

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER  
Senate Resolution 23.09

(Stating the sentiments of the TTUHSC Student Senate regarding the lack of resources available for students at the TTUHSC Dallas campus to engage in physical activity.)

WHEREAS, it is well established that physical activity positively affects both physical and mental health; and,

WHEREAS, the TTUHSC curriculum includes content that promotes engagement in physical activity, yet there is a lack of resources available for students at the TTUHSC Dallas campus to engage in such activity; and,

WHEREAS, TTUHSC Student Senators conducted a survey among students who attend the TTUHSC Dallas campus to assess student interest in potential options that would address this current lack of resources; and,

WHEREAS, of the 82 responses gathered from the TTUHSC Dallas Student Gym Feedback survey, 61% expressed that they would utilize an on-campus gym often. 23.2% of students expressed that they would use an on-campus gym sometimes; and,

WHEREAS, TTUHSC Dallas students expressed an interest in equipment such as treadmills, free weights, squat rack, and a yoga space in an on-campus gym; and,

WHEREAS, TTUHSC Dallas students expressed the lack of resources for an exercise center has hindered their ability to exercise engendered from barriers regarding cost (58.7%), convenience (86.7%), accessibility (61.3%), safety (10.7%) and time (2.6%); and,

WHEREAS, 91.5% of survey respondents noted that exercise is either somewhat important (32.9%) or very BTF1 12 Tfb((86.7%6(ry 0 g0 G 0.004Fc[(32.9%)])TJETQ0.00000912 0 612 792 reW\*nBT\*nTQ0

BE IT FURTHER RESOLVED, that this resolution be spread upon the Journal and that copies be sent to **Lori Rice-Spearman, Ph.D.**, President of Texas Tech University Health Sciences Center, **Grace Kuo, Pharm.D., Ph.D., MPH, FCCP, FNAP**, Dean of Jerry H. Hodge School of Pharmacy, **Michael L. Evans, Ph.D., RN, FAAN**, Dean of School of Nursing, **Steven Pass, Pharm.D., MEd, FCCM, FCCP, FASHP**, Dallas Regional Dean of Jerry H. Hodge School of Pharmacy, **Tiffani Wise, R.N., DNP**, Dallas Regional Dean of Jerry H. Hodge School of Nursing, **Arianna Flores**, Editor-in-Chief of *The Daily Toreador*, and to the students of Texas Tech University Health Sciences Center.

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TEXAS TECH UNIVERSITY HEALTH  
SCIENCES CENTER

Passed the Senate, 21 MARCH 2023

A handwritten signature in blue ink that reads "Brianna Mendoza". The signature is written over a solid blue rectangular background.

Brianna Mendoza

President, Student Government Association

CC: Journal