

“HEALTH AND WELLBEING”

· Instilling values of holistic health, and promoting the positive effects and benefits of Sports and Physical Activity.

“We will be a champion of Healthy Lifestyles, and remove barriers to engagement within the sporting offer.”

V2

1. **“Commit to expanding the provision for staff and students to participate in disability sport”**
2. **“Actively campaign to remove social and perceived barriers to sport in the IC Community”**
3. **“Structure the opportunities for Physical Activity in the IC Community to make it easier to find the type of activity that suits you”**
4. **“Work with catering providers to provide and promote cost-effective healthy food provision”**
5. **“Create and promote sportsmanship and awareness of anti-doping regulations”**
6. **“Use non-traditional venues to increase access to Physical Activity on campus”**

v1

1. Disability Sport - “Commit to expanding the provision for staff and students to participate in disability sport”
2. Social Barriers - “Actively campaign to remove barriers to sport in the IC Community”
3. Access to Physical Activity - “Highlight and structure the routes into Physical Activity in the IC Community (and increase the provision)”
4. “Work with catering providers to provide and promote cost-effective healthy food provision”
5. “Create and promote a Clean sport policy”
6. Classes and Space - “Use non-traditional venues to increase access to Physical Activity on campus”

OBJECTIVE	
PH&W in general	• “Holistic health” not great -> could suggest alt medicine • No mention of mental health • Possible that this isn’t a strong theme, each can be moved to a different area.
“Commit to expanding the provision for staff and students to participate in disability sport”	• Suggestion: “have shown our commitment” • Not sure whether there is a market • Need to be careful as this may not be expertise we have • Opportunities rather than provision • -> Partnerships
“Actively campaign to remove social and perceived barriers to sport in the IC Community”	• -> Profile
“Structure the opportunities for Physical Activity in the IC Community to make it easier to find the type of activity that suits you”	• -> Pathways
“Work with catering providers to provide and promote cost-effective healthy food provision”	• -> Partnerships
“Create and promote sportsmanship and awareness of anti-doping regulations”	• Not clear what this is necessarily • Ideas of sportsmanship and fair play • -> Profile
“Use non-traditional venues to increase access to Physical Activity on campus”	• -> Places & Facilities

OBJECTIVE	Student Impact	Club Impact	Staff Impact	SI Impact	ICU Impact	College Impact
“Commit to expanding the provision for staff and students to participate in disability sport”	Ability to participate in more activity than would have otherwise be offered Further develop sense of community within IC	Opportunity to expand and review their activity to ensure they are inclusive and accessible Possibility for CSPs to become self reflective in understanding what they offer Enable clubs to provide an inclusive offer for all members both recreationally and competitively	Ability to participate in more activity than would have otherwise be offered Further develop sense of community within IC	Widening promotion of opportunities to increase participation Opportunity for new activities & projects after student consultation Will encourage opportunities to represent the College in para-competitions Increase staff development	Fostering a more inclusive community within ICU Funding opportunities for students	Develop relationships with National leaders in Disability Sport
“Actively campaign to remove social and perceived barriers to sport	May see increased engagement in activity if a wider range of people feel included	Opportunity to be self reflective in their offerings & perceived barriers Personal		Increased participation in sport across wider student groups	Developing the student community Increase in campaigns	Ensures the College Community is seen as an inclusive environment

in the IC Community”	Opportunity for students to lead the way in changing the perceived barriers by campaigning	development for CSP Exec’s (training on inclusivity etc.) Expansion of activity offered, push CSPs to think outside the box		Enable SI to tailor campaigns to drive participation amongst underrepresented social groups	support	engaging all student groups
“Structure the opportunities for Physical Activity in the IC Community to make it easier to find the type of activity that suits you”	Increased opportunity to get involved in activities that fit into College timetable More low-commitment opportunities. Clear single point of accurate information.	Support to increase activity without financial/time worries if supported by staff	Increased opportunity to get involved in activities that fit into College timetable	Develop wider sense of community for students and staff Increased participation levels in sport initiatives	Opportunity to run activities as a part of the Give it a Go programme	Collaboration between College Strategy and sports Strategy to help achieve aims and objectives
“Work with catering providers to provide and promote	Healthier living beneficial to both mental and physical health	Establish a healthy club environment	Healthier living beneficial to both mental and physical health	Develop an all round approach to health provision - not just physical	Campaign for healthy meals Fresh new food ideas for the	A ‘healthy campus’ offering for all the Imperial community

cost-effective healthy food provision”	Affordable meals will help inform good choices of what to eat at the College rather than junk “because it’s cheaper”		Affordable meals will help inform good choices of what to eat at the College rather than junk “because it’s cheaper”	exercise Would provide a link with nutrition seminars	kitchen may help increase revenue	
“Create and promote sportsmanship and awareness of anti-doping regulations”	a clear understanding of the “do’s and don’ts” Enhance athlete development safely	Education & development in the area for volunteers & athletes Ensure CSP’s are competing in a safe and appropriate environment, meeting national guidelines		Opportunity to educate & campaign Enhances relationships with partners and NGB’s Ensures we are doing our best to meet national guidelines	Campaigning opportunities	Enhances relationships with partners and NGB’s Ensures a ‘Clean Sport’ environment at the College
“Use non-traditional venues to increase access to Physical Activity on campus”	More opportunities to get involved in activity Help with accessible facilities	Free up space for CSP activity Thinking outside the box for where CSPs can run activity	More opportunities to get involved in activity across a variety of campuses Help with accessibility	Less pressure on traditional facilities More opportunity to engage with a wider variety of students	Less pressure put on facilities within ICU Increased participation within student groups due to increased offering	To be able to show the value of physical activity to increase staff health and wellbeing

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