

STUDENT SENATE BILL 2024-1348

TITLE: Resolution Advocating for Gym Upgrades for Student Recreation & Fitness Center

AUTHOR(S): Senator Roman Quattrocchi

SPONSOR(S):

WHEREAS, the University of Florida has a 37,000 square foot recreational center accessible to all students named the Student Recreation and Fitness Center (SRFC) [1]; and,

WHEREAS, Student Recreation and Fitness Center is committed to encouraging lifelong wellness for students as it pertains to gym usage [2]; and,

WHEREAS, an article by the Center for Disease Control and Prevention (CDC) entitled “Physical Activity Boosts Brain Health” claims that regular, consistent physical activity has been proven to be beneficial for an individual’s heart, muscle, bone, and brain health [3]; and,

WHEREAS, an article by Purdue University titled “College Students Working Out at Campus Gyms Get Better Grades” found that gym usage was linked to higher grade point averages among students [4]; and,

WHEREAS, the aforementioned article also maintains that more than 1,820 students who visit Purdue's France A. Córdoba Recreational Sports Center at least 16 times a month earned a GPA of 3.10 or higher; and,

WHEREAS, individual students have various preferences as it pertains to fitness that contribute directly to their individual wellbeing and wellness; and,

WHEREAS, students are more likely to utilize Student Recreation and Fitness Center with new and/or upgraded gym equipment in which they are interested in using or which enables them to maximize their physical wellness; and,

WHEREAS, in accordance with their commitment to encourage lifelong wellness for students, the Student Recreation and Fitness Center ought to be open to the implementation of new gym equipment as it pertains to accommodating to student wellness needs; and,

WHEREAS, there is currently no medium by which students may request gym equipment that satisfies their preferences as it relates to health and wellness; and,

WHEREAS, the Student Recreation and Fitness Center has a website with no current capability to intake feedback from the student body as it pertains to this matter [1]; and,

WHEREAS, a feedback form on the Student Recreation and Fitness Center website could act as a practical avenue for students to voice their physical wellness needs [1]; and,

WHEREAS, the aforementioned form could be used and considered by the University of Florida Recreational Sports Board of Directors as often as needed to accurately assess and accommodate student physical wellness needs; and,

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate recognizes the need for students to be able to advocate for upgraded and new gym equipment at the Student Recreation and Fitness Center; and

THEREFORE, LET IT FURTHER BE RESOLVED that the University of Florida Student Senate commits to work closely with the University of Florida Recreational Sports Board of Directors to implement a feedback form on the Student Recreation and Fitness Center website ; and

THEREFORE, LET IT FINALLY BE RESOLVED that the University of Florida Student Senate will support the creation of a gym equipment feedback form on the Student Recreation and Fitness Center website for the betterment of the aggregate student health and wellbeing on campus.

Proviso: This resolution was authored and to contributed by Senator Cole Bennett. A copy of this resolution shall be sent to University of Florida Recreational Sports Board of Directors, Senior Director of Rec Sports Laura Hall, Director For Facilities and Operations Marty Dempsy, and Vice President for Student Life Heather White.

[1] <https://recsports.ufl.edu/locations/student-recreation-fitness-center/>

[2]<https://umatter.ufl.edu/physical-wellness/#:~:text=Student%20Recreation%20%26%20Fitness%20Center&text=We%20are%20committed%20to%20advancing,a%20welcoming%20and%20safe%20environment>

[3] <https://www.cdc.gov/nccdphp/dnpao/features/physical-activity-brain-health/index.html>

[4]<https://www.purdue.edu/newsroom/releases/2013/Q2/college-students-working-out-at-campus-gyms-get-better-grades.html>



Monish Vijayaraghavan
Senate President

6/10/24

Date