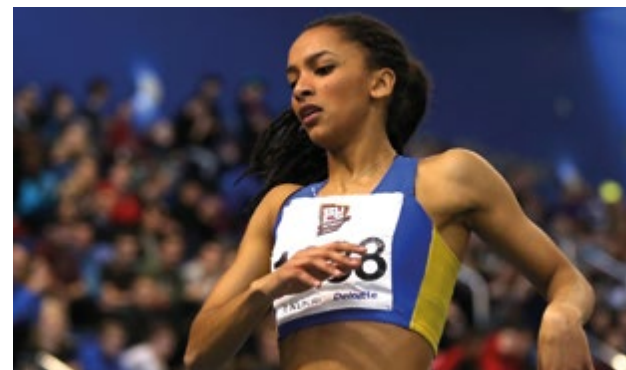


Sport strategy

2019 - 2022



Introduction

Queen Mary University of London is a global leading university, located across a number of campuses in London. Queen Mary is home to a diverse community, with over 26,000 students and 4500 members of staff. The profile of students is distinctive for a Russell Group university, 91% of students are from state school, 60% are BAME and 42% are the first in their family to attend University.

Here at Queen Mary, our aim is to offer something for everyone, regardless of their age, background or level of ability; we want everyone to feel able to engage within sport and physical activity. The purpose of sport and physical activity here at Queen Mary is;

- To improve the health and wellbeing of our students
- To improve the student experience whilst at University
- To improve individual's development, and the development of communities
- To improve the reputation and standing of the University through the performance within sport

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Sport means all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental wellbeing, forming social relationships or obtaining results in competitions at all levels.

The Council of Europe's Sport Charter

Welcome



Introduction from the Principal

The recent increased external interest in university sport from government agencies, Sport England and many sport governing bodies demonstrates that there is growing recognition of the importance of universities in the development of participants, volunteers, the future sport and leisure workforce, and the contribution of universities to facilities and elite player development. There is also an increased understanding and body of evidence of the wider contribution sport and physical activity can make across a university. Universities exist to enhance the life chances of individuals through education, developing social and employability skills as well as specific knowledge in subjects and industries. Sport can help universities to deliver a more rounded educational experience and also address a number of other agendas such as health and inclusion. It is important to remember what an important part sport can play in helping universities develop and achieve objectives such as raising achievement, recruiting and retaining students, developing employability skills and raising the profile of the university sector.

Professor Colin Bailey, President & Principal, Queen Mary University of London



Introduction from the Students' Union President

Sport plays an important part in the decision making process for many applicants when selecting the University they wish to go to. Access to a variety of sports at different skill levels as well as an on campus gym are the reason many students choose to come to this University.

For some students, sport is a leisure activity which can help them relax from the everyday stresses of an academic life. For others, the competitive nature of sport is an important part of their lives that helps them to develop as a person. Sport also enables communities to build, with many students finding friends through the sporting activities they get involved in, or it helps them give to the local community by volunteering with local schools as coaches. Regardless of how students get involved in sport, it plays an important part for many during their time at Queen Mary and it is therefore fundamental that we have a strategy that offers a flexible but supportive time for any student wishing to get involved.

Talhah Atcha, Queen Mary Students' Union President 2019/20

Our future vision for sport at Queen Mary

Our Mission

To inspire our University community to engage in sport and activity, to enhance their student experience and physical and mental wellbeing, making life long changes.

Our Vision

To work together to deliver a diverse and inclusive sporting offer for all by enhancing and broadening the sporting pathway at Queen Mary, combining top quality education with an excellent sporting experience, and making sport a fundamental part of the student experience at Queen Mary.

Our Values

Sport at Queen Mary will aim to be diverse and inclusive, by ensuring that we attract **engagement** from all parts of our University community, increasing participation levels.

> Engage

Use sport and activity to engage with as many students (and staff) as possible throughout their time at University, to enhance their University experience as well as their physical and mental wellbeing.

Sport at Queen Mary will aim to **inspire** our students to realise their full potential, promoting high levels of ethical and professional behaviour.

> Inspire

Increase the levels of participation within sport and activities across the whole of the University community, adapting and creating life-long sporting and wellbeing habits.

To actively encourage engagement and the **development** of partnerships and communities both internally and externally.

> Develop

Develop individuals and communities, so students are able to cope better with the stresses of University life and beyond.

To provide a productive, affordable, **sustainable** sporting offer.

> Sustain

Investing in the sporting future at Queen Mary to develop a sustainable model for sport and activities.



Objectives

This strategy sets out the foundation to deliver the sporting mission here at Queen Mary. We have developed four strategic objectives to enable us to achieve our overall aims, which help support the University and Students' Union strategy.

These objectives will play a vital role in helping to address some of the challenges faced in society today;

Improving physical and mental wellbeing

Supporting and enhancing the student experience

Building a better sense of community

Growth and development of sustainable sports programmes



Improving physical and mental wellbeing



We will engage, inspire, develop, empower, encourage and look to build advocacy within sport and physical activity, and it will be this support and momentum that will help to increase participation in sport and physical activity. This will thereby improve the health and wellbeing of our students by increasing activity levels.

Supporting and enhancing the student experience



We will contribute to this aspiration by prioritising the experience of students not only to ensure they graduate, but to ensure that we have an engaged and active student body who will then become engaged advocates and alumni. Our aim will be to create and establish an extraordinary setting where all of the university community can reach their full personal potential, by providing a broad range of activities, services and support for our students beyond their studies helping them to develop wider talents and to be successful. We will aim to provide a portfolio of inclusive activities and services to support and develop the breadth of talent in our student body and to celebrate the diversity of our students.

Building a better sense of community



We will establish and develop quality and essential partnerships both on and off the campuses, with those that share our desire to build and create a healthier and beneficial community through sport and physical activity.

Growth and development of sustainable sports programmes



We will develop and grow our sports programmes ensuring that they are sustainable by driving and achieving excellence, doing things more efficiently and creating a positive impact. Sustainable sports programmes can be described as inspiring events that require financial, natural and human resources in a rational and effective way, which brings both environmental and social benefits.



Our approach

Within these objectives we will look to;

- Enhance the student experience through sports and activities for current and future students and members of our alumni community.
- Increase participation in sport and activities across our campus community, inspiring lifelong sporting and wellbeing habits.
- Develop our work with partners to increase sport and activity based opportunities for our students, developing them as individuals, and the wider university community.
- Enable students (and staff) to create an empowering environment for sport and activities, wellbeing, and improving satisfaction levels across all areas.
- Develop a sustainable model of sport and activities at Queen Mary, by investing in our sporting future, creating a productive, affordable and responsible sporting offer which is inclusive and accessible for all.

Our Strategy will achieve its aims through;

- Enhancing the sport and activity offer
- Embedding sport into the Queen Mary Wellbeing group
- Endorsing a holistic model for sport and activities which is focussed around student wellbeing aims and retention
- Developing our student workforce, through volunteering and development programmes
- Developing our performance sport offer

Overview of sport at Queen Mary

Get Active

Get Active is the Students' Union's recreational sport programme at Queen Mary that provides opportunities for students, staff and alumni to take part in sport in a fun, flexible and social environment. The programme aims to remove barriers to participation by providing fun, convenient and affordable sporting opportunities to all students and staff. Participants are able to 'turn up and play' at recreational sessions where everything is provided for them.

The programme is built around making it as easy as possible for participants to take part in sport with regular research and feedback guiding the development of the recreational sport offer. Particular emphasis is placed upon encouraging participation amongst students who are currently inactive and from groups currently under-represented in sport.



Elite Athlete Programme

The Elite Athlete Programme provides Queen Mary students who perform in sport at an elite level, the opportunity to take their training to the next level whilst removing some of the barriers athletes may face whilst studying for a degree. The athletes are provided with access to the Sport and Fitness Centre facilities, a tailored strength and conditioning programme, 1-2-1 coaching and mentoring from our highly qualified Strength & Conditioning team, with BUCS entries and kit also provided.



Community Sport

Community Sport is our programme that aims to support students in developing skills and employability through sport whilst providing a benefit to young people in the wider community through increased access to sports opportunities. Two of the main objectives for this programme are: to support the development of Queen Mary students as sport leaders and increase participation in sport within the local community. We aim to have a positive impact on the local community by providing a sense of social cohesion for all involved. The programme also prepares our students for life beyond Queen Mary, allowing them to develop a wide variety of life and employability skills through the breadth of training and personal development opportunities that are offered.



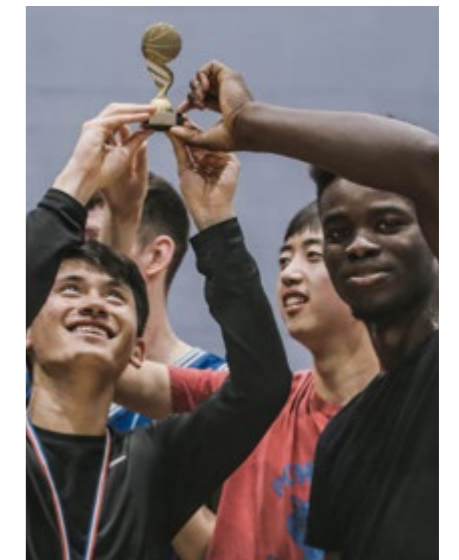
Qmotion Sports & Fitness Centre

Qmotion is the Students' Union run Sport & Fitness Centre, located on the Mile End campus. With a state of the art gym, and over 35 classes a week during term time, Qmotion provides a safe and supportive training environment for people who are new to exercise right through to the Universities Elite Athletes and sports teams. Qualified staff are always on hand to give advice and educational workshops run through the academic year which are free to members of the gym. Qmotion is also the home for many of the Get Active sessions, Social Leagues, and Club Sport training sessions.



Social Leagues

Social Leagues are our intramural leagues which have been developed within our recreational sport programme. The Social Leagues are offered to help meet the needs of all levels of participation within the University. These leagues are the perfect way to enjoy competitive sport and make new friends right here on campus whilst participating in sport and physical activity. These leagues are open to all Queen Mary students, staff and alumni, with the teams usually entered representing halls of residence, academic subjects, sports clubs, societies or groups of friends.





Club Sport

Club Sport is the part of our sporting programme that manages Sports Clubs within the Students' Union. It represents the student-led, structured, mainly competitive side of sport. There are now 60+ Barts and The London (BL), Queen Mary (QM) or QMBL Sports Clubs which cater for a wide variety of different participants:

- Those that want to socialise through sporting activities.
- Those that want to get involved in, and commit to learning a new activity; and
- Those that are dedicated to a specific sport or sports and want to improve their performance or represent Queen Mary.

All of our Sports Clubs are managed by student committees who work with our Sports Development team to provide the best experience for students.

Queen Mary sport in 2018/19 - key facts

2800
Club Sport
members engaged

Club Sport had their highest number of students engaged in 2018/19 with over **2800** members supported by **52** coaches.

1590
Community
Sport volunteer
hours logged

Community Sport had **123** active students involved in the programme, with over **1590** volunteer hours logged, and a participant throughput of **11,816**.

620
Social League
participants
each week

Social Leagues were run over 5 sports, which engaged over **620** students each week, with **69** teams involved which equates to **112** league entries over the two semesters.

8279
Get Active
attendances
over 24 weeks

Get Active saw **8279** attendances over a 24 week period, with **1038** participants involved, seeing a favourable and much wanted increase to **723** engagements during the 5 weeks of Study Well.

150,000
Qmotion Sport &
Fitness Centre visits

Qmotion Sport & Fitness Centre had over **150,000** gym visits and over **1500** group exercise classes.

Campus Games

Campus Games is a recreational activity programme aimed at engaging more students and staff in the university who wouldn't normally engage in sport or physical activity. We pitch the 14 schools at the university against each other to see who can get the most participants involved, and it is a chance for students, staff and alumni to participate in different activities throughout the year, ranging from a Park Run to dodgeball. All participants are awarded points for participating and spectating at each event, and these points are added to the specific school's total. At the end of the academic year the school with the most points will be awarded the Campus Games Trophy.

There is also the opportunity for schools to challenge any other school to an activity to see who will come out on top. Clubs and societies can also lead on an event that encourages all 14 schools to get involved. All students, staff and alumni need to do is turn up for their school and participate. No previous experience of the activities is required to take part.





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