



Campus Recreation

Engaging students and the Baylor community in experiential learning through recreational and leisure activities to live balanced, holistic, and healthy lifestyles.

A Sound Mind in a Sound Body

There must be a balanced approach to education and health. Physical exercise and mental well-being are closely linked, and taking care of one's body can positively impact mental health and academic success. Baylor's department of Campus Recreation offers dynamic and inclusive programs and environments designed to promote health, wellness, and community engagement among students, faculty, and staff. Whether students are interested in fitness, outdoor adventures, or team sports, Baylor Campus Rec provides a variety of opportunities for them to stay active and connected.

Campus Recreation assessment projects done over the past three years found that over 75% of students reported campus recreation programs helped them feel more connected as well as supported their academic goals. Students who participate in campus recreation activities tend to have higher GPAs and are more likely to stay enrolled through graduation. Physical activity has also been shown to improve concentration and cognitive function, indirectly supporting academic success.

In addition to these benefits, participation in Campus Recreation offers:

386,619

visits to the
Student
Life Center

↳ that's more than 1,300 each day it's open!

INTRAMURALS

20

sports played

2,743

total teams

4,707

unique participants

28,782

total participations

CLUB SPORTS

36

club sports

973

participants

↳ including 2 new sports, Pickleball & Cricket!

FITNESS

20,782

fitness class visits

173,728

fitness center visits

855

personal training sessions

OUTDOOR ADVENTURE

20

Adventure Trips

3,883

marina visits

5,637

challenge course visits

15,233

rockwall climbs



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- Campus fitness initiatives that help students establish lifelong fitness habits
- Competitive sports that develop leadership skills, build strong friendships, and refine character
- Opportunities for more than 300 students who work in Campus Recreation to gain leadership, teamwork, and communication skills

Baylor Campus Recreation remains a cornerstone of student engagement. Close to one-third of the student population engage in intramural or club sports. Fitness classes and personal training sessions tailored to the needs of the individual students are offered 16 hours per day. Outdoor Adventure creates unique opportunities for students to connect to God and others through the great outdoors and time spent together.

The creation of the Underwood Pickleball Courts was a significant milestone for Baylor's growing pickleball scene, converting four tennis courts into 12 state-of-the-art pickleball courts. Funded by Baylor alumni, Paul and Jill Underwood, the courts serve as a dedicated space for both competitive and recreational players. The facility is set to host a regional tournament for club teams across Texas, further cementing Baylor's role in the sport's collegiate expansion. These courts provide students with a new hub for fitness, competition, and community engagement in the center of campus.

Looking ahead, Campus Recreation is investing in enhanced field space to meet the growing demand for both Intramural and Club Sports, ensuring continued access to high-quality recreational experiences. This includes a partnership with Academic colleagues in the School of Music as well as the Robbins College of Health and Human Performance.

Campus Recreation programs at Baylor are more than just opportunities to work out, they are strategic assets that can improve student health, academic outcomes, social integration, and leadership development. In this way, Campus Recreation isn't just enhancing the student experience, it's strengthening the university as a whole.



Kim Scott, PhD

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