

University of Nottingham Sport Welfare Transcript

MARKETING DESCRIPTION: Introductory video to the University of Nottingham Sport welfare and accessibility provision including details of sports on offer and Inter-Mural Sports competitions.

WEBSITE: www.nottingham.ac.uk/sport

Welcome to Sport, Fitness and Wellbeing – www.nottingham.ac.uk/sport

Get Active at University – Whether you want to use the gym, play sport socially, climb, swim or volunteer, University of Nottingham Sport has a huge range of options for students to access.

Inclusive sport for everyone:

Ensuring that everybody has a chance to take part in sport is something that the University is very much focused on. In fact, we were the first University to employ dedicated disability sports officer and have won many awards for our pioneering inclusive sport programmes across the University. And you can see here just a few of the programmes within our inclusive offer which are available, one examples such as the only buddy scheme allows volunteers to work with disabled students to overcome some of the barriers towards accessing the gym and the facilities and to really provide a friendly face to support those students when they when they come to the facilities to train. Our students have also pioneered a welfare and sports initiative which is focused on supporting students' mental health using sports as a vehicle to do that which has been again recognised and awarded by the British Universities and Colleges Sport Federation.

Our Disability Sport Officer offers a wide range of support to ensure students with a disability and /or long-term health condition can enjoy our activities.

Supported fitness programmes: Students with a disability may be eligible for discounted UoN sports and fitness membership 1-2-1 support in the fitness suite from our friendly and knowledge instructor team.

Inclusive sessions: All Engage sessions are inclusive and selected activities are specially organised for disabled students, like inclusive riding and trampolining. We also work closely with sports clubs to ensure they are flexible to individuals needs.

Men's health Active: is an initiative which has been designed to encourage male students to use sport and physical activity to help them maintain good levels of mental health.

Gym Quiet Time: this is run in our fitness suites on set days and times, to allow you to work in a quieter and calmer environment. Details can be found online.

Try new sports with Engage: We know that trying to fit everything in when you first start university can be a challenge, so we make it as easy as possible to take part with out Engage programme. Over 2000 students attend a session every year.

If trying something new is what you really want to do we have a programme called the engage programme which is an award winning programme makes it very easy to start and take part in the sport this programme engages around 2000 students who attend the session every year. And it cost just three pounds a session and delivered by students, ambassadors for our students it's a turn up and play, very much fun based activity without any previous experience needed, no commitment required and you can pick up the programme as it works for you. There is a list with some of the sports that are on offer within that engage programme. And it's important to note that some clubs

provide opportunities to try their sports on occasions as well outside of that list if you feel there's something else, you'd like to try.

Delivered for students by student ambassadors, the programme includes a huge range of sports. There's no matches or league points to win, so you can just turn up and play for fun.

It's free for UoN sports and fitness members and starts from just £3 per session for students without membership, so is a great value option.

You don't need any previous experience to join in and we offer options just for beginners. If you've played a little before, then you can jump straight into a game.

There is no commitment necessary so you can pick the programme up when it suits you best.

Sports on offer include:

- Climbing
- Netball
- Riding
- Korfball
- Softball
- Thai boxing
- Volleyball
- Futsal
- Table tennis
- Yoga
- Badminton
- Waterpolo

Empower: is an initiative which will give female students the opportunity to keep fit, educate themselves on a healthy lifestyle and become part of a dynamic community.

Team up for Campus Sport Leagues: Our campus sports leagues are hugely popular with over 3,000 students taking part every year, including 130 football teams alone!

If you prefer the chance to compete in a more informal basis, our campus sports leagues are very popular and have around 3000 athletes across a range of sports that do get involved in competition. As I said you can join your team and your hall of residence, your academic course or just a group of friends and enter leagues that are on site in our intramural sport programme. Many of those sports are actors qualifies to the annual varsity, IMS varsity that is that we compete against Loughborough in and as you can see from the list we've got 12 sports on offer currently for opportunities to get involved at the IMS level.

Campus sports leagues – Intramural sport (IMS) is the perfect way to enjoy competitive sport without the commitment of training or travelling to away games.

You can join a team with your hall of residence, academic course, society or get together with a group of friends to play.

Many of the sports are qualifiers for the hotly contested annual IMS Varsity against Loughborough.

We offer weekly leagues as well as one-off tournaments. Twelve sports are on offer:

- Football (men and women)

- Netball
- Hockey
- Rugby
- Basketball
- Futsal
- Volleyball
- Tennis
- Table tennis
- Squash
- Badminton
- Tenpin bowling

Boost your employability through sport: We offer comprehensive training and qualifications to students leaders to enable them to deliver within the local community via our Leadership Academy.

One of the things you recognise the value that sport can bring beyond success on the pitch or developing a new skill, in areas such as employability and academic attainment and we have a comprehensive programme called the Leadership Academy that helps to support students to gain qualifications and then to deliver to group, student groups or local community groups or schools to really boost their employability. We work in partnership with global sporting organisations such as laurios who run bespoke courses for students and that includes opportunities to even travel abroad through the volunteering that they do. The leadership skills have really been shown to boost the employability possibilities for students when they move on from University in some of the research that we have in that area has demonstrated that being part of clubs or being part of volunteering programmes has increased their employability scores upon graduation.

Leadership Academy: whether you have previous experience in sport and leadership or not, our Academy offers an excellent opportunity to develop your skills and make important links with industry partners.

Bespoke training and qualifications: we offer recognised coaching and Sports Leaders UK qualifications to our students, Global sports giants Laureus, whose patrons include David Beckham, run a bespoke course just for our students delivering to local schools.

Variety of programmes: Our leaders have a huge choice of programmes to get involved in. These including working in local schools, coaching within our clubs, officiating and volunteering at major events. Selected volunteers may even get the opportunity to travel abroad.

Real life skills for the workplace: Leadership skills are highly valued and we support all our students to build their CV. Many of our programmes focus on sports as tool for behavioural change, so also offer invaluable experience for a career in education or psychology.

Choose from a huge range of clubs: We have over 75 sports clubs in Nottingham, some of whom offer inclusive and social opportunities for students.

Whether you are an international athlete or student who wishes to develop and improve and compete within your sport we have a huge range of clubs, 75 to be to be exact on offer at the University that gives opportunities to regularly train, be coached and improve but also attend competitions, run events, gain experience as a club member.

Here's a list of all 75 sports clubs at the moment, I'll give you a chance to have a look through that list, I think it's important to note that a club that you like respond you love isn't on that list we do

welcome working with students to start up new clubs where there is demand and in fact some of the clubs on this list that you see such as synchronised swimming or powerlifting are examples of clubs that have started in recent years from that demand. I think the camaraderie and sentiment of belonging that you could gain from being part of a club with like minded people is very important to recognise.

- Aikido

American football

archery

athletics

badminton

basketball men's

basketball womens

Boat Club

Boxing

Brazilian jujitsu

Canoe Polo

caving

cheerleading

climbing

cricket men's

cricket womens

dodgeball

equestrian

fencing

floorball

football men's

football and futsal womens

footsall men's

Gaelic football

gliding

goalball

golf

gymnastics
handball
hockey Mens
hockey womens
ice hockey
jiu jitsu
judo
karate
kayak
Kendo
korfbal
lacrosse men's
lacrosse women
life saving
mixed martial arts
motor sports
mountaineering
netball
polo
powerlifting
rambling and Hill walking
rugby men's
rugby womens
rugby League
sailing
shooting
skydiving
snooker and pool
snow sports
softball and baseball
squash

sub Aqua
surf
swimming
synchronised swimming
table tennis
Thai Boxing
tenpin bowling
tennis
thai boxing
trampoline
triathlon
ultimate
volleyball
water polo
wheelchair basketball
windsurfing and kite

Welfare in sports: Each of our sports clubs and some of our IMS teams have welfare officers or representatives who can support you to join in with their activities. There is also a student run campaign group called welfare in sport who focus on raising awareness around mental health and being active.

Built to support student wellbeing: Our health and wellbeing suite with sauna and steam room is accompanied by a specialist sports injury clinic which provides sports massage in hydrotherapy.

Supporting the health and wellbeing of our students is absolutely key importance to us at the University of Nottingham and we're proud of recently adding a health and well being suite to our facility portfolio and that's also accompanied by our sports injury clinic which provides some high quality physiotherapy services, sports massage therapy, hydrotherapy, hydrotherapy pool and club cold plunge pool which provides outstanding recovery experience and treatment experience for our students.

Thank you for listening

sports fitness and wellbeing website: www.nottingham.ac.uk/sport

UoN sports social media: www.facebook.com/UoNSport www.instagram.com/UoNSport

UoNEngage: www.nottingham.ac.uk/sport/engage www.facebook.com/BeginnerSport

Disability sport and inclusion: www.nottingham.ac.uk/disabilitysupport
www.facebook.com/uondisabilitysupport www.instagram.com/uondisabilitysport

