BRITISH ACTIVE STUDENTS SURVEY:

FURTHER EDUCATION 2018/2019

3,661 students Female Male 45.1% 53.0% **5.7**% 2.1% Full time study Part time study (no apprenticeship) Apprenticeship 92.2% Studying at Level 3 Level 2

Activity Types







Active students who did both activity types found exercise and sport easier, more enjoyable, and felt more confident.

Activity Levels

	Inactive 4	Fairly active † 31–149 mins	Active 🟂
Students of this survey	25.5%	45.2 %	29.2%
Active Lives (16-24 yrs)	15.4%	9.1%	75.5%
Active Lives (25-34 yrs)	20.0%	12.1%	67.9%

Sport England's activity level categorisations for their Active Lives survey are used and allow comparison to national data.

Personal Wellbeing

80.0%

Where 0 is 'not at all' and 10 is 'completely':

14.1%

Other

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.8 5.4	6.8	Feeling worthwhile
.6 5.4	6.6	Life Satisfaction
.4 5.3	6.4	Happiness
.1 4.3	4.1	Anxiety* *scored using an inverse scale

Mental Wellbeing

Where higher scores equal higher mental wellbeing (35 = highest score)

SWEMWBS measures mental wellbeing. It asks agreement to positively worded statements e.g. 'I've been feeling useful'.

Average SWEMWBS score:





Social Isolation

% answering usually or always to 'I feel'...

Left out	11.8%	19.5%
People barely know me	19.1%	29.8%
Isolated from others	14.0%	20.9%
People are around me	19.1%	27.5%

% answering somewhat or **27.5**% completely trustworthy to...





Loneliness

% answering all of the time to...

Most people can be trusted



10.5%

36.1%

Employability

Confidence of finding a job within 6 months of finishing college:







very or fairly

confident

not at all

21.1%

Active students who did both activity types rated themselves higher for teamwork, drive, flexibility and initative.

Attainment

but not with me

Grade expectation for students:

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31 UCAS points	7.7 %	15.2%
47 UCAS points	36.5%	45.6%

55.7%

Students who did both activity types percieved that they would get higher grades than those

who took part in neither activity types.

Biggest motivators:

To benefit physical health 16.1% To improve body image 12.8% As a stress relief 10.9%

Biggest barriers:

Too busy with studies 27.9% Body confidence 10.5% Too expensive 9.6%





48-56 UCAS points

16-

32-



