



## CAMPUS RECREATION

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### ARTICLE INFO

#### Article History:

Received 10<sup>th</sup> August 2017  
Received in revised form  
24<sup>th</sup> September, 2017  
Accepted 18<sup>th</sup> October, 2017  
Published online 29<sup>th</sup> November, 2017

#### Key Words:

Recreation,  
Campus.

### ABSTRACT

The corresponding term for campus in the Turkish Language Association is all open and closed social areas of the university built outside the city. It refers to all areas where people in the campus meet their social needs about health, wellness, social friendship, relaxation, entertainment and sports. Especially green spaces within the campus are suitable for recreational activities. Green spaces should be kept wide in line with physical possibilities. It is necessary to diversify campus recreation areas considering the differences between people. A further planning should be done for the disabled individuals. Students studying in the department of recreation, who have been trained in this field, should be preferred regarding the operation of the campus recreation facilities. Universities that have little or no social area and green space need to overcome these shortcomings. The studies have revealed that the universities having insufficient campus recreation have a negative effect notably on students, as well as personnel working at the campus.

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**Citation:** Tayfun KARA, 2017. "Campus recreation", *International Journal of Development Research*, 7, (11), 17029-17030.

## INTRODUCTION

According to the definition given in the current dictionary of the Turkish Language Association, campus means an area, open and closed places and campus area of the university built outside the city. (<http://www.tdk.gov.tr>). The most striking aspect of Campus Recreation is the provision of multifaceted programs and services to all university members, students and their families, and personnel and personnel's families. These programs are prepared for various purposes according to the characteristics of the participants. Campus Recreation requires a serious installation as well as recruitment of personnel who provide efficient use of these facilities. The most logical use of these facilities throughout the day is important both for the provision of services and for the benefit of university members. Campus Recreation can be classified as Recreational Sports, Outdoor Recreation, Entertainment and Social Activities, Programs and Services for the Disabled Individuals, and Service Programs for Public. The following can be performed: Recreational Sports: tournaments, miniature sports leagues, time for open recreation, sports skill courses, family camps, personal health and hygiene courses, etc.; Outdoor Recreation: day trips, seminars, mountain climbing, camping, mountain biking, etc.; Entertainment and Social Activities:

indoor sports halls, social facilities, music feasts, concerts, festivals, entertainment programs, theatre groups, dance shows, performing arts, etc.; Programs and Services for Disabled Individuals: specially-engineered facilities and programs, equipment, apparatus, skill programs, social programs; Service Programs for Public: aid efforts for elderly people, which will be conducted with volunteer students, helping street children, participating in environment protection programs, participating in disaster volunteers, etc. (U. Kesim, 2009, verbal interview). The structure and budget of the Campus Recreation Units vary and become professional depending on the size of the university, and the number of masses to be served. These activities can be performed either inside or outside the campus. Discovering, revealing and directing the field of interest of the students, personnel, their families, their children and their siblings and providing an opportunity for them to realize those features are within the scope of campus recreation. Campus Recreation supports the freedom Spirit of Leisure Time. Because the campus recreation programs allow the students to do activities that they choose with their own free will, by which they test themselves, and during which they understand themselves and discover what they need. This freedom concept forms the basis of leisure time (Munday, 1998).

Given the satisfaction and success graphics of the university students, recreational sport activities were found to be effective in a ratio of three-quarter (NIRSA, 2004). Recreational sports should be regarded as part of general education and socio-cultural programs, especially in the campuses.

### Goals of Campus Recreation

In the early terms of the universities, campus recreation programs were referred to as indoor events. In the literature, the word "intramural" refers to the competition sports and activities "within the walls", i.e. within the boundaries of the campus area (Karaküçük, 1999). However, in recent years the word intramural has gained a different meaning due to the large expansion of its connotation. Many schools have developed programs that include informal recreational programs and services. Unlike other sports based on traditional competition, the emphasis on these events has led many universities to rename their campus recreation units. This development has led universities to find a heading that allows entertainment-oriented programs, such as competition-based competitions and activities. The service area of campus recreation can be further enhanced by cooperating with institutions such as school-based recreational programs, municipalities, schools, workplaces, non-governmental organizations (Wilgoose, 1979).

Campus Recreation aims to enrich students' time apart from the time for education and training with activities, to improve students' characteristics such as in-group behaviors, being a guide for others, being a leader and self-confidence, to apply various programs in the fields such as health and safety to contribute to their private lives, and to provide widespread recreational service for the families and children of academic staff and administrative staff. The goals of the campus recreation can be classified into two main titles: first one is recreational sport services and the second one is informal sport services. Campus recreation aims to positively develop and mature students throughout their university education. In this context, solidarity, cooperation, socialization, gaining personality and self-confidence features come to the forefront (Ü. Kesim, 2009, verbal interview). The basic philosophy of the university recreation services is to provide sportive recreation services for university students and members; outdoor training programs, public service programs, to guide academically strong students to the university and to create strong university image (Ü. Kesim, 2009, verbal interview).

New York Stony Brook University, Department of Campus Recreation explains its goals as follows (<http://studentaffairs.stonybrook.edu.recreation>):

- Department of Campus Recreation is constantly striving to provide participants with a lifestyle that will increase their knowledge, interest and regular health habits, positive human relationships and leadership programs and services.
- Through in-house competitions and sports, fitness activities, recreational programs, the campus recreation develops a healthy attitude to allow individuals to

effectively use their leisure times and to participate in physical activities.

- In the Recreation Unit of the University, coordination positions sports advisors, recreational activity advisors, office assistants and in-house sport activity consulting offer education opportunities and business opportunities.
- The philosophy of the program is to focus on participation and work together. The results of the competition are of secondary importance.
- Campus Recreation Department of the University believes that all participants will have a good sense of sportsmanship before, during, and after each campus recreation activity, and encourage this.

### RESULTS AND RECOMMENDATIONS

Campus recreation is especially important for university students. The campus recreation should be able to meet the needs of the students, be relaxing during leisure time, have an educational and socializing capacity and be beneficial for health. A planning should be done for the disabled individuals, considering their needs. Trained personnel should be employed in the processes such as operating the facilities to be built, increasing participation, maintenance and repair. In this sense, recreation students or graduates will be eligible to work. The working hours and methods of the facilities should be planned considering the needs and working hours of the university personnel. The facilities to be built in the campus recreation area may be open to the public on certain days and hours. It will provide financial contribution to the universities. The Higher Education Institution should initiate necessary attempts to institutionalize the recreation in universities in order to improve the productivity and increase the academic achievement level at the universities.

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