

**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 United States require physical activity classes
- All Chinese universities require physical activity classes