the amount of physical activity a young-adult endears when transitioning from high school to college, and study published by the National Library of Medicine reports that 65% of students reported engagement in regular vigorous activity and 26% in regular moderate physical activity during high school, but during their college years 38% of students participated in regular vigorous and 20% moderate [1]; and,

WHEREAS, when students adjust to the independence of college and new daily habits- they are often overwhelmed in the choice they have with various factors including sleep habits, diet, social life, homework, and other extracurricular activities, thus having difficulty balancing all necessary parts of their day [2]; and,

WHEREAS, according to the academia titled *Regular Physical Activity, Short-Term Exercise, Mental Health, and Well-Being Among University Students: The Results of an Online and a Laboratory Study*, engaging in regular physical activity has a direct effect of improving cardiovascular fitness and self-reported mood, anxiety, and depressive symptoms [3]; and,

WHEREAS, one of the many positive and direct benefits of physical activity is the production of neurotransmitters specifically related to the alleviation of pain, decreased stress, and enhanced well-being, called endorphins [4]; and,

WHEREAS, extending the hours of Southwest Recreation Center would give students an increase in opportunities to take part in physical activity in an effort to reduce their stress and oncoming symptoms of anxiety and depression; and,

WHEREAS, as mentioned in a study published by the National Library of Medicine- The frequency of depression, anxiety and stress among university students was found 75%, 88.4% and 84.4% respectively. [5]; and,

WHEREAS, the current hours of Southwest Recreation Center are extended to close the facility at 1:00 AM from Monday-Friday and 11:00 PM on the weekend- thus extended the overall hours of the facility by two hours each day; then,

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate recognizes a dire need for increased accessibility to workout facilities at a wider range of times in the day for both undergraduate and graduate students.

THEREFORE, LET IT FURTHER BE RESOLVED that the University of Florida Student Senate recognizes the correlation of decreased mental health issues when an individual engages in regular physical activity.

THEREFORE, LET IT FINALLY BE RESOLVED that the University of Florida Student Senate urges administration to further invest in the extension of Southwest Recreation hours.

Proviso: A copy of this resolution shall be sent to University of Florida President Ben Sasse, Interim Provost J. Scott Angle, University of Florida Director of Recreational Sports Laura M. Hall

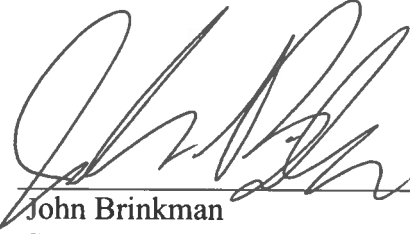
[1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5685070/>

[2] <https://pdfs.semanticscholar.org/65bd/5cdedee4e143b0a6f5087d3fca75856b446.pdf>

[3] Herbert, C., Meixner, F., Wiebking, C., & Gilg, V. (2020). Regular physical activity, short-term exercise, mental health, and well-being among university students: the results of an online and a laboratory study

[4] <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>

[5][https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7372668/#:~:text=M%3D19.02%20respectively,-.The%20frequency%20of%20depression%2C%20anxiety%20and%20stress%20among%20university%20students, and%20extremely%20severe%20\(8.6%25\).](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7372668/#:~:text=M%3D19.02%20respectively,-.The%20frequency%20of%20depression%2C%20anxiety%20and%20stress%20among%20university%20students, and%20extremely%20severe%20(8.6%25).)



John Brinkman
Senate President

2/16/2024
Date