

Campus Rec gives students fun ways to stay fit

Whitney Bossie
News Editor

Freshman year is packed with all things new and exciting. Between bonding with new friends, joining campus organizations, adjusting to cohabitation with roommates and, of course, attending classes, it's easy to forget to practice healthy habits.

Elon's Campus Recreation offers a variety of programs and facilities to keep students (freshmen and upperclassmen alike) on the track toward a healthy lifestyle. The recreation center contains a fitness center, an indoor pool, a gymnasium, racquetball courts and group exercise studios, all accessible through the swipe of a Phoenix card. The Driving Range, which is located on South Campus, is also open to the Elon community.

Peter Tulchinsky, director of Campus Recreation, said the organization acts as a positive outlet for students.

"Many of our freshmen were athletes in high school but will not be on varsity teams at Elon, so taking part in Campus Rec activities allows them to continue the active, healthy lifestyle they enjoyed in high

school," Tulchinsky said.

Campus Rec's club sports program allows students to compete against other collegiate club teams from the Southeast in more than 20 sports, including swimming, lacrosse and tennis. The recreation center also has an Intramurals program, which organizes competitions between Elon students in activities such as flag football, dodgeball and cornhole.

According to the Campus Recreation Web site, almost half of all Elon students participate in at least one intramural or club sport. More information about becoming involved with either program will be available to new students at the Organization Fair on Friday, Sept. 5.

A variety of group exercise classes are open to students, as well. For a \$10 fee, students can attend an unlimited amount of classes throughout the academic year. Classes such as Pilates, Cycling and Awesome Abs are taught by student instructors.

For students looking to keep in touch with nature while staying fit, the Elon Outdoors program offers several student-led trips during each semester. Whitewater rafting, skiing and



Student worker Kevin McGuire cleans up the Campus Recreation facilities and puts dumbbells back in place. DAVID WELLS | Photo Editor

backpacking trips are planned for the fall, among others. The program also rents camping equipment to students for fees ranging from \$1 to \$25.

The activities offered by Campus Rec generally appeal to a large range of students. Last year, there were over 166,000 visits to the facility.

"Hopefully, Campus Rec will expose new students to different activities and allow them to try new recreational experiences," Tulchinsky said.

'Undecided' undergrads are in good company

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Opinions Editor

Elon freshmen quickly learn that they will be asked two questions consistently throughout their four or more years at the university: "Where are you from?" and "What are you majoring in?"

Looking at the statistics of incoming freshmen, the answer to the first question will most likely be North Carolina, Maryland, New Jersey or Virginia. The answer to the second question may be a little more nebulous.

There is a pressure for incoming freshmen to know what they plan to major in but with more than 50 majors to choose from, many find themselves lost in a swarm of unfamiliar majors and asking their own questions: "What is public administration?" and "Do I want a strategic or broadcast communications major?"

For those confused, their degree audit reads 'undecided', although that classification can be equally obscure and scary.

According to Troy Martin, assistant director of Academic Advising, these students are not lost or inferior — they are in a place of exciting exploration.

"Academic Advising values and appreciates undecided students," Martin said. "They have the opportunity to see what Elon has to offer but also to find out about themselves."

Martin claims that many students find choosing a major difficult because they don't know all the options and have difficulty narrowing down the possibilities.

"Sometimes they've begun to go down a path and they get there and it's not what they thought it would be," Martin said.

According to the National Association of Colleges and Employers (NACE) 2005 survey, 26.5 percent of those surveyed changed their majors once, 12.1 percent changed their majors twice and 9 percent changed their majors three times or more.

"Particularly at Elon students are more-orientated and sometimes it does feel lonely to be undecided," Martin admitted. "But you can become aware of things you didn't know existed."

He said that students and parents find it easier to choose a major that they can see progress into a career, hence the popularity of business, communications and biology majors, and are afraid to explore those that become a little bit more abstract such as philosophy and sociology.

The NACE 2005 survey stated that 68.6 percent of respondents chose their major because of the kind of work associated with it.

Academic Advising has many resources for those undecided students; the most comprehensive being the one-hour COE 111 Exploring Majors course offered each

semester. The class concentrates of clarifying values and exploring personal lifestyle issues.

"We strongly encourage students to think of majors in terms of skill sets rather than job titles," Martin said.

There are several majors, including elementary education, exercise sport science, all science majors, pre-engineering and music theatre/music, that need to be declared first semester of freshman year in order to graduate in four years. Students are strongly urged to declare by their fourth semester.



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When it's dark outside and students have a long walk ahead of them, there are two services that provide safe and sober rides on and off campus.

E-Rides:

- Elon-run transportation system
- Provides one-way rides from any on campus location to off campus residences within a 10 minute walking radius
- Available Thursday-Thursday from 7 p.m.-2 a.m. and Fridays 7 p.m.-10 p.m.
- Call: (336) 278-5555

Safe Rides:

- Student-run volunteer organization
- Provides one-way rides on and off campus as an alternative to students drunk driving or walking alone
- Available Thursdays 10 p.m.-2 a.m. and Fridays and Saturdays 10:30 p.m.-2:30 a.m.
- Call: (336) 278-7433

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