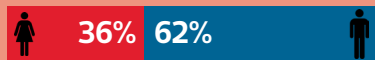


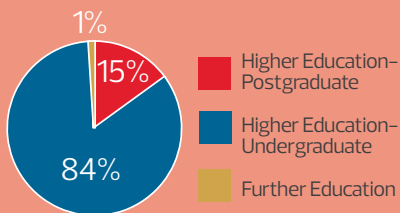
BRITISH ACTIVE STUDENTS SURVEY 2018



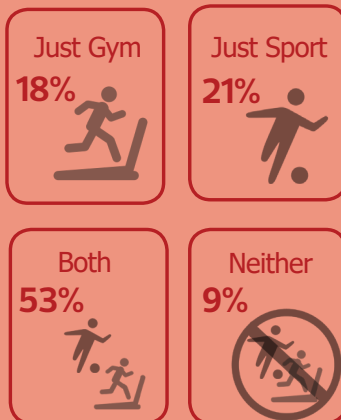
6,891 students



Modal age: 20 years



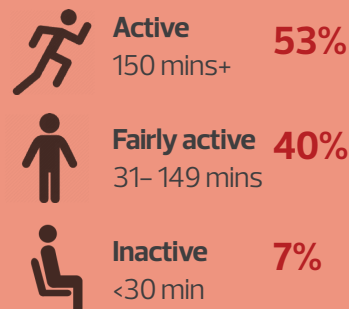
ACTIVITY TYPE



ACTIVE vs INACTIVE

CMO Guidelines:

Adults should undertake at least 150 minutes a week of moderate intensity physical activity

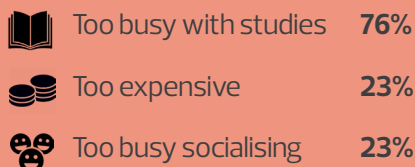


BARRIERS TO ACTIVITY

No barriers to activity:

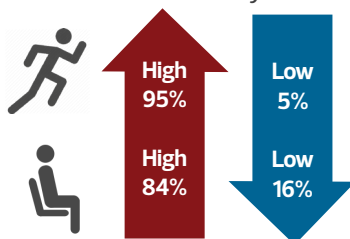


Biggest barriers:



ATTAINMENT

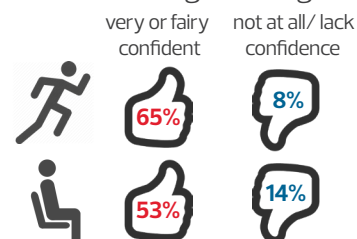
Grade expectation for students at university:



Average hours studied per week: **30+ hours**
High: 1st/2:1 Low: 2:2/3rd

EMPLOYABILITY

Confidence of finding a job within 6 months of graduating:



Active students rated themselves higher for teamwork, analysis, communication and drive

PERSONAL WELLBEING

Questions were scored from 0 (not at all) to 10 (completely):



MENTAL WELLBEING

Average SWEMWBS score:



SWEMWBS is a scale used to measure mental wellbeing by asking the level of agreement with positively worded statements e.g. **'I've been feeling useful'**. The maximum score is 35 and a higher score represents higher mental wellbeing.

SOCIAL ISOLATION

Questions were ranked from 1 ('never') to 5 ('always'):

