

# SPORT & ACTIVE WELLBEING SURVEY RESULTS 2024/25

**55%** of students and staff stated the sporting offer and facilities were influential in coming to study or work at the University in varying degrees.

**59%** of students and staff are meeting the World Health Organisation's guidelines of 150 minutes or more of physical activity per week

**87%** of student sports club members were either satisfied or very satisfied with their club experience.

For the remaining 13%, the top 3 ways the experience could be improved are:

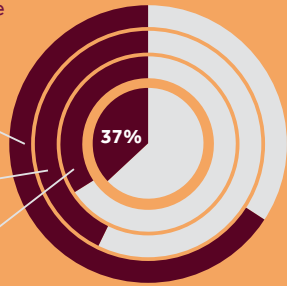
- Better Facilities **53%**
- Communication from RSU **29%**
- Improved Coaching **25%**



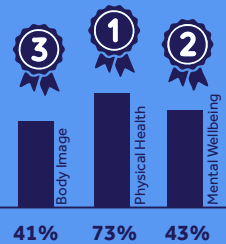
Of the 37% of respondents who were SportsPark members, 76% were either satisfied or very satisfied with the facilities

Of those who were neutral, satisfied or dissatisfied, the reasons given were:

- 66%** Facilities too busy
- 43%** Cost of membership
- 34%** Quality of the facilities

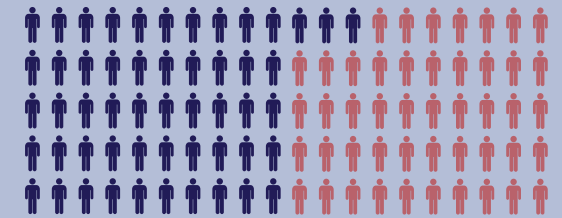


**19%** of respondents were members of sports clubs outside of the University.



**68%** of respondents who do not use university sport facilities cited the following as the main reasons:

- 35%** Lack of time
- 20%** Use other facilities
- 48%** Cost



**53%** of student club committee members were either satisfied or very satisfied with the level of training and support they have received to effectively carry out their role

The most popular SportsPark facilities used by members are:

**65%** gym

**25%** sports hall

**23%** group exercise studios

The most active students were more likely than the third least active group to expect a first or distinction in their degree.

**16%**

**84%**

of students and staff stated being physically active has a positive impact on academic or work-related attainment.



50% of all respondents stated they were either very likely or likely to recommend the University's sport and active wellbeing offer to a friend or colleague, giving a Net Promoter Score of 50.



Students who achieve 150 minutes or more of physical activity per week have a 17% combined stronger sense of belonging than those who achieve 30 minutes or less.



Students who achieve 150 minutes or more of physical activity per week have a combined positive mental wellbeing score of 23% more than those who achieve 30 minutes or less.



Staff who achieve 150 minutes or more of physical activity per week have a combined positive mental wellbeing score of 21% more than those who achieve 30 minutes or less.

**23%** of SportsPark members used the facilities five or more times per week

The most active students are the most confident in securing a job within six months of graduation.