Department of Kinesiology Activity Program
Survey Research & Student Feedback
2008-2009

Qualitative Feedback

• “I think everyone should take self-defense class,” Sarah Kyo, Journalism Junior.

• “The class (self-defense) is enjoyable and educational at the same time.” Shamsia Rasheed, Pre-nursing Freshman

• “Being an engineering student, table tennis was my anti-stress class,” Chatlz Boado, Civil Engineering Senior.

• “Table tennis has benefited my daily academic studies by relieving stress in a fun and competitive way.” Kai Li, Biology graduate student

• “During the week I always looked forward to this (badminton) class. It made school more enjoyable,” Alex Siu, EE Junior

• “This class (badminton) helped me become more active.” Siyue Chen, Biology Freshman

Quotative Survey Data: Opinions of SJSU Students in Activity Classes

95%--released stress
94%--felt good about activity classes
96%--value active life styles
90%--increased self-esteem
87%--valued these classes in their education
85%--increased sociability and connections
72%--increased understanding of other cultures
- Survey by Dr. Sue Wilkinson, 2008

Trend of University Activity Classes

• MIT students have to take a swimming class and pass it
• Cal Tech requires students to take at least three physical activity classes
• More than 60% top universities in the Unites States require physical activity classes
• All Chinese universities require physical activity classes