

Sports & Physical Activity Survey 2019 Results

1535
RESPONDENTS

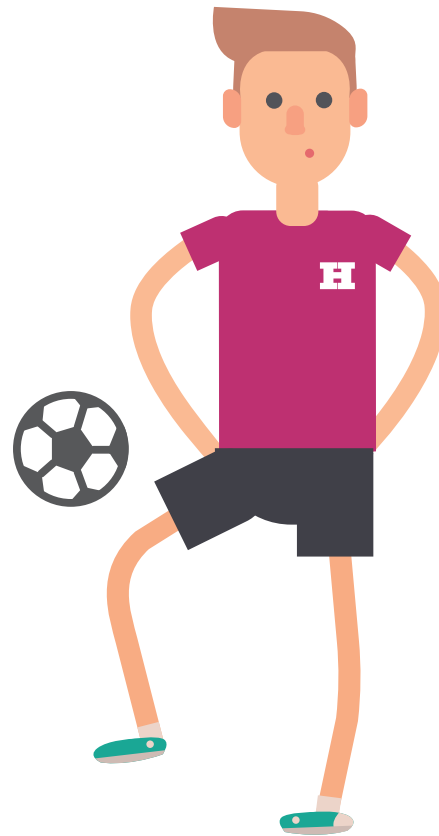
The World Health Organisation (2018) recommends that adults should take part in 150 minutes or more of physical activity per week.

Only 27% of respondents are achieving this.

82% took part in some form of physical activity before coming to university, but only 60% take part in physical activity now they are at university.



This means there's been a 22% decrease in students' activity level when coming to university.



Students that are currently active are slightly more likely (82%) to predict that they will achieve either a 1st or a 2.1 degree than those who are not currently active (76%).



Students who are currently active feel more confident (81%) that they will be able to obtain a job in their chosen field after university, than those who are not currently active (75%).

Prior to attending university, students had mainly:

- Gone to a gym (40%)
- Walked (25%)
- Played football (24%)
- Gone swimming (24%)

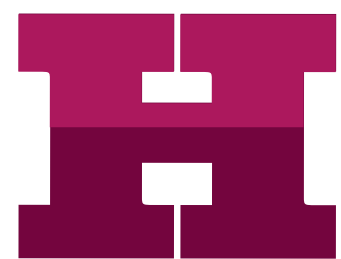
80% of respondents took part for their enjoyment.

COMPARED WITH

Whilst at university, students have mainly:

- Gone to a gym (54%)
- Walked (20%)
- Taken part in fitness classes (16%)
- Gone running (15%)

84% of respondents take part for their physical health and fitness.



55%

of students take part in their sport or activity through the university (i.e. Team Hallam).

60% of students who are not currently active would like to increase their participation but face the following barriers:

Time (47%)



Uni commitments (44%)

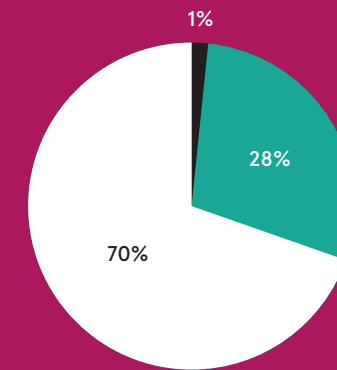


Lack of confidence (37%)



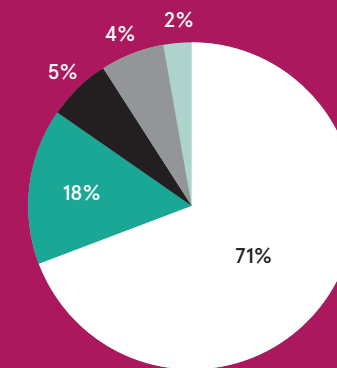
RESPONDENT DEMOGRAPHICS

GENDER



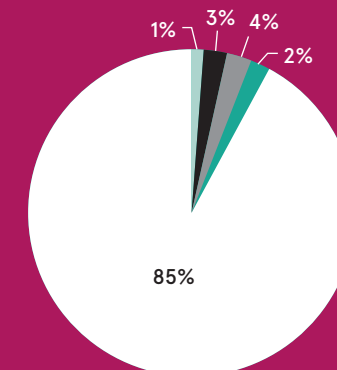
- Male
- Female
- Non Binary

AGE



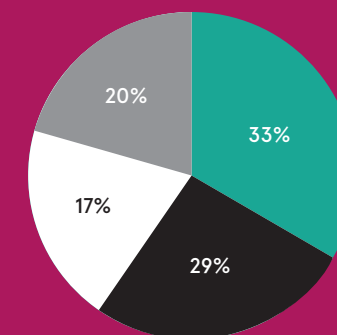
- 18-21
- 22-25
- 26-29
- 30-40
- 40+

ETHNICITY



- Multi
- Asian/Asian British
- Black/Black British
- White
- Other

FACULTY



- SSH
- HWB
- SBS
- STA

*Totals will not add up to 100% as the demographic data of some respondents is not known.

Students who take part in sport and physical activity:

- Are more likely to feel part of a community of friends at university.
- Are more satisfied with life.

Students that do not take part in sport or physical activity:

- Are more likely to report feeling stressed than those who are active.
- Find it more difficult to relax than those who are active.