

Creating Outdoor Recreation Opportunities for Fresno State Students

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Background: Recreational activities are recognized and valued by all groups of people as avenues in life for play, relaxation, escape, and in some cases as opportunities for social support or equity. In fact, participation in outdoor recreation is considered a fundamentally important and beneficial element of many people's lives, and it is often used as an indicator of people's social well-being. This is particularly true of students in higher education who greatly benefit from regular participation in outdoor recreation. Unfortunately, the Fresno State student body does not have access to regularly planned outdoor activities. Using intercept surveys Fresno State students were asked about their opinions regarding the creation of an outdoor recreation program at Fresno State. Due to the positive response Dr. Whiting partnered with Student Involvement at Fresno State and Mr. Eddie Dominguez to assist with the development of creating Fresno State Outdoor Adventures, a program that would provide a variety of outdoor recreation opportunities to students on campus. The training of student trip leaders will take place in AY 2017/18 with trip and workshops starting in the fall of 2018.