Women-Only Workout Hours

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BACKGROUND
• Women’s anxiety often increases when they are being watched and assessed while exercising, which may affect the quality of the workout (Foster & Appleby, 2015)
• Many Canadian universities offer women-only hours or sections at student rec centers
• This study explores female students’ preferences for a women-only section or hours at Eastern Illinois University (EIU) Student Recreation Center (SRC)

PURPOSE
• To assess the preferences of female students at EIU for a women-only section or hours at the SRC
• To assess the experiences of female students at EIU while exercising in the presence of men

RESEARCH QUESTIONS
What are female students’ preferences for women-only section/hours at Eastern Illinois University SRC?
What barriers are there for female students using the SRC at Eastern Illinois University?

METHOD
• Participants consisted of a convenience sample of 25 female students from Eastern Illinois University
• A 20-question survey was used consisting of yes/no and open ended questions
• Face and content validity were established
• Data were entered into SPSS and descriptive statistics were reported.

RESULTS

1. 48% of participants felt that offering a women-only space or time at the SRC would not discriminate against males
2. 44% of females admitted they avoid areas of the SRC because of males
3. Over a third of participants said they feel intimidated while working out in the presence of males

CONCLUSIONS

FUTURE DIRECTIONS
1. Use a sample of female college students that is more representative and larger than the convenience sample used in the study
2. Include qualitative methods, including semi-structured interviewing to investigate student preference for women-only amenities at the SRC
3. The SRC at Eastern Illinois University may want to consider offering a space exclusively for women

REFERENCES