

# ACTIVE AT OXFORD



UNIVERSITY OF  
OXFORD

**Getting active at Oxford  
Students guide**



## 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."

## 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

**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)

# 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:



<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: [sport.ox.ac.uk/active](http://sport.ox.ac.uk/active)

# 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](http://sport.ox.ac.uk/accessible-sport)

# 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  
**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

**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

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



## 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](http://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-classes](http://sport.ox.ac.uk/fitness-classes)

/ OxfordUniSport

/ OxfordUniSport

/ OxfordUniSport

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



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