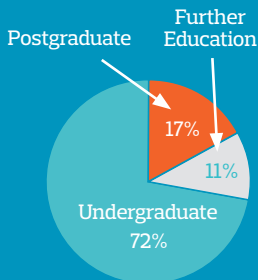
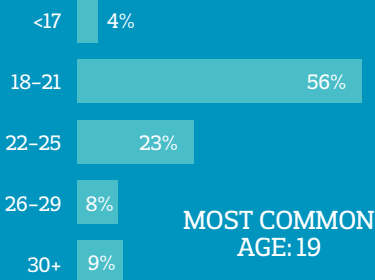


SCOTTISH STUDENT SPORT RESEARCH REPORT

INTO THE EFFECTS OF PHYSICAL ACTIVITY ON STUDENTS' WELLBEING, SOCIAL INCLUSION, ACADEMIC SUCCESS & EMPLOYABILITY

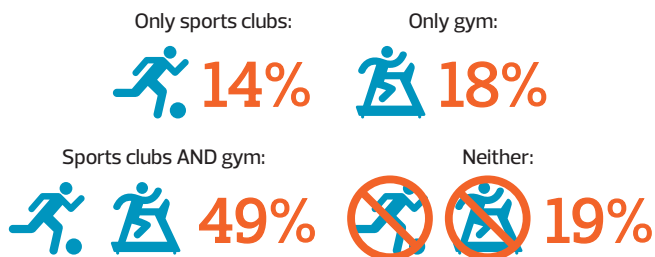


5,178 STUDENTS



PHYSICAL ACTIVITY

What type of activity are students doing?



ACTIVE STUDENTS VS INACTIVE STUDENTS

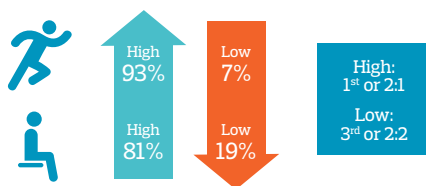
CMO Guidelines:

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



ATTAINMENT

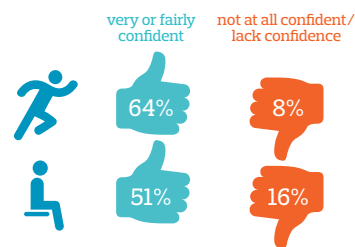
Grade expectation for students at university:



Average hours studied per week for all students: 30+ hours

EMPLOYABILITY

Confidence of finding a job within 6 months of graduating:



Active students rated themselves higher out of 5 for teamwork, analysis, communication and drive.

PERSONAL WELLBEING

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



*Scored using an inverse scale

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 INCLUSION

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

