



UNIVERSITY OF TORONTO
STUDENTS' UNION

Report on Second-Entry Facilities Access

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Executive Summary

Dermot O'Halloran (2019-2020) and Yasmine El Sanyoura (2018-2019)

Throughout her term as VP Professional Faculties between May of 2018 and April of 2019, Yasmine El Sanyoura organized a series of surveys that were distributed to second-entry professional faculty students at the University of Toronto. These surveys were created to determine what plan of action the UTSU should take when advocating for equitable access to gym and recreation facilities for second-entry students, as many of these students lose access to facilities towards the end of their terms due to inconsistent academic calendars.

This report was on its way to completion when Yasmine finished her term, along with the rest of the UTSU Executive of that year. Subsequently, the report fell onto myself, and it's been a pleasure to finalize the fantastic work that was done by Yasmine on this issue.

Without Yasmine's work, the current UTSU Executive would have been poorly equipped to understand this issue, so I would like to take the time to thank Yasmine here for all the work she did. All of the survey data found within this report is to the credit of Yasmine, as well as most of the core information regarding the 2018-2019 year and other components of this report.

This report summarizes the results of a survey conducted by Yasmine and the UTSU on extending gym membership for second-entry professional faculty students. While all full-time undergraduate students at the University of Toronto pay the same fees for access to sport and recreation facilities, accommodations are not made for second-entry students whose academic terms don't line up with other faculties.

Students who were affected by this issue and filled out the 2018-2019 survey are from the Faculties of Dentistry, Nursing, and Medicine. Student representatives from these faculties have voiced their concerns to the UTSU during both the 2018-2019 and 2019-2020 years, which in part is why you're now reading this report.

In the survey, students were asked to rank options for potential solutions to this issue from most favourable to least favourable, and also sought to determine to what extent second-entry students knew about the services available to them. The survey sought to determine where improvements of the system could be made to better support students' fitness throughout their academic terms.

A complete copy of the survey and data can be found in the Appendices.



Background

Issue at Hand

Students at the University of Toronto make an investment in on-campus services and facilities every year through mandatory incidental fees, some of which go towards the maintenance and operation of gym facilities.

With two mandatory semester fees of \$193.83 for the 2019-2020 year, students in full-time undergraduate programs at the University of Toronto will pay a total of \$387.66 to access the Athletic Centre, Goldring Centre for High-Performance Sport, and Varsity Centre. In addition to these fees, students will similarly pay two \$97.96 fees to access the Hart House Fitness Centre along with other services at Hart House.

Both the Hart House Fitness Centre and KPE Facilities memberships are active between September 1st and April 30th of each year, and at the end of the 2019-2020, will cost each student a total of \$583.58. For many students in second-entry professional faculty programs however, this cost doesn't cover the entirety of their academic terms, forcing them to pay a monthly or summer fee, or to go elsewhere.

Affected Faculties

In the 2018-2019 year, fourth-year students at the Faculty of Nursing finished NUR470Y on June 27th, and exams for entry-year students ended June 21st. Students in second and third-year also had academic obligations until at least mid-June.

For the 2019-2020 year, the academic year for first, second, and fourth-year students at the Faculty of Medicine had all started by August 26th. For first and second-year students, the academic year will end on May 29th, 2020. For third-year students, the academic year will end on August 31st, 2020. The only students at the Faculty of Medicine who aren't affected by membership overlap are fourth-year students, whose terms started on September 3rd, 2019, and will end April 17th, 2020.

For DDS-II students at the Faculty of Dentistry for the 2019-2020 year, the exam period will end on June 12th, 2020. For DDS-I students, their exam period will end on May 8th, 2020. Apart from exam and class periods, supplemental examinations will take place all throughout the summer for students enrolled in DDS-I through III.

In the Faculty of Law, first-year orientation events and registration began on August 19th of 2019, and are an academic requirement for law students. While their term will end on April 9th, 2020, their terms start earlier than most other faculties.



Impact

Despite having paid the same fee as first-entry undergraduate students, these second-entry students lose access to their memberships while on-campus. Each year, students arrive at KPE and Hart House facilities past April 30th assuming that their membership extends to the end of their academic year, and then have to be informed on-location that they are no longer eligible to use these facilities.

To many students, this happens during the most stressful time of their studies, and it represents inadequate support from the university when students are already overtasked. Currently, the only option for second-entry professional faculty students is to buy full summer gym memberships or monthly memberships, despite having academic terms that do not coincide with these membership packages.

These memberships are not cheap, either. After May 20th, 2019, graduate students and students from professional faculties had to pay \$58.37 to use these facilities for a month, or \$189.00 to use them between May 21st and September 1st, 2019.

For second-entry students who wish to continue their physical exercise and fitness pursuits after their membership ends, they must then take the time to find an affordable gym somewhere off campus, register, travel to and from the location regularly, and also likely pay an enrolment fee. Needless to say, for students who have been regularly using the university's facilities all year and are in the middle of their final examinations, this is not an ideal situation to be faced with.

Responses & Research

According to the respondents of the below surveys, students think that they should be given full gym memberships until the end of their terms. These students do not have control over their academic calendars, and feel like they've been ignored simply because of decisions made years before them by deans and program directors.

In the 2018-2019 year, Yasmine El Sanyoura individually reached out to gym facilities across campus to seek input and a potential resolution to this issue. Facilities voiced their opinion that giving these students extended access would be "inequitable," because it would mean that students in the Faculty of Arts & Science would have shorter memberships than those in second-entry professional faculties.

In the past, Hart House has granted students longer access periods without extra charge, after student representatives from the Faculty of Nursing raised their concerns. However, they were aware that this agreement would not be a viable solution for the long term, and students in other faculties still deal with this annually.



After a series of consultations led by Yasmine, a few options were discussed between gym facilities and the UTSU:

- The creation of Sport and Recreation monthly memberships for a prorated fee until the end-date of students in these programs
- The creation of Hart House summer memberships for affected students that would cost \$90 or less, with the option to request a prorated refund.
 - In this case, students would have to buy the full summer membership and ask for a refund, as it is not possible to obtain a shorter membership.

Intentions of Survey Questions

The objective of the survey created by Yasmine was to determine whether or not any of the above options were favourable to affected students in second-entry programs.

The survey was also intended to inform students about the facilities and services that they are entitled to as students at the University of Toronto, and it aimed to collect responses that could help the UTSU improve gym facility services used by students.

Brief Analysis of Survey Results

In light of the results of this survey, it's clear that in addition to universal extensions to facility memberships for students in affected faculties, the UTSU should be pushing for improved access to and advertising of these facilities. Students are not adequately informed of the services and facilities that are available to them, especially given the significant incidental fees they pay, and too many students struggle to access the facilities that they're entitled to use.



Second-Entry Gym Access Survey

Methodology

The survey questionnaire was written based on conversations had between Yasmine and student representatives of affected professional faculties during the 2018-2019 year, as well as research and inquests conducted by Yasmine.

The survey questionnaire was distributed via the UTSU's online platforms, as well as through affected faculties' online platforms (e.g. student Facebook groups, email).

Results were officially collected on March 31st, 2019, with further results not included in the final survey presentation in this report. That said, the survey was not closed online, and an additional small number of responses were collected, though they have not been included in the data set. This was because, while the UTSU wanted to receive as much feedback as possible, analysis of the data was a priority. These responses have still been provided at the end of this report under "Extra Notes."

Survey Findings

The survey was distributed online through emails sent by UTSU Directors to students in the relevant faculties. The responses were initially collected on March 31st, 2019, about a month after the release of the survey, and used as basis for the analysis. A few more responses were collected after this date and were incorporated into a later analysis as well. Yasmine's team gathered a total of 148 responses from students.

The results of the survey have shown that there is a significant portion of students who make regular use of gym facilities and regard these facilities as being very important to them during their studies. There is high support for easier access and better services of the gym facilities. Yasmine's team also found that there is a wide range of reasons as to why students make use of these facilities.

The responses also reflects some problems existing in the current communications strategies between students and their respective faculties. Nearly half of these students are unaware of their membership period, which is an indicator that students are not being properly informed about the services they are entitled to.

Yasmine's team found that financial anxiety is often what impedes students when deciding whether or not to purchase an extension of their membership. Among the three solutions available to each faculty, the refundable summer membership at Hart House is the most popular option, given that it is the cheapest/most flexible.



Demographics

Among the 145 responses collected, a similar number of students from each of the concerned faculties participated in the survey, as seen in Figure 1. For information about percentages between the faculties, see Figures 2-4.

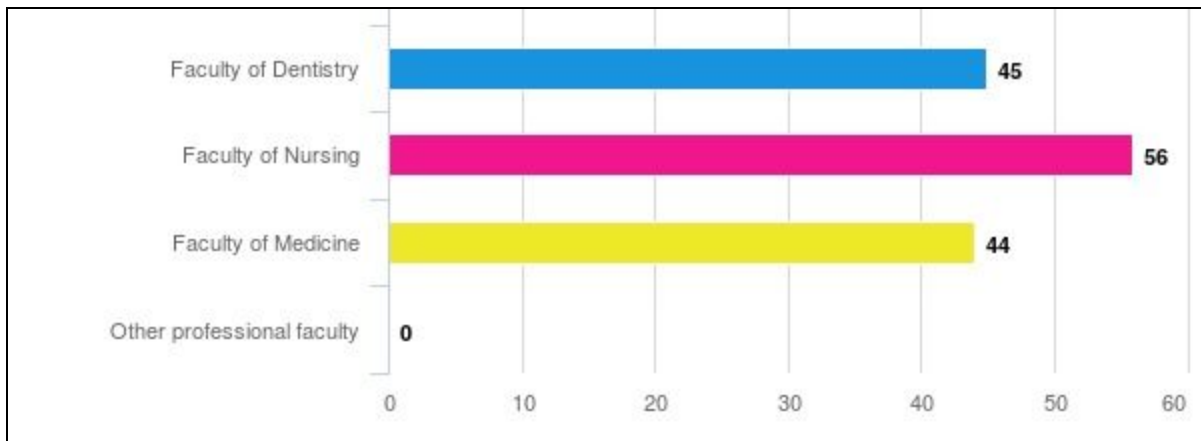


Figure 1: Number of Participants in Each Faculty

In the Faculty of Dentistry, 3rd-year students were the most represented with 40% of all Dentistry entries. 1st and 2nd year students made up the remainder of survey responses with 27% and 34% respectively. No 4th-year students responded.

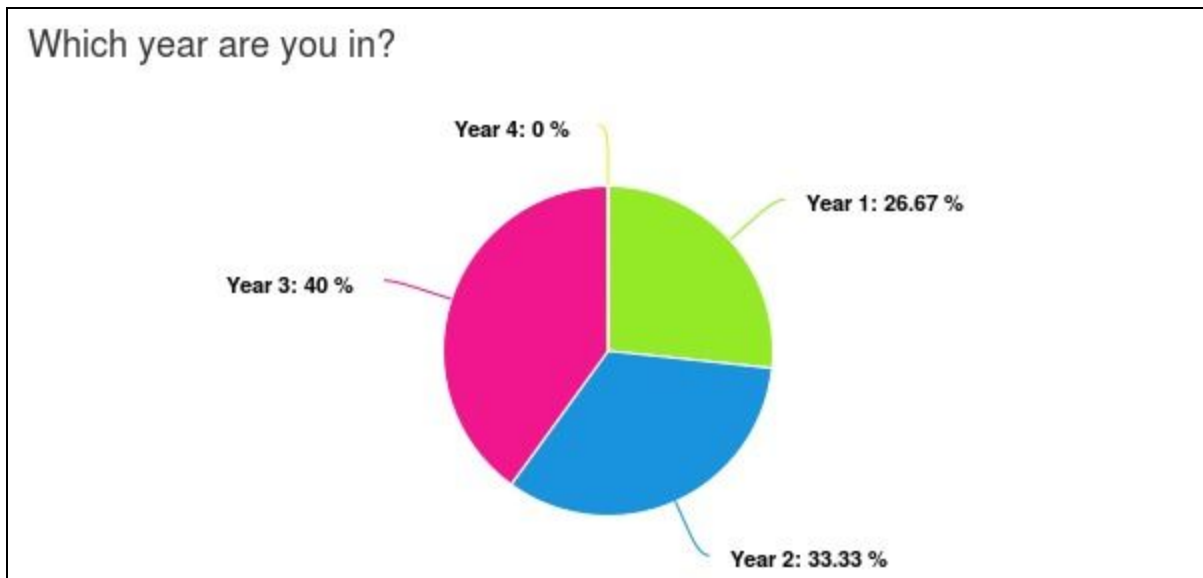


Figure 2: Faculty of Dentistry - Year of Study



In the Faculty of Nursing, a two-year Bachelor of Science in Nursing (BScN) program is run for undergraduate students. About 70% of the students who took part in this survey were first-year students, while only 30% of respondents were in second year.

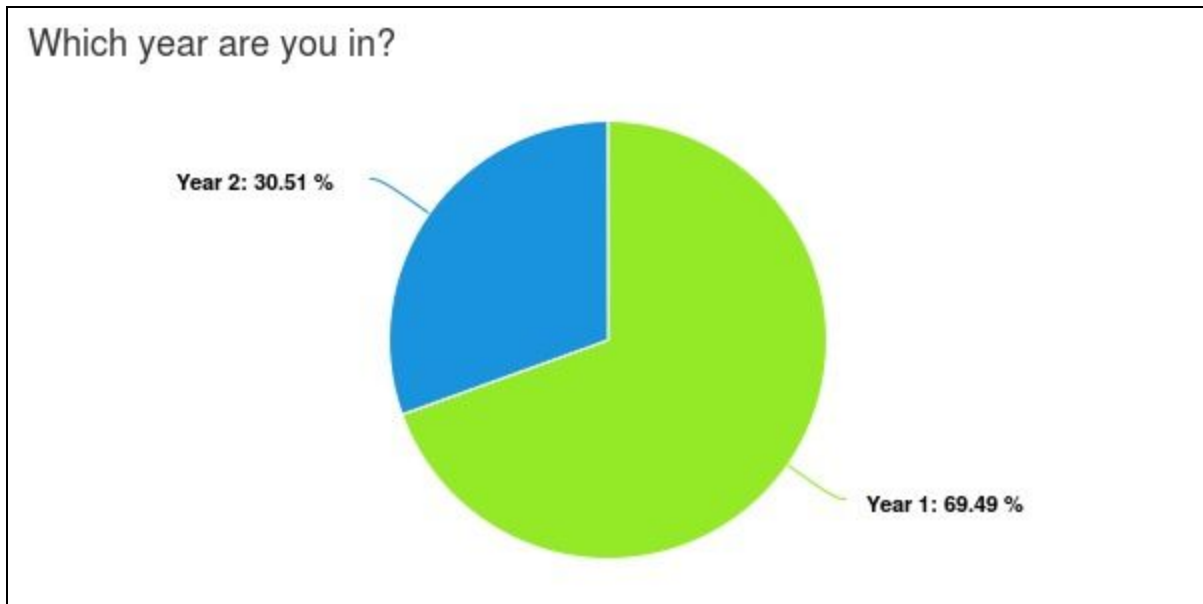


Figure 3: Faculty of Nursing - Year of Study

The Faculty of Medicine followed a similar trend, where 57% and 41% of respondents were in their first and second year respectively, with only 2.27% were from year three.

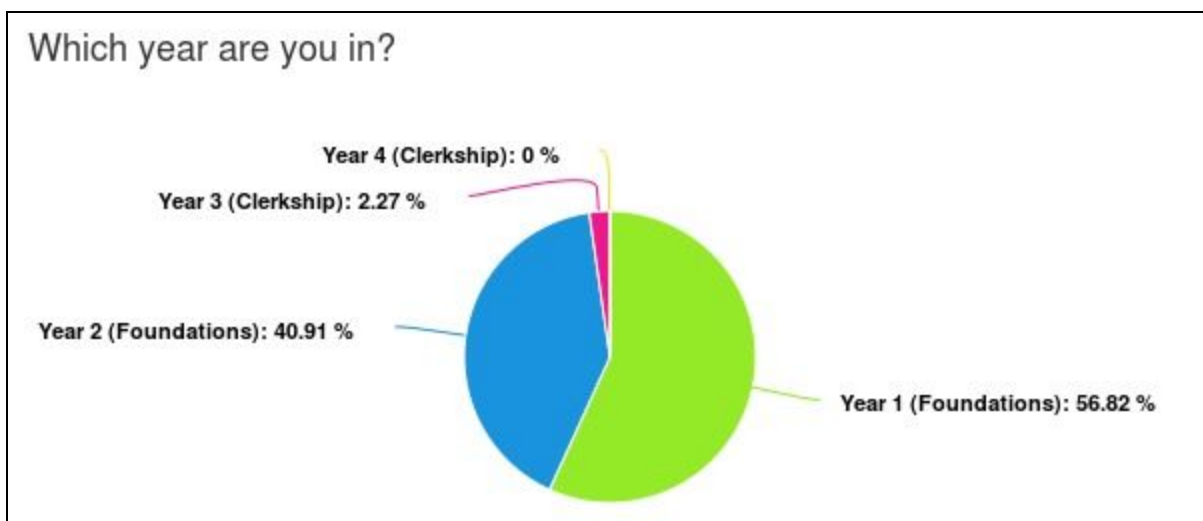


Figure 4: Faculty of Medicine - Year of Study



The demographics from this survey have shown a general trend of newer students responding more frequently than students in their later years of study.

While this is significant to note, it is not significant to the data collected, and in fact supports the survey. Student respondents in their first and second year have a vested interest in securing programming that will benefit the rest of their academic careers, which is a reasonable explanation for increased participation.

Frequency of Use

In general, the vast majority of respondents visit the gym frequently at a rate of two or more times per week (see Figure 5). These students have a high dependency on their on-campus fitness memberships, and confirms that there is a significant population of students who would greatly benefit from membership extensions.

It should be mentioned that, due to the obvious purpose of this survey, there may be the possibility for confirmation bias in respondents. It is possible that respondents were those who use these facilities often and care disproportionately about the issue.



Figure 5: Frequency of Use

Little variation was observed across the faculties. Overall, two or more times a week was always the most popular rate of use across all respondents (Figures 6-8).



Figure 6: Faculty of Dentistry Frequency of Use

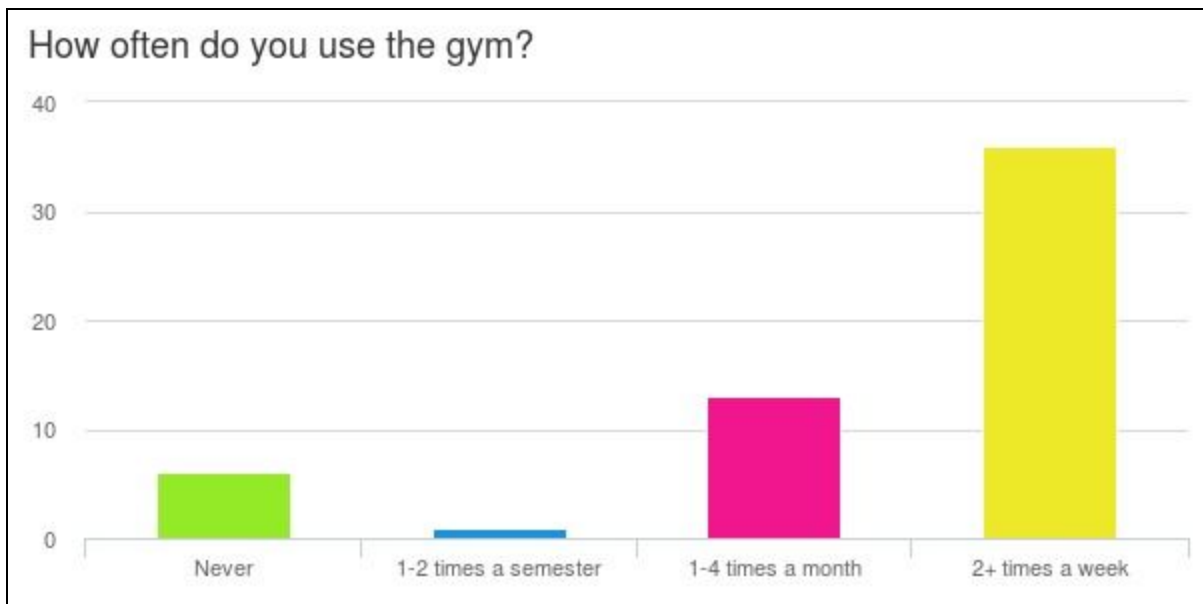


Figure 7: Faculty of Nursing Frequency of Use



Figure 8: Faculty of Medicine Frequency of Use

Facility Use Trends & Preferences

From this survey, we found that the most popular facilities are the Hart House Fitness Centre and the Athletic Centre, as well as a substantial number of users who use the Goldring Centre. The Varsity Centre is not very popular, possibly due to its location, but more likely due to the fact that it has an exclusive ire to most students who don't realize they are also entitled to use that facility.

Most respondents use University of Toronto facilities rather than external facilities. There is a high dependency from respondents for on-campus gym facilities. See Figure 9 for a breakdown of survey data.

The rate of use of for on-campus facilities is relatively consistent throughout the academic year, although during peak stress periods such as exam seasons, the use of these facilities drops. Regardless, more than half of the survey respondents report using fitness facilities throughout these peak stress periods. See Figure 10.

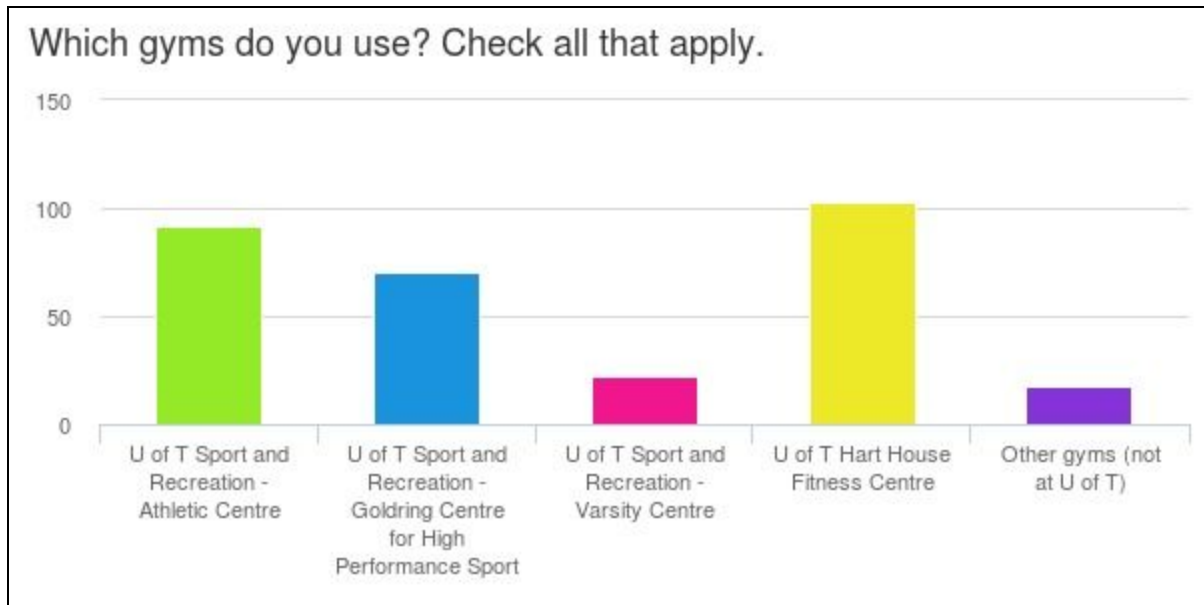


Figure 9: Preferences of Facilities

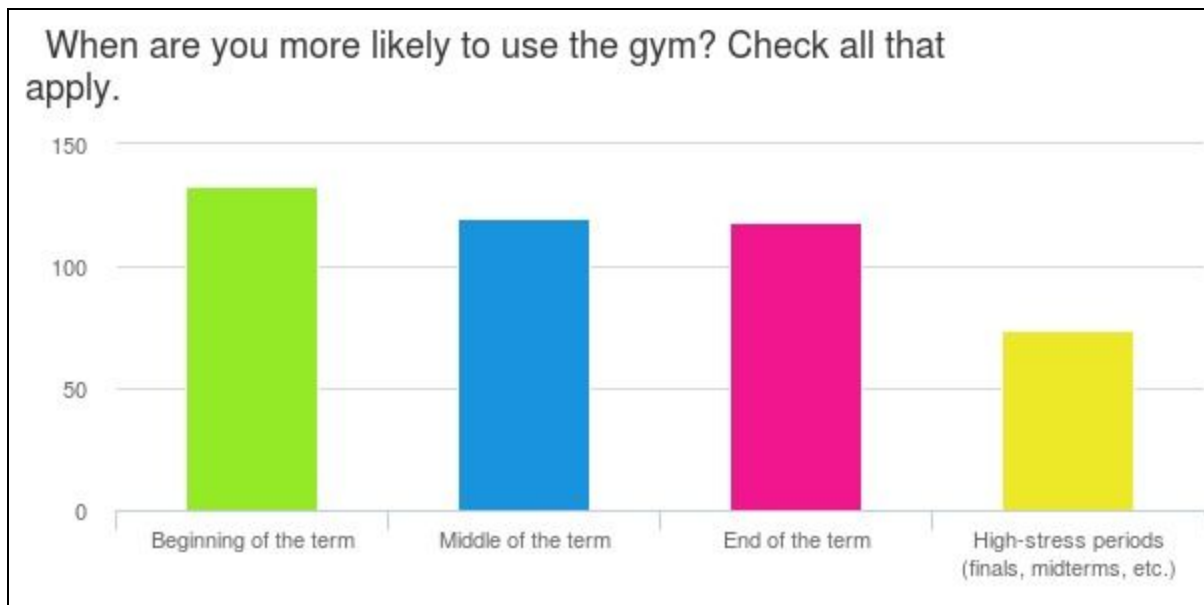


Figure 10: Gym Use Based on Time Period



Student Awareness of Services Paid For

When Yasmine conducted this survey, students paid two incidental fees each semester for their fitness memberships. The first was the KPE Co-Curricular Programs, Services, and Facilities FT fee of \$189.00, and the second was the Hart House St. George FT fee of \$89.40. For the purposes of simplifying the survey, Yasmine combined and rounded the two fees to a total of \$278.

A little more than two-thirds of respondents were aware that they paid incidental fees each semester for access to fitness facilities. This fee is charged on a compulsory basis by the university each year, and cannot be opted-out of. While the majority of respondents were aware of this fee, a significant percentage of them weren't.

See Figure 11 for percentages.

The percentage of respondents who were aware of the compulsory incidental fee was not notably different across the faculties. This indicates that rather than being a problem pertaining to one specific faculty, it is a more general issue.

This portion of the survey responses is an indication that a significant number of students enter their studies poorly informed about what they're entitled to.

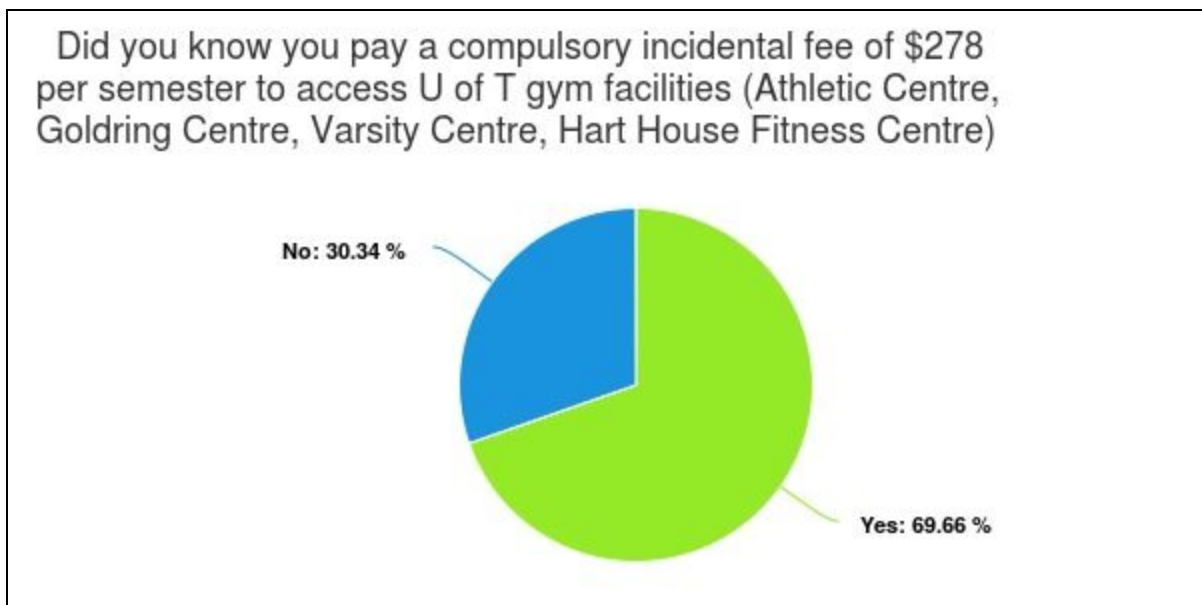


Figure 11: Awareness of Incidental Fee for Facility Access



The fact that students are charged these incidental fees actually encourages a large portion of students to use KPE and Hart House facilities, with only a fifth of students indicating that the fee doesn't necessarily motivate them one way or another. That being said, fee payment as an encouraging factor fluctuates depending on which faculty is asked. For overall, see Figure 12, and for faculties, see Figures 13-15.

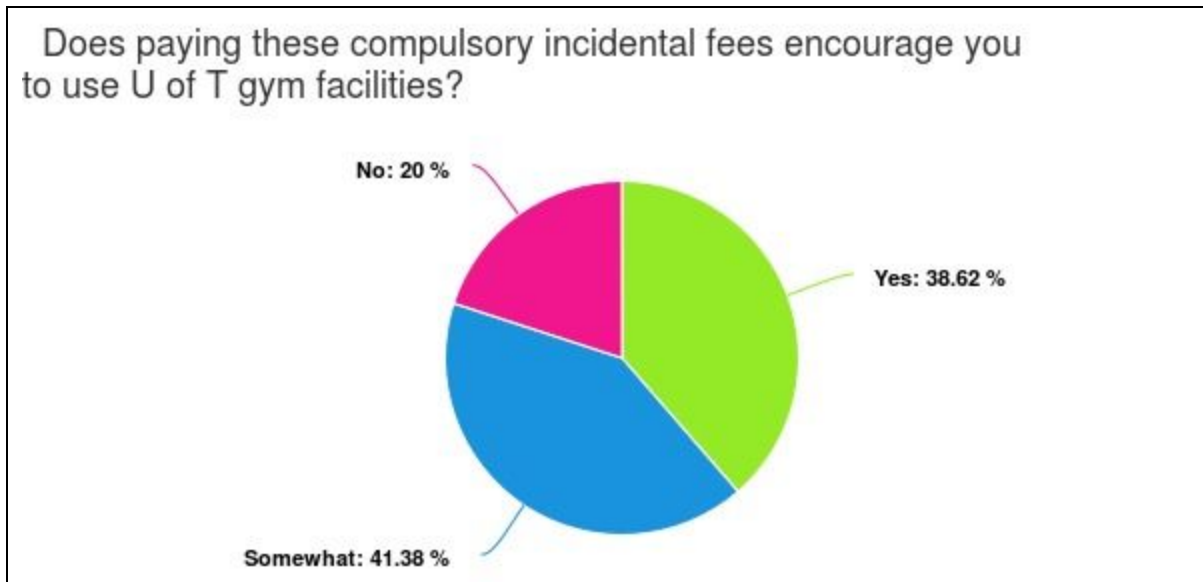


Figure 12: Payment of Fees as Encouragement (Overall)

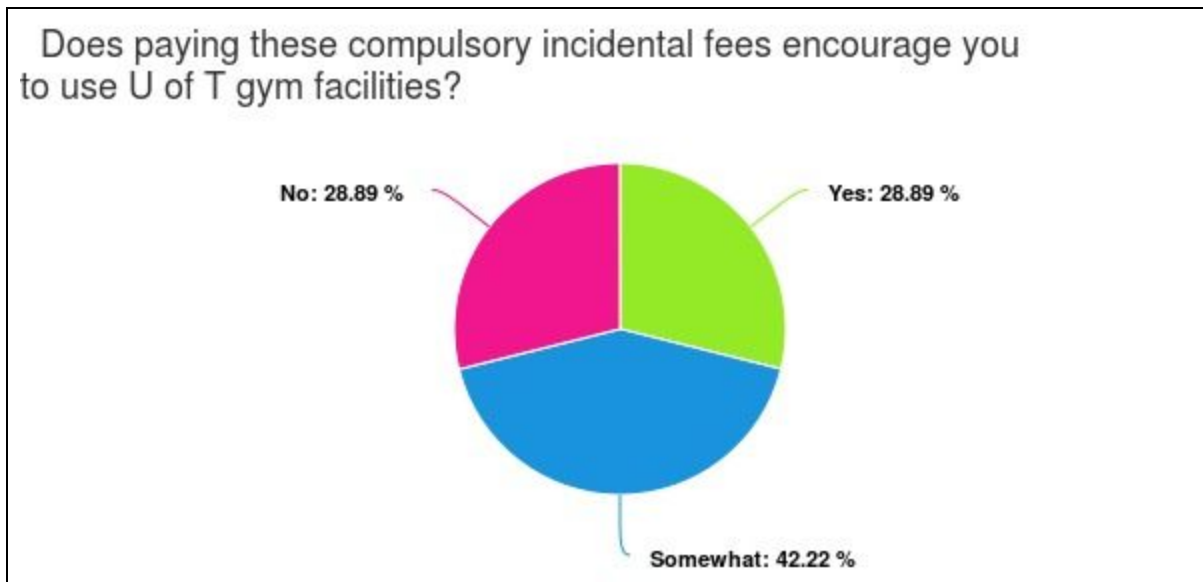


Figure 13: Payment of Fees as Encouragement (Dentistry)

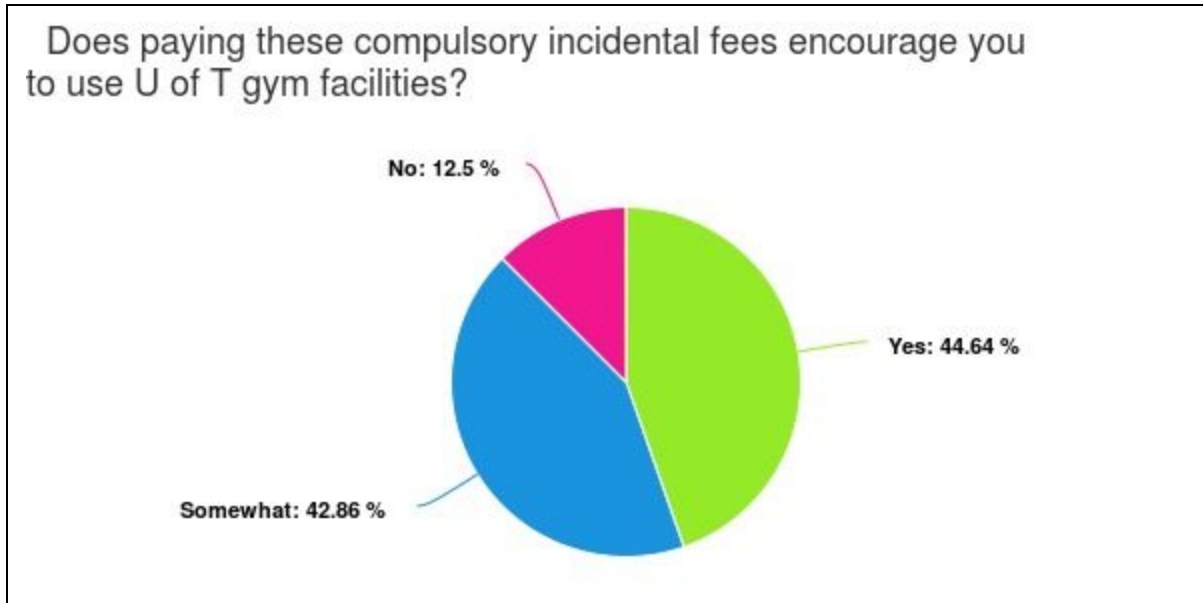


Figure 14: Payment of Fees as Encouragement (Nursing)

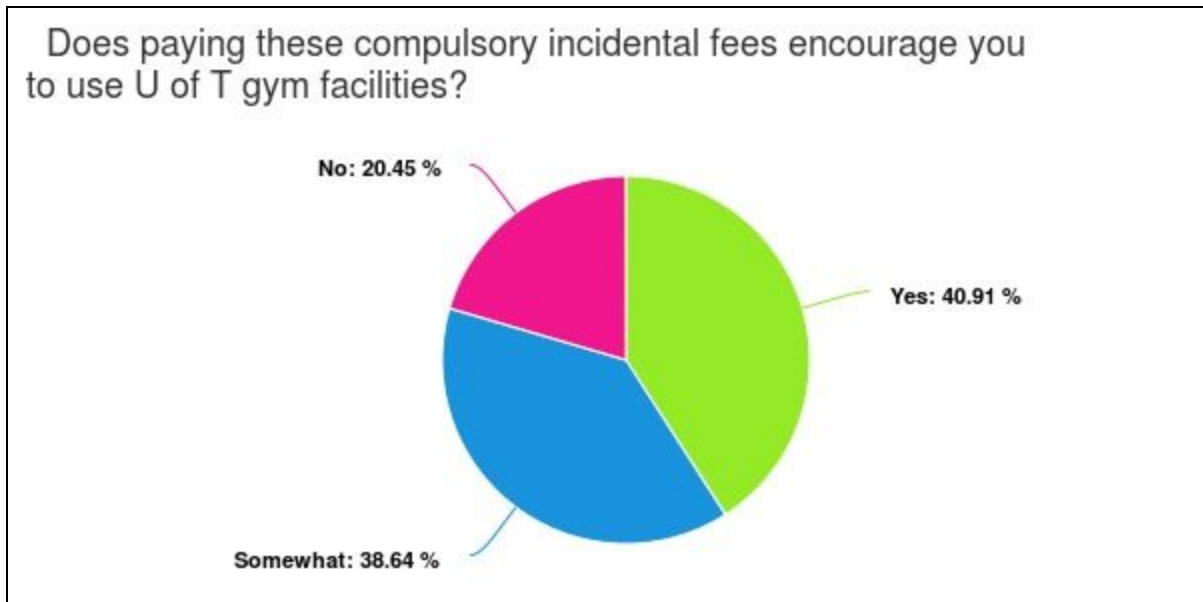


Figure 15: Payment of Fees as Encouragement (Medicine)



Roughly half of all respondents are unaware of the fact that their fitness memberships only extend until May of each year.

For many students who make regular use of these facilities, this comes as an unwelcome surprise each year when they go to Hart House or a KPE facility and are informed that they'll have to pay an additional fee if they wish to go inside.

This data, along with that seen in Figure 11, suggests that a considerable portion of second-entry students have little knowledge of the services they're entitled to.

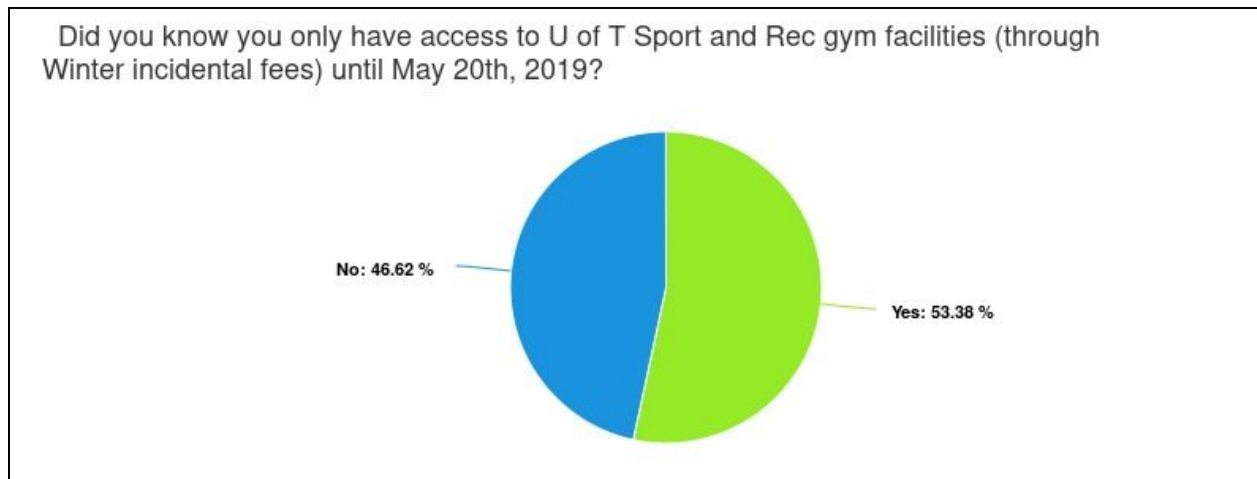


Figure 16: Awareness of Membership Length for KPE Facilities

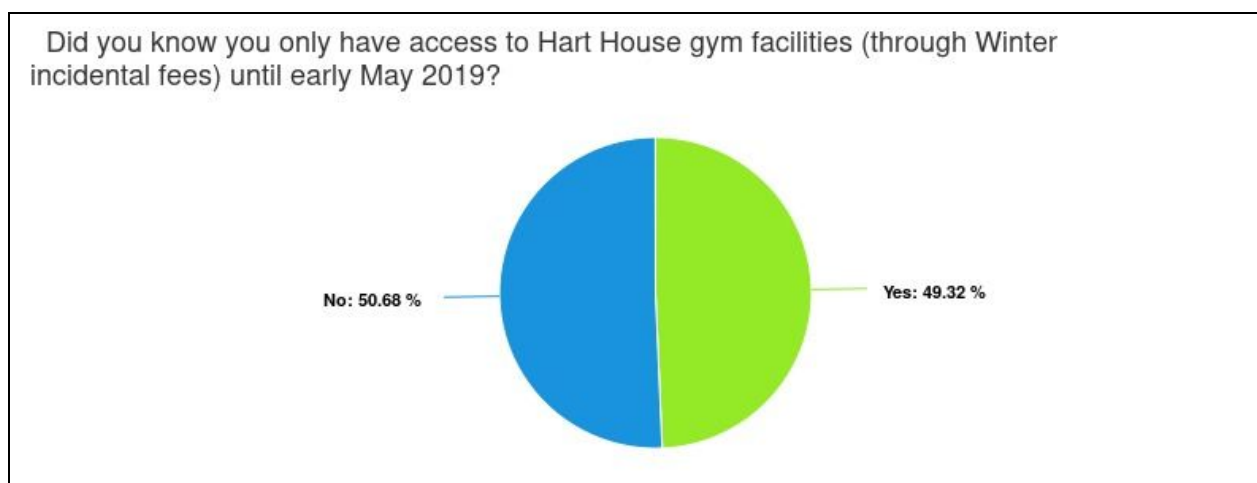


Figure 17: Awareness of Membership Length for Hart House Facilities



Facilities' Importance to Students

The overwhelming majority of respondents report that having access to fitness facilities for the full duration of their academic term is “very important” to them.



Figure 18: Importance of Having Access to Facilities

The degree to which students hold these facilities to be important is remarkable, and it is supported by the anecdotal comments included in the following section.

The respondents report that maintaining their physical health through the use of these facilities has greatly benefited their academic careers, social lives, long-term mental health and wellbeing while at the University of Toronto.

The respondents also cite leisure, personal fitness goals, close proximity to classes, trying to make the best of their membership, and competitive sport requirements as reasons for why they make use of on-campus KPE and Hart House fitness facilities.

When students have their memberships cut off while still completing their studies, it directly impacts their ability to use the facilities at all, with one student saying:

“I have more free time in the end of the term (April to July) and this is the only time in the year when I am able to use the gym frequently (2+ times a week). In the past I would scarcely use the gym in the other months and need to pay for membership to use it from May to July.”



Anecdotal Responses from Students

The following are anecdotal question responses from survey respondents. Not all responses have been included, as many forms had responses to these questions. To that end, however, not a single form contained an anti-gym facilities sentiment.

What Motivates You to Use the Gym?

The following are quoted responses to the following question: *“What motivates you to use the gym during this time period?”*

- *“Self-care. The gym is my happy place.”*
- ***“It's part of my routine to keep healthy and productive! I reaaaaally appreciate these facilities and services.”***
- *“[To] stay active and healthy year-round.”*
- *“Wanting to maintain fitness and reduce stress”*
- *“I try to go as consistently as possible to stay balanced”*
- *“The gym is my primary stress-reliever, also my means of representing U of T (through competitive powerlifting) - gym access in the summer would allow me to continue to train, and represent U of T at the Ryerson meet in June.”*
- *“Personal fitness, stress relief, overall wellness.”*
- *“Social work outs, personal well-being, stress reliever, wellness.”*
- *“Destress, feeling healthy and good about [my]self.”*
- *“Mental health!”*
- *“Mental health, physical health, fun, training for competition.”*
- *“I enjoy working out, use it more in the winter when I can't run outside”*
- *“Self-care.”*
- *“Keeping fit- keeping to a schedule.”*
- ***“Stay[ing] physically fit to stay mentally sharp and succeed in my program and life.”***



- *“Setting new goals at the start of new semesters.”*
- *“I would like to get my workout done regularly to maintain my physical health and mental health.”*
- *“Stress relief, sleep quality, self-confidence, maintenance of health and quality of life.”*
- *“My need for gains. It helps me de-stress and at the same time spend time with friends.”*
- *“It's part of my schedule. I go to the gym 3-4 times a week (usually 6 times a week in the summer).”*
- *“When our busy pre-clinical/clinical days have ended and we are in the study period leading up to exams or in exams is when I usually have time to go.”*
- *“I have more free time in the end of the term (April to July[y]) and this is the only time in the year when I am able to use the gym frequently (2+ times a week). In the past I would scarcely use the gym in the other months and need to pay for a membership to use it from May to July.”*
- *“School stress, summer weather.”*
- *“Stress reliever. Exercise is my therapy.”*
- *“A nice break from school work.”*
- *“I consider going to the gym as an essential component of a healthy lifestyle. While academics are important, using the gym allows me to temporarily shift my focus onto my health and wellness.”*
- *“Stress relief, feelings of empowerment and having fun with teammates and gym partners.”*
- *“Exercise is a big part of how I maintain balance in my life when school is stressful.”*
- ***“I continuously use the gym and benefit from weekly use. My mental health is better when I have the opportunity to workout. Exercise is a very important part of my life.”***
- *“It provides a way of stress-relief for me. When I go to the gym, I can take a break from my studies, focus only on getting fit and being healthy. Then I can*



simply go back to studying afterwards. As well the gym provides a great social environment where I have made many of my friends today."

- *"Relieve stress, maintain fitness, put into practice what I'm learning in class about the benefits of physical activity."*
- **"The gym is a huge stress reliever - I wouldn't be able to make it through this program without going!"**
- *"Gains."* - two students

How Does the Gym Benefit You?

The following are quoted responses to the following question: *"How has the gym benefited you in your university life?"*

- *"Having the different facilities available for different types of exercise. Exercise is great for my mental and physical health and I really wouldn't be the same without it, and so I really appreciate having services on campus."*
- *"Mentally healthy, physically healthy, an opportunity to socialize and also improve myself."*
- *"Kept my mental clarity, stress relief."*
- *"Improved personal physical and mental health and wellness."*
- **"Helps me de-stress and also I perform better when I go to the gym regularly. improves mental and physical health."**
- *"Stronger mental health, physical health, routine."*
- *"Overall positive effect on wellbeing and physique."*
- *"Allows me to destress."*
- *"An outlet for stress and a mental break from school."*
- *"Helps me get away from my studies and clear my head."*
- **"Has greatly improved my health and well being, allowing me to better manage school."**
- *"Helps me keep my body in shape and keeps my mental health in check. I was also a varsity athlete so I had the honor to represent UofT in different*



competitions which enriched my university in ways that not many people got to have.

- *“Provides necessary study breaks and maintains mental health.”*
- *“A lot! It's a safe haven away from school environment.”*
- *“Allowed me to manage my stresses better. My mind becomes more relaxed after a good gym session.”*
- ***“It has kept me level headed throughout any stressful period experienced during dental school thus far.”***
- *“To be able to bond friendship outside the faculty and meeting new people in gym. Besides, health benefits is [the] primary reason.”*
- *“I love using the pool at Hart house as a way to de-stress.”*
- *“I feel better physically, I like the way my body looks (raises my self esteem), it helps me blow off steam, and it's fun to workout.”*
- ***“Provided me back strength and health needed to perform dentistry without any MSK issues.”***
- ***“It helps de-stress, brings balance, and makes me feel really good. It is a helpful change of scenery especially since the dental building is more isolated since it is not on main campus. especially when the weather is warm at the end of the semester it is a really nice walk to the gym.”***
- *“I have picked up new hobbies, made new friends, and maintained a healthy lifestyle.”*
- *“Made me have an appreciable goal to work towards, as well as bonding with my friends who go with me.”*
- ***“It has helped me stay sane to say the least. It's a crucial outlet, especially while enduring a demanding professional program.”***
- *“Allows for better stress management and boosts my productivity in school.”*
- *“Its a space for me to build strength and feel better about myself and reduce stress.”*
- ***“It is crucial for my mental and physical health.”***



- *“Provides stress relief, makes me feel more confident physically and emotionally, provides fun and enjoyment even during stressful periods.”*
- *“Coping with stress, I consider the gym one of my communities, it is a place where I can just be (feel at ease).”*
- ***“My mental health is better, physically I feel stronger and more confident in my abilities. This translates over to my nursing abilities to move patients/hold children etc. Overall makes me a happier person. I do classes with some other friends so it gives me a social thing to do that is healthy and beneficial to me mentally and physically.”***
- *“The gym allows me to have an escape from my schoolwork and helps form a concrete schedule to look forward to relieving stress and focusing on myself for a little bit.”*
- *“Reduced my stress levels, helped me cope during midterms/exams, give me motivation to be healthy and physically active when I try and tell myself I don't have enough time (location is a plus).”*
- *“It has been a source of confidence, stress-relief, and generally a place that I feel extremely comfortable. I find that the gym easily brings people together. You gather a few friends and you go and grow close.”*
- *“Incredibly beneficial in reducing stress, improving mood and energy, social connections, etc.”*
- *“Clear mind, strong body, happy, motivated to manage school assignments and studying.”*
- *“Stress relief, study breaks, social environment, positive body image, promote a healthier lifestyle.”*
- ***“It aids as a stress outlet throughout the school term. It's my go to whenever I start to feel overwhelmed with my fast paced program.”***
- *“I'm able to stay fit which is helpful for clinical rotations, reduce stress, and meet new people.”*
- *“Getting up and moving improves how I feel significantly. It's a really great way to balance my health and school.”*
- *“Profound mental health benefits.”*



- *"It has significantly helped me maintain my physical and mental well being."*
- *"Helps me destress and refocus my energy. Not only for health but for wellness."*
- *"The gym helps my mental health and makes me feel better about myself."*
- *"It's a form of de stressing and a nice break from my academic filled day."*
- *"I currently have a lower limb injury and can't run, swimming has been a wonderful option to stay active and manage my stress."*
- ***"[It] provides an escape, lets me be physically fit."***
- ***"It has kept me sane and in good shape."***

Student Preferences to Existing Solutions

When it comes to options that currently exist for students, there is no easy solution. The academic terms for each faculty, and then for each year within each faculty, vary widely, making it difficult to understand trends across survey respondents.

Survey respondents have mixed feelings when it comes to buying summer, monthly, or pro-rated monthly memberships for KPE and Hart House facilities. Depending on the program, a significant number of respondents are not willing to just purchase individual extensions on their own for access. Please see Figures 19 (Medicine), 20 (Nursing), and the descriptions of data for Dentistry which follow immediately after.

Considering that a significant portion of students cited the mandatory incidental fee as cause to use these gym facilities, it is likely that cost is a major deterrent to purchasing additional summer and monthly memberships. When asked to rate their preferences between these memberships, the least expensive memberships tend to be most popularly rated as the top choice among respondents. See Figures 21-23 for detailed breakdowns of preferences between each membership option.

At the end of the day, there's no easy solution for these second-entry students, and they're usually boxed between three options. Either they can purchase extensions of their membership for an exorbitant price; go out of their way to seek different options at gyms off-campus; or they can simply stop going to the gym at all. While some faculties have secured temporary solutions, these are temporary solutions that usually need to be renegotiated every year, leaving students in an uncertain position.

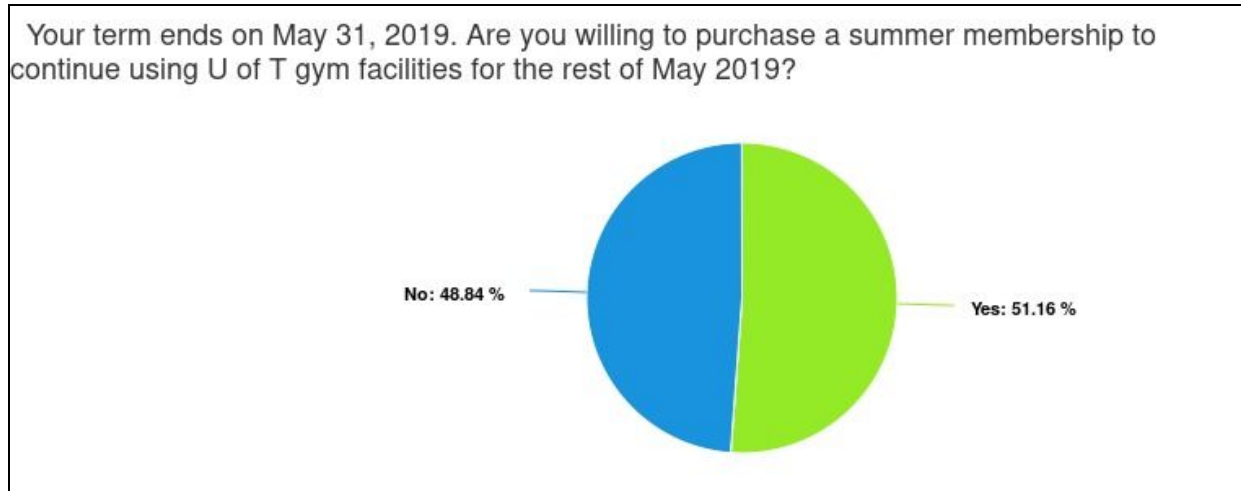


Figure 19: % of Medicine Students Willing to Purchase Summer Membership

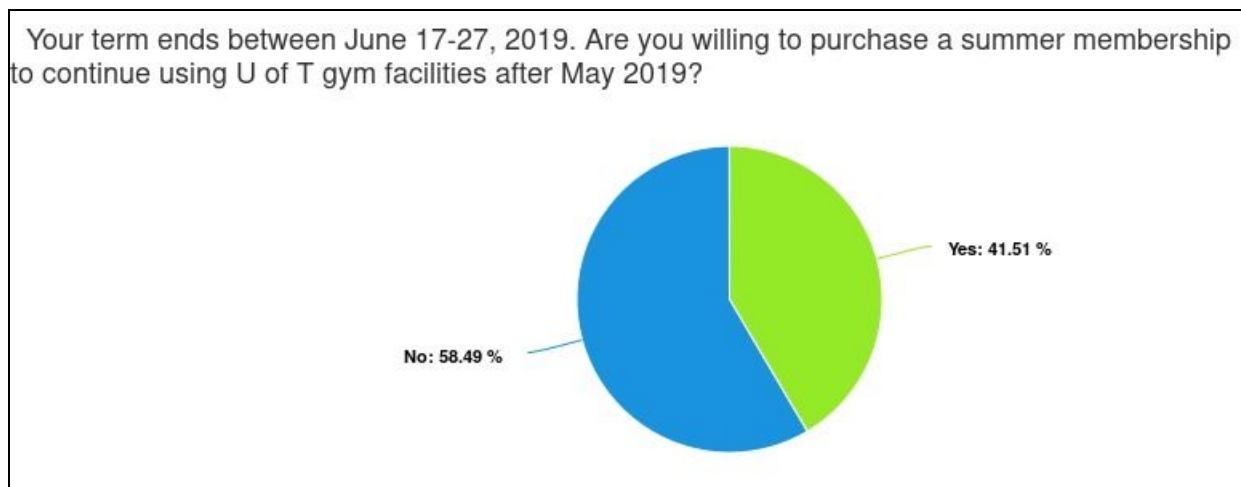


Figure 20: % of Nursing Students Willing to Purchase Summer Membership

Dentistry students had responses divided across their years of study, and a singular graph is not available for that data. For purposes of clarity, rather than providing multiple graphs, a brief summary of the data is provided below.

For students whose terms end on June 14th, 2019, 26.67% of respondents said yes, that they would be willing to purchase a summer membership to continue using UofT gym facilities after May 2019, while 73.33% of respondents said no.

For students whose terms end on July 26th, 2019, 35.29% of respondents said yes to the same question, while 64.71% of respondents said no.



As for actual preferences regarding which membership option would be best, most respondents to this portion of the survey came from the Faculty of Nursing.

For the Faculty of Medicine, only one respondent answered. This respondent ranked Hart House first, a full Sport & Rec summer membership second, and a Sport & Rec monthly membership third. It is likely that other students from the Faculty of Medicine did not complete this portion of the survey because it may not have felt relevant to their concerns, as most would only be seeking a two-week expansion.

For the Faculty of Dentistry, 23 respondents answered, with 13 coming from those whose terms end in mid-June, and 10 from those whose terms end in late-July.

Green indicates #1 choice, blue indicates #2 choice, and pink indicates #3 choice.



Figure 21: Rankings of Membership Options Respondents Would Purchase (Nursing)

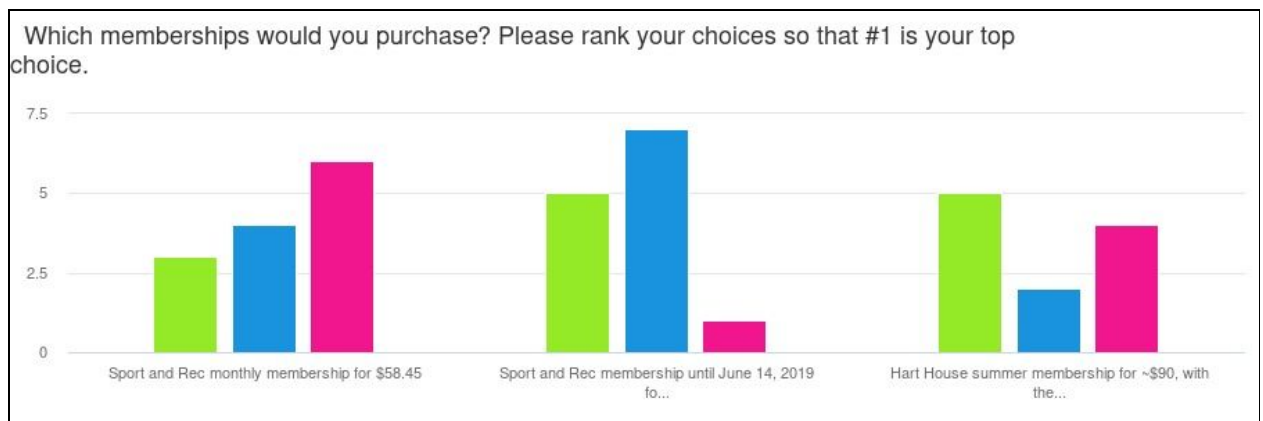


Figure 22: Rankings of Membership Options Respondents Would Purchase (Dentistry, Mid-June)

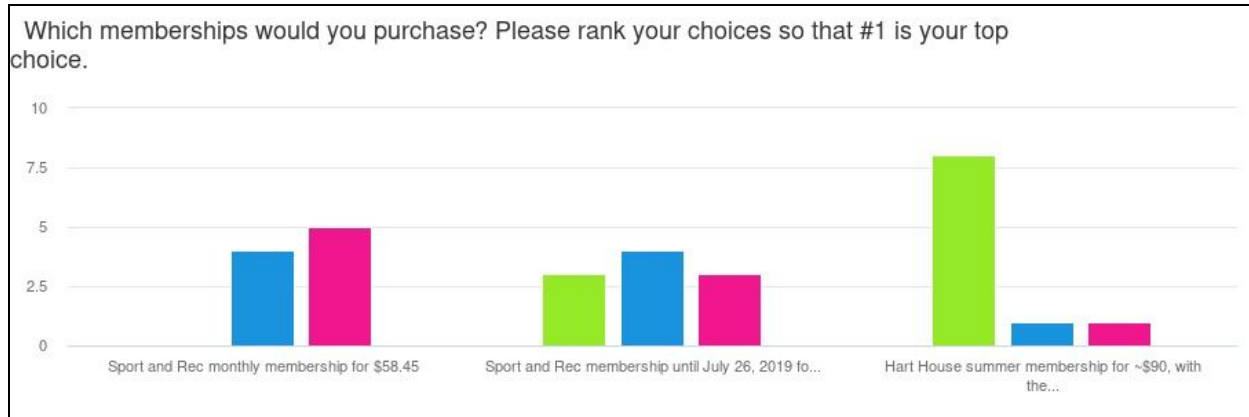


Figure 23: Rankings of Membership Options Respondents Would Purchase (Dentistry, Late-July)



Conclusion

The findings of this survey suggest that undergraduate students from the Faculty of Dentistry, Faculty of Nursing, and the Faculty of Medicine make effective use of the sport, recreation, and fitness facilities offered at the University of Toronto, and the benefits that these students see from this are both physical and psychological.

These physical training facilities provide high-quality equipment, expansive workout space, several opportunities for socializing, and a positive environment that allows for any student to get away from their work and improve their health. These training facilities also provide high-quality resources for members of the University of Toronto's competitive sports teams.

From the testimonials portion of this report, an overwhelming response to why students found these facilities to be important is the impact that having access to them has on their mental health. The significance of these facilities to students cannot be understated, and students shouldn't have to face additional hassles at the end of April every year just because they want to keep going to the gym.

As seen in Figure 18, an astounding majority of students see having access to these facilities for the entire duration of their academic term as being very important to them. As also seen in Figures 16 and 17, nearly half of students don't know that they only have access to these facilities until early to mid-May, which reinforces the idea that students pay these fees expecting to use facilities until they finish their studies.

As seen in Figure 11, a significant portion (30.34%) of students are not aware that they pay incidental fees to use these facilities at all, and as mentioned in the previous paragraph, not enough students are actually aware of what they pay for. Student awareness of the facilities they're entitled to is incredibly low.

Financial concerns seem to be a main priority for students, which is supported by the data from Figures 19 to 23, and Figures 12 to 15. Future policy changes should consider the financial situations of students, especially since second-entry studies in the healthcare professions are often extremely costly and students often have very little room for discretionary spending.

Given the small number of students in the Faculties of Dentistry, Medicine, and Nursing, having nearly 150 respondents has genuinely provided this report with a respectable sample size of the overall affected student population. In the opinion of the UTSU, it would be unwise for the University of Toronto, Hart House, or the Faculty of Kinesiology & Physical Education to ignore the results of this report.



Recommendations

After a meeting facilitated by the UTSU of student society leaders from the second-entry professional faculties, a large amount of discussion was dedicated to this issue, potential solutions, and what the situation has been in previous years.

It was raised that the Faculty of Medicine is currently undergoing its accreditation process during the 2019-2020 year. Attendees noted that mental and physical health for students in professional faculties studying healthcare is a serious element to their studies, and that for Faculty of Medicine students, **gym access therefore may be taken into account during the accreditation process.** A universal extension to the end of each faculty's academic terms for all fitness facilities, both operated by the Faculty of Kinesiology & Physical Education as well as Hart House, would be a significant boost to the physical and mental health resources available to students.

Universal extensions per faculty would make accessing and understanding these facilities for affected students significantly easier, and would remove a lot of the burden that comes with the uncertainty many of these students face during exam time. Assuming that the benefits of such an expansion would be proportionate to the increase of cost, that this solution would be permanent, and that a majority of students would be in favour of such a policy, it is the opinion of the author that **universal expansions based on T-Card would give students the best option.**

Universal membership expansions would mean one of two things. Either extensions would be granted to affected students as a way of "grandfathering them in" without any additional charge, or it would mean that an additional cost would be added to the existing KPE and Hart House membership fees for all affected students in order to facilitate these until-end-of-term expansions. The former option is preferable, and it would certainly be within the abilities of the University of Toronto to do this.

Regardless of what option is pursued, **the University of Toronto needs to do a better job of informing students** that they have access to these facilities at all. If a solution is not achieved, then students absolutely must be informed that their memberships will be cut off before they finish their studies each term.

A final recommendation of this report is that **further discussions must had with the representatives from the affected second-entry faculties,** in order to formulate a permanent, effective, financially-sensitive, and robust plan. Discussions and meetings with the building managers of each facility, as well as representatives from the University of Toronto -- namely the Office of the Vice-Provost, Students -- is also necessary for any proposed changes to become a success.



Appendices

These appendices are provided for the purposes of verifying the data and findings of this report. Should you have any concerns, please contact Dermot O'Halloran at vpprofessional faculties@utsu.ca, by phone (416-978-4911 Ext 248), or by visiting the University of Toronto Students' Union at 12 Hart House Circle, Toronto, ON, M5S 3J9.

Appendix I: Raw Survey Data

Table with raw data collected from the surveys are presented in the link below. Survey data has been anonymized and any sensitive data has been removed.

This survey was conducted using Formstack.

https://drive.google.com/file/d/1_xFmbZ8RR1QqzJKLiJmo9qVzeEk_-NXy/view?usp=sharing

Appendix II: Survey Conversions Timeline

The following graph shows the timeline for responses, showing three spikes. This is likely representative of when each group of students was exposed to the survey.

