Getting active at Oxford
Students guide
"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.”

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

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

"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

"Why get active at Oxford?"

Lydia Welham
Sports Federation President 2019-20

“Being active shaped my experience at Oxford.

“On a physical level, getting outdoors—whether for a short walk or to play sports—helped me relax, sleep better and return to my studies more focussed.

“Getting fitter and stronger gave me more confidence in myself to face challenges and take up space.

“This confidence, along with a range of other soft skills, are invaluable in the workplace and in my wider life.

“Aside from that, the routine and community of my sports club made my student life more fulfilling, sociable and simply happier.

“There are more opportunities than ever to get Active at Oxford, with the introduction of a new Accessible Sport programme reinforcing that sport is for everyone at Oxford.

“This guide is full of advice on where to start. Whether it’s taking up a sport or taking in the city on foot, finding the activity for you will bring a wealth of benefits.”

Martin Williams
Pro Vice-Chancellor
(Education)
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** 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.

- **Active students can be more employable and earn more**
  - A 2013 study found that:
    - 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**
  - A 2018 study found that active students show improved scores for:
    - life satisfaction
    - feeling worthwhile
    - happiness
    - anxiety

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

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### Accessible Sport Programme

In 2018, Oxford University Sports Federation supported a student-led project to encourage participation in Wheelchair Basketball.

Following successful taster sessions, a team was created within the Oxford University Basketball club and subsequently went on to compete at the national university championships in 2019.

Building on this success and by working in partnership with the University’s Disability Advisory Service and Oxford SU’s Disability Campaign (DisCam), a new programme of activity is being launched to facilitate para-sport opportunities.

This year there will be specific accessible opportunities in the following sports:

- Para-Archery
- Para-Athletics
- Para-Badminton
- Wheelchair Basketball
- Wheelchair Fencing
- Blind Football
- Mental Health Football
- Flyerz Hockey
- Adaptive & Visually Impaired Judo
- Para-Swimming
- Para-Table Tennis

The Active at Oxford Accessible Sport programme will continually expand and develop in line with new requests from clubs and students.

If there is a sporting opportunity that you want to take part in that isn’t listed above, please get in touch with the Sports Federation via our webpage.

Visit: sport.ox.ac.uk/accessible-sport

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¹ [www.england.nhs.uk/mental-health](http://www.england.nhs.uk/mental-health)
² [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)
³ [https://www.bucs.org.uk/news.asp?itemid=27839&itemTitle=Physical+activity+holds+key+to+improving+student+mental+health+%26+new+study&section=8&sectionTitle=News](https://www.bucs.org.uk/news.asp?itemid=27839&itemTitle=Physical+activity+holds+key+to+improving+student+mental+health+%26+new+study&section=8&sectionTitle=News)
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
- Croquet
- Cross country
- Cycling
- MCCU Cricket Academy

D
- Dancesport

E
- Eton Fives
- Equestrian

F
- Fencing
- Floorball
- Football

G
- Gliding
- Golf
- Gymnastics

H
- Handball
- Hockey
- High Jumps
- Ice Hockey
- Ice Skating

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 Driving
- Mountaineering

N
- Netball

O
- Octopus
- Orienteering

P
- Pistol
- Polo
- Pool & Snooker
- Powerlifting

Q
- Quadrille

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

S
- Shorinji Kempo
- Ski & Snowboard
- Squash
- Sulkido
- Surf
- Swimming

T
- Lawn Tennis
- Table Tennis
- TaekwonDo
- Tai Chi
- Trampolining
- Triathlon

U
- Ultimate Frisbee
- Underwater Exploration (scuba diving)

V
- Volleyball

W
- Walking
- Water Polo
- Windsurfing

Y
- Yacht

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.

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