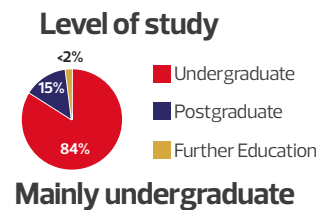
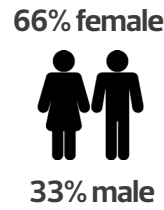


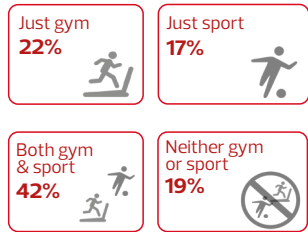


Who took part?

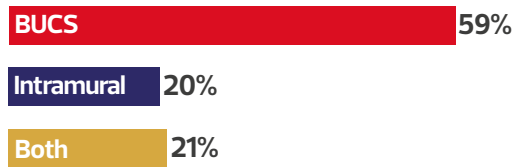


What did they do and how active were they?

Students were asked what kind of activity they took part in:



Those who took part in sports were asked what type of team/club they participated with:

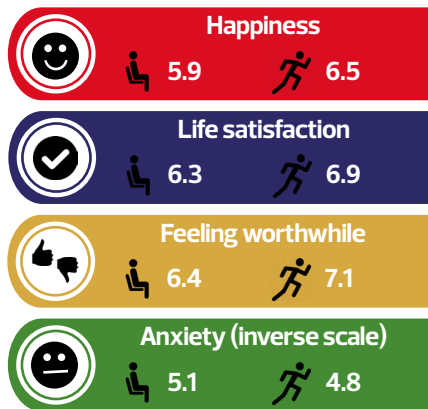


Students were asked how much activity they did **in a week**, which was grouped by Sport England's Active Lives categorisations to allow comparison to national data.

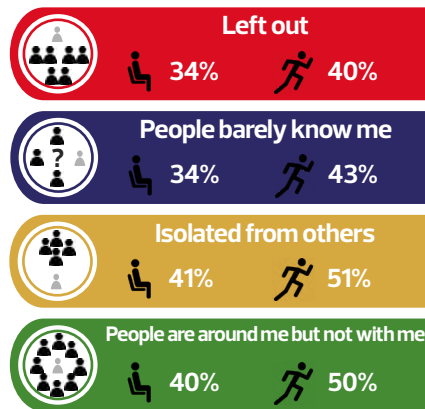
	Inactive ≤30 mins	Active 150 mins+
Survey population	14%	76%
AL (16-24 years)	17%	74%
AL (25-34 years)	21%	67%

How did their wellbeing metrics compare?

Personal Wellbeing average scores:
Where 0 = 'not at all' and 10 = 'completely'



Social Inclusion average scores:
% answering 'never' or 'rarely' to 'I feel':



Mental Wellbeing scores (SWEMWEBS):
agreement to positively worded statements
Where higher scores equal higher mental wellbeing (35 = highest score)



Loneliness average scores:
% answering 'rarely' or 'hardly ever'



Social Trust average scores:
% answering 'agree' or 'strongly agree'
To what extent do you agree or disagree that most people in your local area can be trusted?

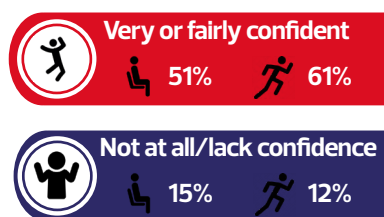


How does this impact attainment and employability?

Students were asked what grade they expected to get:

	Inactive	Active
1st	35%	36%
2.1	50%	53%
2.2	5%	4%
3rd	<1%	<1%
Pass	9%	7%

Students were asked about their confidence of finding a job within six months of finishing university:



What are the barriers and motivators?

Students were asked what the barriers and motivators to exercise were. The options which the highest percentage responded to are below.

