

UNIVERSITY OF SUSSEX SPORT AND PHYSICAL ACTIVITY SURVEY 2022


Who took part?


1212


students

9

schools

56% Female, 41% Male

3% Non-Binary

55% Off Campus

44% On Campus

65% Domestic
24% International

11% European

Type of activity



44% Gym



36% Sport



18% Running/
Walking

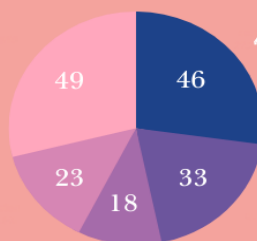


17% BUCS



13% Active US

Barriers to activity



49% Academic Commitments
46% Cost
33% Quality of Facilities
23% Location
18% Club Capacity

Activity levels

42%

Very Active
150 min >

41%

Active
31 - 149 min

17%

Inactive
> 30 min

Impact of sport



75% engage in physical activity
to improve fitness, health,
wellbeing and social inclusion

Correlation between
higher activity levels
and high degree results



What students want to see

Lower

cost

More

promotion

Better

facilities

More

choice

Investment in

club sport