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West Virginia University
The Student Assembly - Student Government Association
Assembly Resolution: AR-2020-03

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Title: A RECOMMENDATION TO IMPLEMENT “ACTIVE STUDY ROOM” PILOT PROGRAM IN THE DOWNTOWN LIBRARY TO CREATE A FITNESS-FRIENDLY CAMPUS

14	Short Title:	Introducing “Active Study Room” pilot program
15	Place usage	Downtown Library
16	Primary Sponsor:	Sarah Zanabli, Senator
17	Secondary Sponsor(s):	Travis Rawson, President Pro Tempore
18		Noor Dahshan, Senator
19		Nick Shoemaker, Senator
20		Camryn Pressley, Senator
21		Victoria Teufel, Senator
22	First Reading Date	03-04-2020
23	Second Reading Date	03-11-2020

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Whereas, exercise habits developed in college determine an individual’s exercise habits for the rest of their life.¹

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Whereas, regular physical activity has been proven to be associated with a decreased risk of obesity, heart disease, anxiety, depression, and other diseases. Additionally, exercise reduces stress, improves mood, and has been associated with better academic outcomes, and these protective benefits can last the rest of an individual’s life. ²

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Whereas, young adults need at least 150 minutes of aerobic exercise and on average, six in ten college students do not get the recommended amount of daily physical exercise because of homework, stress, sleep habits, diet, social life, time constraints, and distance barriers.¹

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Whereas, a study shows that in 2012, at least 49% of over 90,000 college students did not meet national exercise guidelines. Furthermore, research shows that adolescents and young adults are getting significantly less physical activity and are exhibiting more sedentary behavior.²

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Whereas, an experiment performed over twelve months in a financial services company show that overall work performance and quality as well as interactions with coworkers improved as a result of adopting treadmill workstations. Additionally, the total amount of daily physical activity outside of work also increased because of the positive emotional response from exercising.³

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Whereas, studies show making a work or education space more fitness friendly, such as adding a stationary bike, can boost motivation and morale while decreasing sedentary behavior without negatively affecting performance.⁴ Furthermore, a study done at Harvard shows that when an individual's brain is positive, one can attain a 31% increase in the level of productivity, which is beneficial for students studying at the library.⁵

Whereas, WVU is currently within the 25th percentile in area of indoor recreation space per student at 6.1 sq ft/student compared to Marshall which has 9.4 square ft/student and Penn State which has 16.7 square ft/student.⁶

Whereas, original research from WVU Campus Recreation and WVU Institutional Research examined the relationship between housing location and use of the student recreation center and results indicate that 2014-17 first-time undergraduate students are 2.5 times more likely to use the recreational center if they live on the Evansdale Campus.⁶

Whereas the same research shows a positive and significant relationship between recreational center use, retention, and GPA and found those students to

- have 8.4% points higher retention than non-users
- have 0.28 points higher GPA than non-users
- contribute to at least \$1.2 million annually⁶

Whereas, having exercise machinery in the downtown library will be convenient and influential for downtown residents who are less likely to go to the recreational center, and can help studying students focus better or take a healthy break, boosting mood and energy.⁷

Whereas, the recreational center, the downtown library, and other collaborators welcome the idea and are currently working towards implementing "Active Study Rooms."

Therefore, be it resolved by the Student Assembly of West Virginia University:

- I. Implement the "Active Study Room" pilot program that introduces a yoga mat, a yoga ball, and sanitation wipes that can be checked out at the counter and a poster advertising it and recommending exercises in the second-floor downtown library study rooms. A QR code with an online survey will be on the poster to gauge the usefulness of the program. The equipment will be monitored by Library staff and the expenses for the pilot program will be paid for by the Student Recreational Center.***
- II. If the program is proven successful, the pilot program can be reassessed, taking into consideration financial and space constraints, and reimplemented to other areas of the downtown library or other areas on campus.***

Mandates:

G. Corey Farris, Dean of Students
Sabrina Cave, Executive Director, Student Enrichment
Dr. Thanh Le, Director, Student Engagement and Leadership (Advisor)

91 Daily Athenaeum
92 Kate Dye, Student Body President
93 Any other person that may you want to read this legislation.

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96 **References**

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98 **of College Students**
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