

**ACTIVE**  
AT OXFORD



UNIVERSITY OF  
OXFORD

**Getting active at Oxford**  
**A students' guide**

[ox.ac.uk/activeatoxford](https://ox.ac.uk/activeatoxford)



# Why get active at Oxford?

Natalie Liu

Sports Federation President 2018-19



"Sport and physical activity played a major role throughout my time at Oxford. It's a great way to get out and about, meet new people, and stay fit.

"I know that sometimes when you're struggling with some tutorial work, leaving the library seems like the worst idea.

"But, I found the routine of training with the Gymnastics Club gave me something to look forward to, helped me to plan ahead and gave me a clear head so I was more productive afterwards.

"Taking part in sport helps you stay fit, motivated and helps you to

develop soft skills that employers love and I couldn't recommend it enough.

"This guide gives you lots of advice on where to start. Whether it's playing for a sports team, 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 students’ 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 definitely taught me to manage my time better, and playing handball helps me to reduce my stress level.

“It gives me a fresh perspective once I return to college to continue working.

“Winning the Varsity Cup has given everyone in the team an incredible boost of confidence so I can honestly say that it is worth doing any kind of sport to compliment your university experience.”



**Kinga Nesselfield**  
Classics student  
Chosen sport: Handball

Read more testimonials about the importance of sport at: [sport.ox.ac.uk/testimonials](https://sport.ox.ac.uk/testimonials)

# 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 4<sup>1</sup>

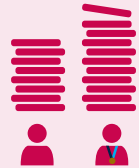
People suffer from a mental health issue each year in the UK

Active students have a greater sense of belonging at their university than inactive students<sup>3</sup>

## Active students can be more employable and earn more

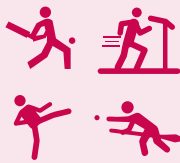
A 2013 study found that:<sup>2</sup>

- The average salary of graduates who played sport at uni was almost 20% more than those who did not
- 94% of employers agree active students demonstrate good employability skills



## 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

**84**  
University Clubs

## Active students show improved levels of personal wellbeing<sup>3</sup>

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



- Life satisfaction
- Feeling worthwhile
- Happiness
- Anxiety

<sup>1</sup> [www.england.nhs.uk/mental-health](http://www.england.nhs.uk/mental-health)

<sup>2</sup> [www.bucs.org.uk/page.asp?section=18560&sectionTitle=Value+of+Sport](http://www.bucs.org.uk/page.asp?section=18560&sectionTitle=Value+of+Sport)

<sup>3</sup> <https://www.bucs.org.uk/news.asp?itemid=27839&itemTitle=Physical+activity+holds+key+to+improving+student+mental+health+%96+new+study&section=8&sectionTitle=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: [ox.ac.uk/activeatoxford](http://ox.ac.uk/activeatoxford)

# Getting the **balance** right

Exercise 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](https://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.

Read our blog on the importance of active choices here: [sport.ox.ac.uk/active-choices](https://sport.ox.ac.uk/active-choices)

# 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 & Softball  
Basketball  
Boxing (Amateur)

## C

Canoe & Kayak  
Caving  
Cheerleading  
Clay Pigeon Shooting  
Contemporary Dance  
Cricket (Men's)  
Cricket (Women's)  
Croquet  
Cross country  
Cycling  
MCCU Cricket Academy

## D

Dancesport

## E

Eton Fives  
Equestrian

## F

Fencing  
Floorball  
Football (Men's)  
Football (Women's)

## G

Gliding  
Golf  
Gymnastics

## H

Handball  
Hockey

## I

Alternative Ice Hockey  
Ice Hockey  
Ice Skating

## J

Jitsu  
Judo

## K

K.O. Krav  
Kabaddi  
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 (Men's Rowing)  
Boat (Women's Rowing)  
Lightweight Rowing (Men's)  
Lightweight Rowing (Women's)  
Rackets  
Real Tennis  
Rifle  
Rugby Fives  
Rugby League  
Rugby Union (Men's)  
Rugby Union (Women's)

## S

Shorinji Kempo  
Ski & Snowboard  
Squash  
Sulkido  
Surf  
Swimming

## T

Lawn Tennis  
Table Tennis  
TaekwonDo  
Tai Chi  
Trampoline  
Triathlon

## U

Ultimate Frisbee  
Underwater Exploration (scuba diving)

## V

Volleyball

## W

Walking  
Water Polo  
Windsurfing

## Y

Yacht

Find out more at: [sport.ox.ac.uk/clubs](https://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](https://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](https://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](https://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/fitnessclasses](https://sport.ox.ac.uk/fitnessclasses)



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



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



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

+44 (0)1865 611476 | [sport.ox.ac.uk](https://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:

[ox.ac.uk/activeatoxford](https://ox.ac.uk/activeatoxford)



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