



OXFORD UNIVERSITY SPORT



UNIVERSITY OF
OXFORD



Getting active at Oxford

A students' guide



Why get active at Oxford?

Jon Roycroft
Director of Sport

“Sport and physical activity plays a major role in the overall experience and day-to-day lives of many students at Oxford. Getting involved, at any level, is a great way to get out and about, meet new people, stay fit and contribute to your overall wellbeing.

“We know that sometimes when you’re struggling with some tutorial work, leaving the library seems like the worst idea, but in our experience, having that time scheduled for an activity helps to focus the mind, provides a stable routine, and can make you more productive either side of that break. Getting active can give you the break needed from academic work, with a physical and mental release that only exercise can really give.

“Taking part in sport or physical activity helps you stay fit, motivated and can help you to develop soft skills that employers love. We can’t recommend it enough!

“This guide gives you lots of advice, hints and tips on where to start. Whether it’s playing for a sports team, joining a club, a casual session in the park or simply walking around the city.

“It’s part of a campaign called Active at Oxford, which is all about getting out there and enjoying the many benefits that an active lifestyle can bring.

“Even taking small steps to be more active can have massive benefits in the long term.”

Sport and physical activity is actively encouraged at Oxford, and can make a real difference to your time at university.

“Sport has played a notable role in Oxford’s history, and it remains an important part of many student’s lives today.

“There are huge benefits to sport and physical activity, with some fantastic clubs and opportunities across the University for students.

“There is always a way to balance sports with studying, and we actively encourage students to get active while they are here.”



Martin Williams
Pro Vice-Chancellor
(Education)

Why sport works for me - a student’s view

“Doing sport is great way to keep fit and make new friends. From one-off intercollegiate competitions (‘Cuppers’) to college and University sports clubs, there are plenty of opportunities to get involved.

“With the Lifesaving Club, I have competed across the country and feel like I am part of a community outside the Oxford bubble. If you want to try a sport you’ve never done before, go for it!”



James Harris
Studying: DPhil Mathematics
College: Christ Church
Chosen activity: Lifesaving

What do the stats say?

We all know that exercise is important for your health, and there are many studies that reveal the benefits of an active lifestyle. Take a look at these stats to see why getting active is the smart choice:

Sport & physical activity contributes to improved mental health



1 in 41

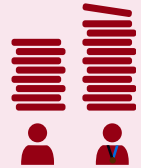
People suffer from a mental health issue each year in the UK

Active students have a greater sense of belonging at their university than inactive students ¹

Active students can be more employable and earn more

A 2013 study found that:

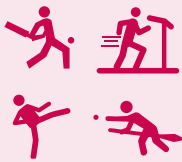
The average salary of graduates who played sport at University was almost 20% more than those who did not



94% of employers agree active students demonstrate good employability skills ²

There is something for everyone

From elite to casual, there really is a sport or physical activity for everyone at Oxford:



More than:
200
College Clubs

81
University Clubs

Active students show improved levels of personal wellbeing

A 2018 study found that active students show improved scores for:



Life satisfaction
Feeling worthwhile
Happiness
Anxiety ³

¹ www.england.nhs.uk/mental-health

² www.bucs.org.uk/page.asp?section=18560§ionTitle=Value+of+Sport

³ <https://www.bucs.org.uk/news.asp?itemid=27839&itemTitle=Physical+activity+holds+key+to+improving+student+mental+health+%96+new+study§ion=8§ionTitle=News>

Visit our website for more information on the benefits of getting active, and the evidence behind Active at Oxford - our campaign to get more students enjoying sports and physical activity.

Visit: sport.ox.ac.uk/active

Getting the **balance** right

Sport and physical activity can have a positive impact on how you feel, as well as your physical health. Here are five tips to help you balance exercise and study:

1. Talk to your tutors - good communication can solve many potential issues
2. Get enough sleep - if you're up early training, you need to ensure you're going to bed early enough to perform to your best ability when studying
3. Prioritise - you are ultimately responsible for prioritising appropriately, so remember that you may have to make sacrifices along the way
4. Be organised - avoiding distractions while studying, and planning out your time, can help ensure you're making the most of your days
5. Ask for help - balancing multiple commitments is a challenge, but you can always ask for help from your tutor, academic office, or welfare team

The Oxford Students website includes information and advice about studying and welfare support.
Go to: ox.ac.uk/students

Making active choices

You don't need to be a gym addict to enjoy the benefits of getting active. Making small, positive lifestyle choices can have a huge impact on your wellbeing. Oxford is a beautiful city - so get out and enjoy it.



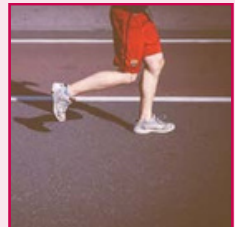
Walk to tutorials to enjoy the fresh air and parks.



Cycling is a quick, healthy way to get around the city.



Get active and make new friends at a fitness class.



A run can clear your head during stressful periods.

ACTIVE AT OXFORD PROGRAMME

The Active at Oxford Programme brings together some of the social sport opportunities here at Oxford. We have a range of sports on offer for students, staff and community members.

- Come when you want: no commitment to regular sessions
- Join at any time through the year
- Take part without a trial
- Make new friends (and bring your friends along!)

Pick a session from one of three categories:



SIMPLY
ACTIVE

- Beginner-friendly
- Open to everyone
- Team and individual sports on offer



ACTIVE
IMPROVER

- Develop your skills
- Coached sessions
- Friendly competition



ACTIVE
EVENT

- Trips or events
- Guided by a session leader
- Beginner-friendly

ACTIVE AT OXFORD PROGRAMME

Active at Oxford sessions vary year to year, but here are just some of the sports you might get involved in:



Badminton

Kayaking

Basketball

Squash

Football



Running

Kickboxing

Swimming

Tennis



Walking

Ice Skating

Netball

For more information about this year's sessions, scan the QR code or visit

www.sport.ox.ac.uk/active



Sports clubs - A-Z

Whether it's high-impact and action-packed, or slow, steady and skilful, there is a sports club for everyone at Oxford. All clubs are student-led and offer the opportunity to join a like-minded community doing what you love.

A

Aikido
American Football
Archery
Athletics
Australian Rules Football

B

Badminton
Baseball
Basketball
Boxing (Amateur)

C

Canoe & Kayak
Caving
Cheerleading
Clay Pigeon Shooting
Competition Dance
Cricket
Croquet
Cross country
Cycling

D

Dancesport

E

Equestrian
Eton Fives

F

Fencing
Floorball
Football (& Futsal)

G

Gliding
Golf
Gymnastics

H

Handball
Hockey

I

Alternative Ice Hockey
Ice Hockey
Ice Skating

J

Jiu Jitsu
Judo

K

K.O. Krav
Karate
Karate Do Shotokai
Kendo
Kickboxing
Korfball

L

Lacrosse
Lifesaving

M

Modern Pentathlon
Motor Drivers
Mountaineering

N

Netball

O

Octopush
Orienteering

P

Pistol
Polo
Pool & Snooker
Powerlifting

R

Boat (Rowing)
Rackets
Real Tennis
Rifle
Rugby Fives
Rugby League
Rugby Union

S

Shorinji Kempo
Ski & Snowboard
Squash
Surf
Swimming

T

Lawn Tennis
Table Tennis
TaekwonDo
Tai Chi
Touch Rugby
Trampolining
Triathlon

U

Ultimate Frisbee
Underwater Exploration (Scuba Diving)

V

Volleyball

W

Walking
Water Polo
Windsurfing

Y

Yacht (& Dinghy Sailing)

Find out more at: sport.ox.ac.uk/clubs

Health and fitness

You don't have to take up competitive sport to enjoy the benefits of being active. Many colleges have their own gym facilities. Or head to the Iffley Road Sports Centre, which offers all kinds of health and fitness facilities.



Gym

Oxford's main sports centre has been recently redeveloped. It offers facilities for indoor sports as well as a fully equipped gym.

sport.ox.ac.uk/gym



Rosenblatt Pool

With eight lanes, this 25 metre pool is a great place to get a full body workout. Swimming classes are also available.

sport.ox.ac.uk/swimming



Running Track

The home of the Four-Minute-Mile is a historic track and students can run on it for free. Beat your best time in a distraction-free setting.


sport.ox.ac.uk/running



Fitness Classes

There are a wide range of fitness classes available for all interests. Get active and make some new friends at the same time.

sport.ox.ac.uk/fitness

 [@OxfordUniSport](https://twitter.com/OxfordUniSport)

 [/OxfordUniSport](https://www.facebook.com/OxfordUniSport)

 [@OxfordUniSport](https://www.instagram.com/OxfordUniSport)

+44 (0)1865 611476 | www.sport.ox.ac.uk | Iffley Road Sports Centre, Iffley Rd, OX4 1EQ

Getting active at Oxford

Sport and physical activity can have a positive influence on your time at Oxford.

Whether it's competitive or just for fun, there is a diverse selection of sports and activities to get involved in, with something for everyone.

Evidence shows that exercise can help with your mental and physical wellbeing, leave you better equipped to cope with stressful periods, and make you a more rounded and employable graduate.

Simply put, getting active is the smart choice. For more advice, ideas and inspiration, visit:

www.sport.ox.ac.uk/active

