

An aerial photograph of the Melbourne University Sport grounds at sunset. The sun is low on the horizon, casting a warm, golden glow over the entire scene. In the foreground, a large, oval-shaped green field is visible, surrounded by a white track. To the left, there is a smaller green field and a red running track. In the background, the city of Melbourne is visible, with various buildings and a bridge. The overall atmosphere is peaceful and scenic.

Melbourne University Sport 2019 Student Wellbeing Survey TOPLINE Results

February 2020

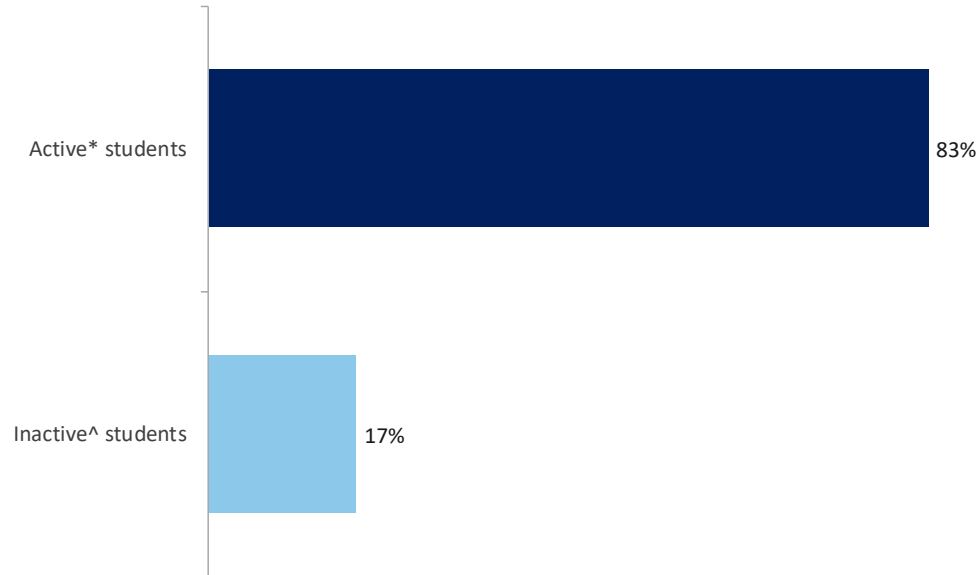
Overview

- The Student Wellbeing Survey is a biennial survey developed in collaboration with Melbourne University Sport and the University of Melbourne (Business Intelligence & Reporting). The 2019 survey was conducted in October 2019.
- The survey was established to provide robust data and insights to support the Strategic Plan for Melbourne University Sport and to assist in the future development of sporting programs.
- The following provides the 2019 survey topline results* for select questions.
- For a more information, comments or questions regarding the survey, please contact Aaron McNaughton, Marketing Manager at aaron.mcnaughton@unimelb.edu.au

** The results are based on a weighted sample of n=10,875 University of Melbourne students. Note rounding of data impacts some reported totals/sub-totals.*

Participation

83% of University of Melbourne students participated in at least one physical activity in the last 12 months.



** Active students are students who participated in at least one physical activity in the last 12 months.*

^ Inactive students are those who have not participated in any physical activities in the last 12 months.

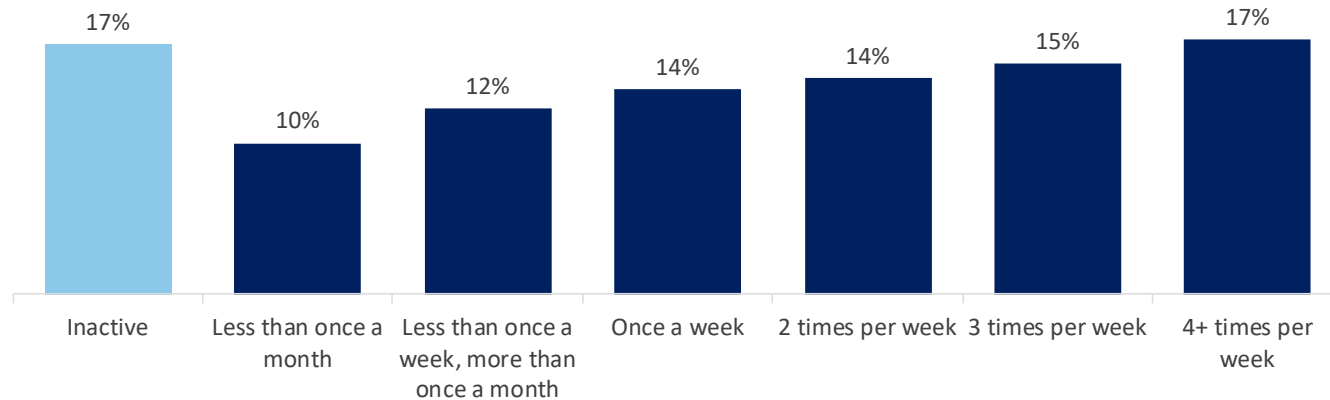
Base: Sample size, total students n=10,675

Source: 2019 Student Wellbeing Survey, October 2019

Q. Which of the following activities have you participated in over the last 12 months (either at the university or outside of the university)?

Participation Frequency

61% of students participate in physical activities once a week or more.

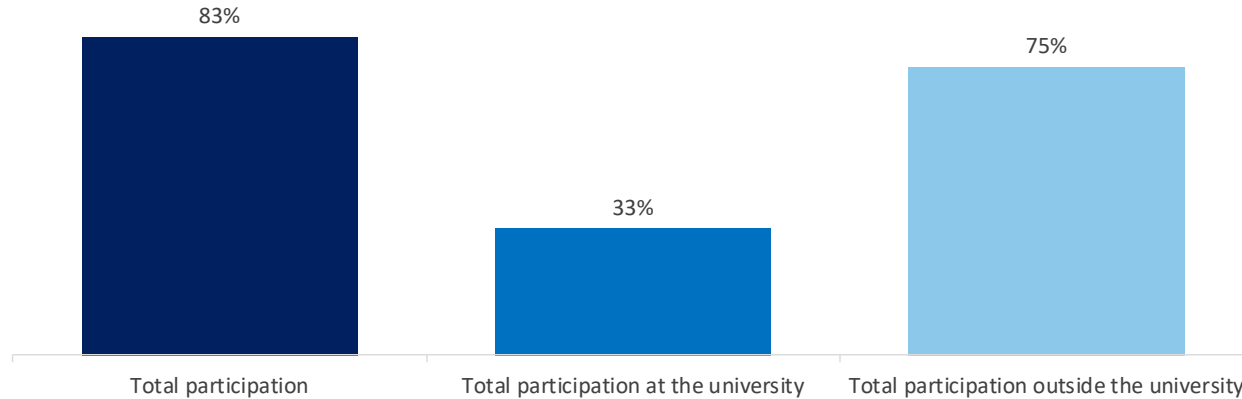


Base: Sample size, total students, n=10643
Source: 2019 Student Wellbeing Survey, October 2019

Q. On average, how often do you participate in a recreation, fitness or sporting activity such as those you have just selected?

Participation Location

A third (33%) of students participate in physical activities at the university, whereas three quarters of students participate in physical activities outside the university.



Base: Sample size, total students n=10,675
Source: 2019 Student Wellbeing Survey, October 2019

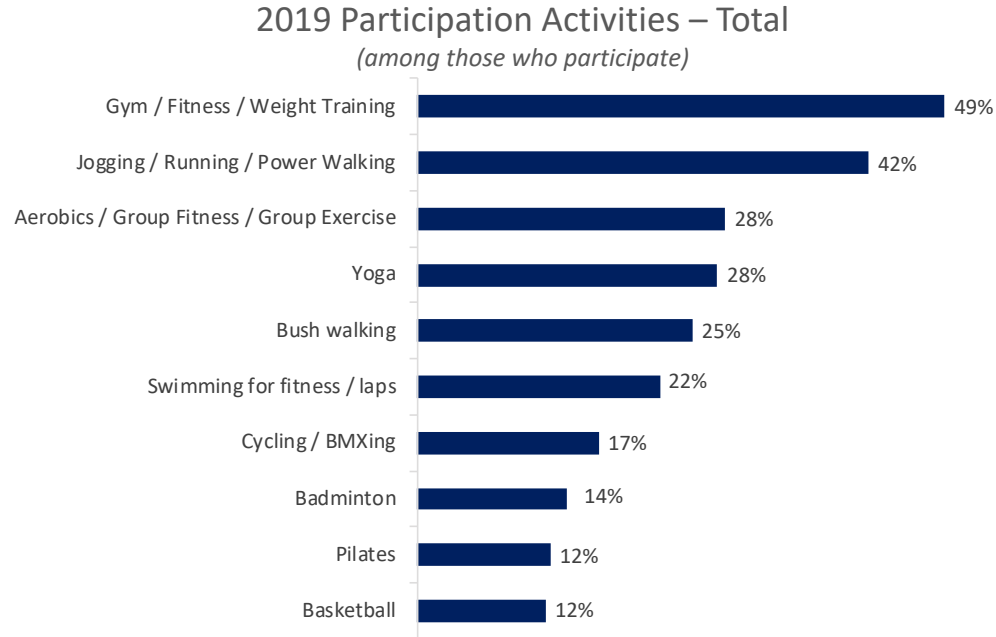
Q. Which of the following activities have you participated in over the last 12 months (either at the university or outside of the university)?

Q. Of the activities that you participated in over the last 12 months, which did you participate in at the University of Melbourne?

Q. Of the activities that you participated in over the last 12 months, which did you participate in outside of the University of Melbourne?

Participation Activities - Total

The following are the top 10 participation activities among all students who have participated in physical activities in the last 12 months.

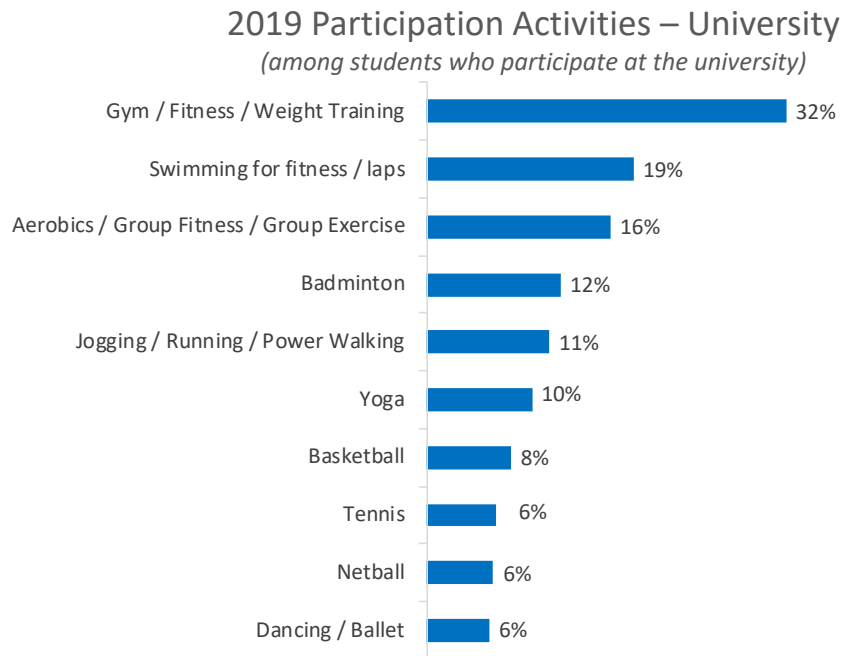


Base: Sample size, participate in physical activities n=8940
Source: 2019 Student Wellbeing Survey, October 2019

Q. Which of the following activities have you participated in over the last 12 months (either at the university or outside of the university)?

Participation Activities - University

The following are the top 10 participation activities at the university.



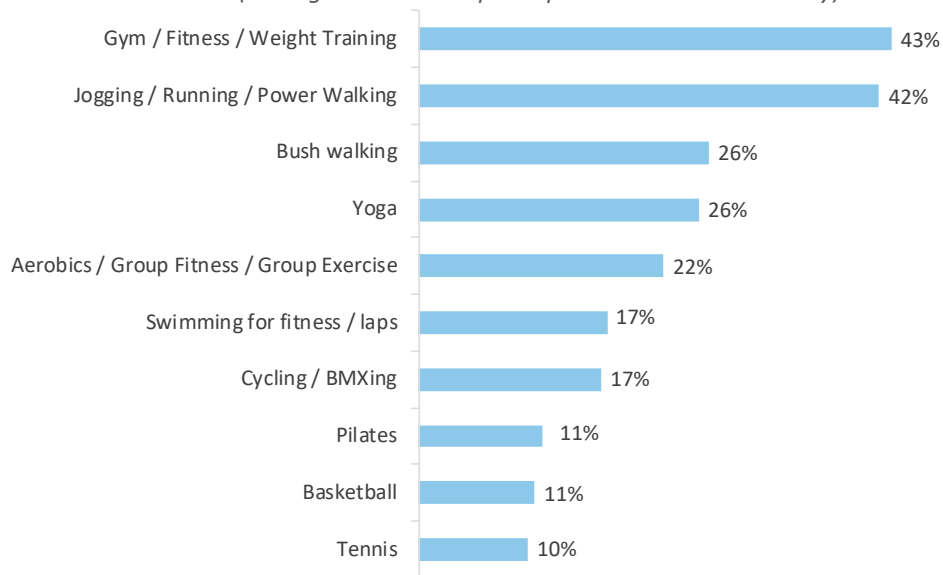
Base: Sample size, participate at university n=3539
Source: 2019 Student Wellbeing Survey, October 2019

Q. Of the activities that you participated in over the last 12 months, which did you participate in at the University of Melbourne?

Participation Activities - Outside the University

The following are the top 10 participation activities outside the university.

2019 Participation Activities – Outside the University *(among students who participate outside the university)*



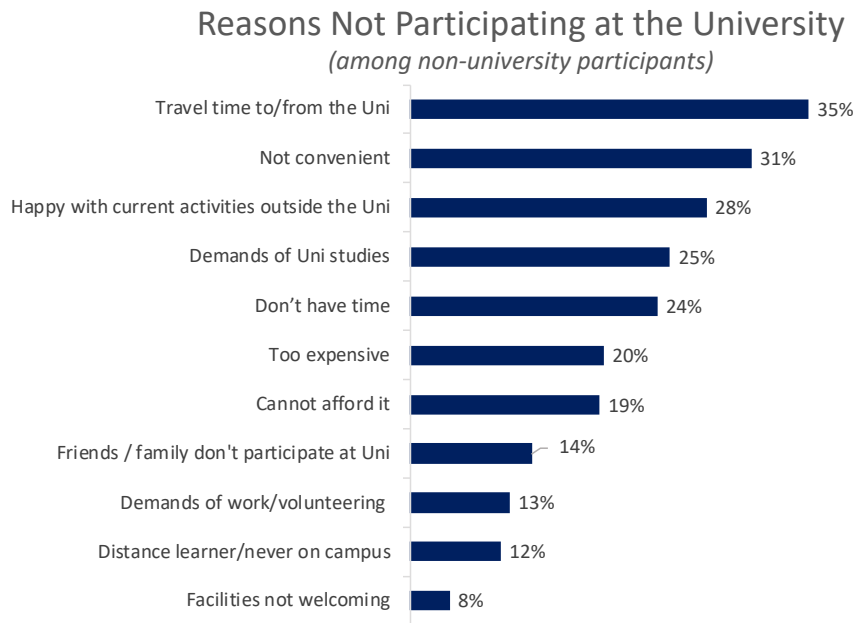
Base: Sample size, participate outside the university n=8005

Source: 2019 Student Wellbeing Survey, October 2019

Q. Of the activities that you participated in over the last 12 months, which did you participate in outside of the University of Melbourne?

Reasons for Not Participating at the University

Travel time and convenience are the top two reasons for students not participating in physical activities at the university.



Base: Sample size, Non-university participants n=5297

Source: 2019 Student Wellbeing Survey, October 2019

Q. What are the reasons that you do not participate in recreation, fitness or sporting activities at the University of Melbourne?

Encouraging Participation at the University

42% of students not participating at the university suggest decreasing fees for activities would encourage them to participate there.



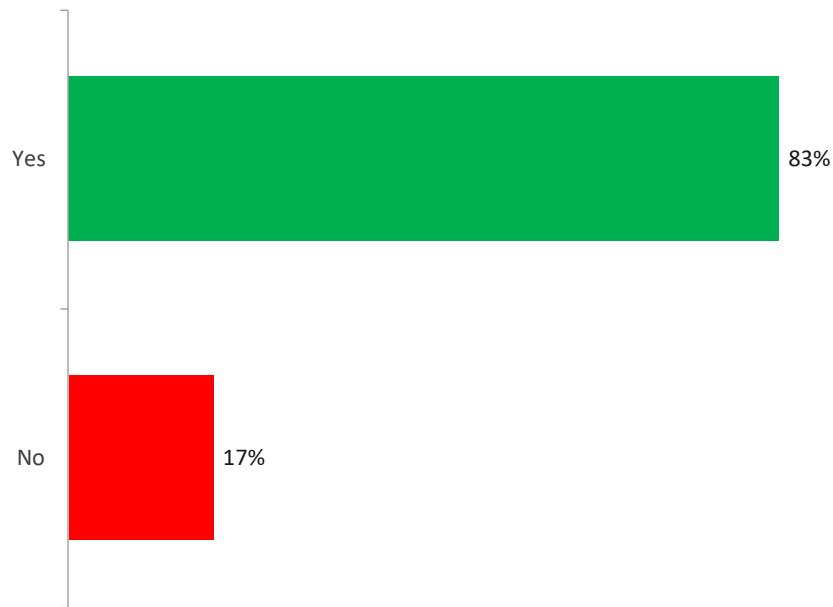
Base: Sample size, Non-university participants n=5003

Source: 2019 Student Wellbeing Survey, October 2019

Q. How could the University of Melbourne encourage you to participate in one or more of your activities at the university?

Inactive Students – Interest in Participating in Physical Activities

A solid majority (83%) of inactive students would participate in recreation, fitness or sporting activities if possible.

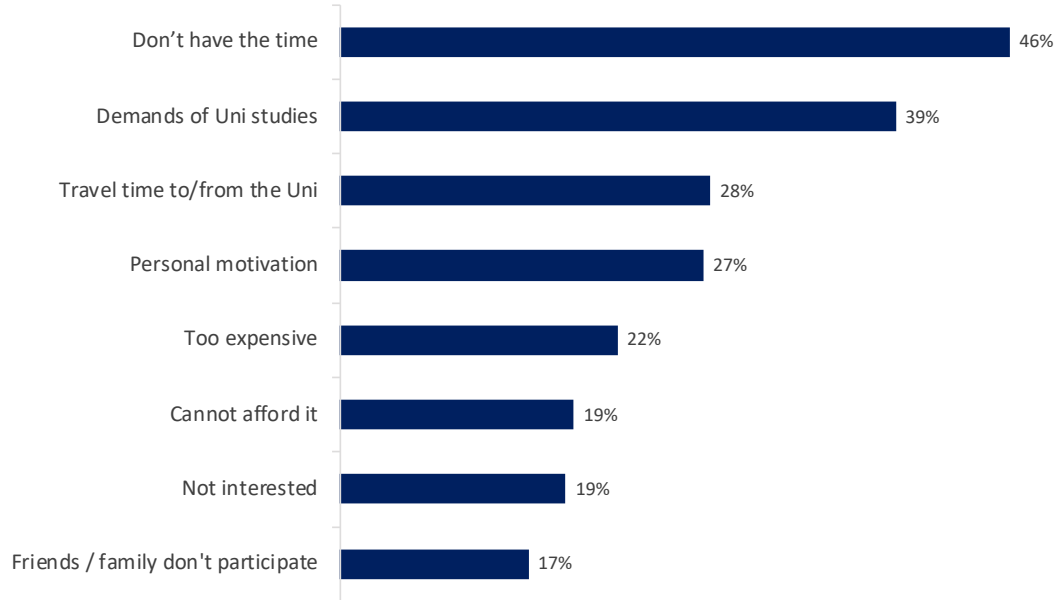


Base: Sample size, Inactive students n=1666
Source: 2019 Student Wellbeing Survey, October 2019

Q. If possible, would you like to participate in recreation, fitness or sporting activities?

Inactive Students - Barriers of Participation

Lack of time is the biggest barrier to physical activity participation amongst inactive students.

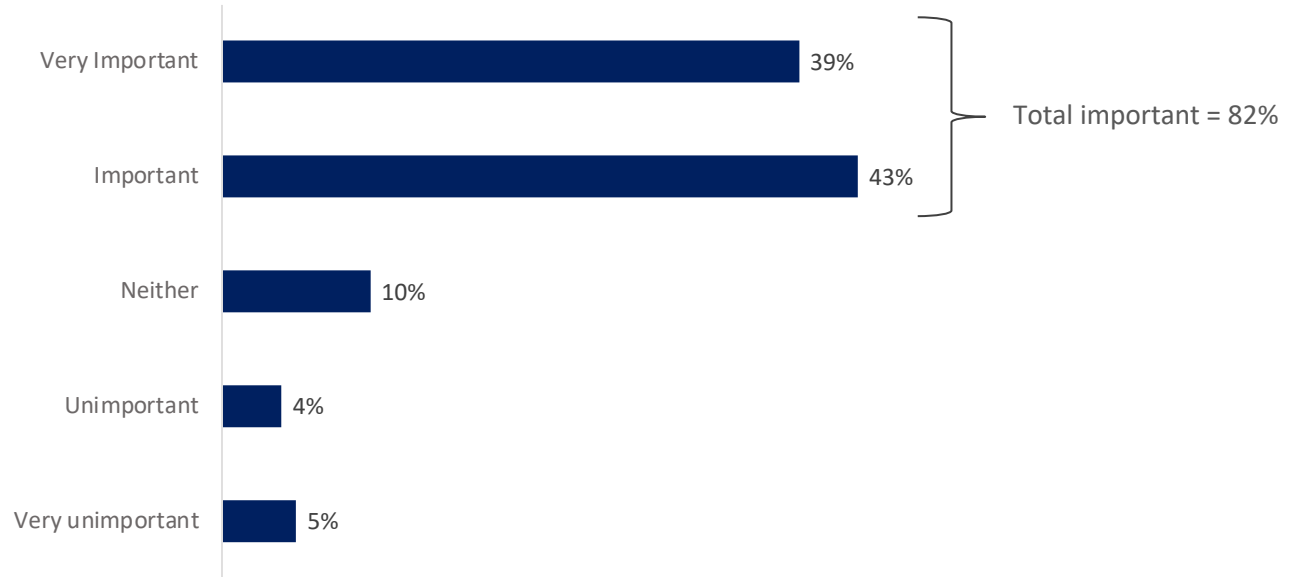


Base: Sample size, Inactive students n=1712
Source: 2019 Student Wellbeing Survey, October 2019

Q. What are the reasons that you do not participate in recreation, fitness or sporting activities?

Importance of Programs and Facilities

82% of the total student population believe it is important for the university to provide programs and facilities for physical activities.

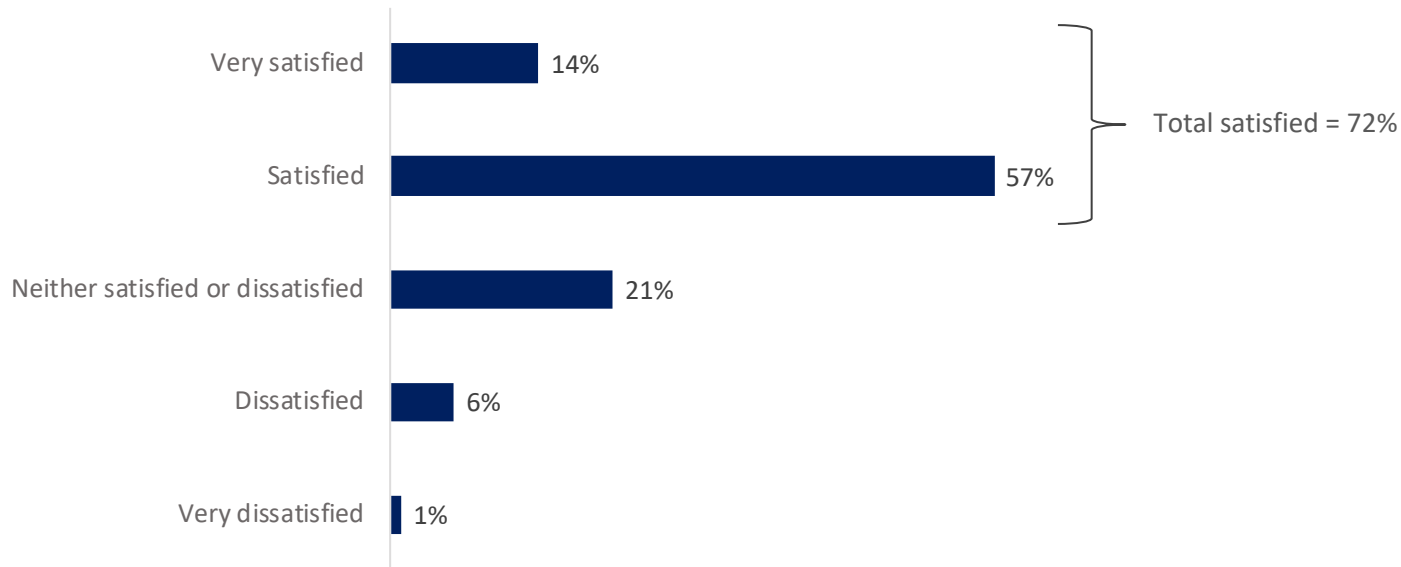


Base: Sample size, Total students n=10864
Source: 2019 Student Wellbeing Survey, October 2019

Q. How important is it that the University of Melbourne provide programs and facilities for physical activities?

University Satisfaction

72% of students are satisfied with their overall experience at the University of Melbourne.

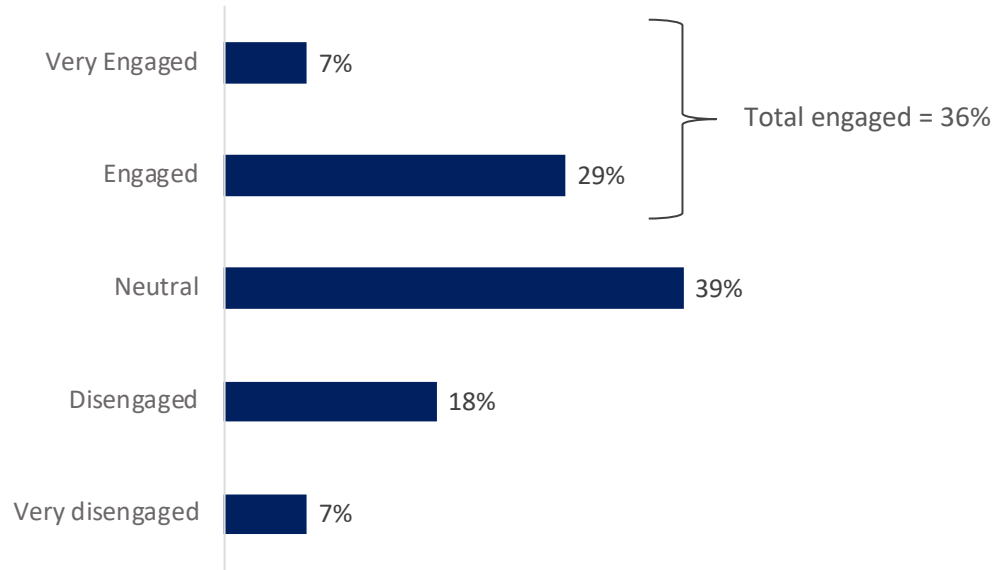


Base: Sample size, Total students n=10385
Source: 2019 Student Wellbeing Survey, October 2019

Q. All things considered how would you rate your overall experience so far at the University of Melbourne?

University Engagement

36% of students are engaged in student/university life at the University of Melbourne.

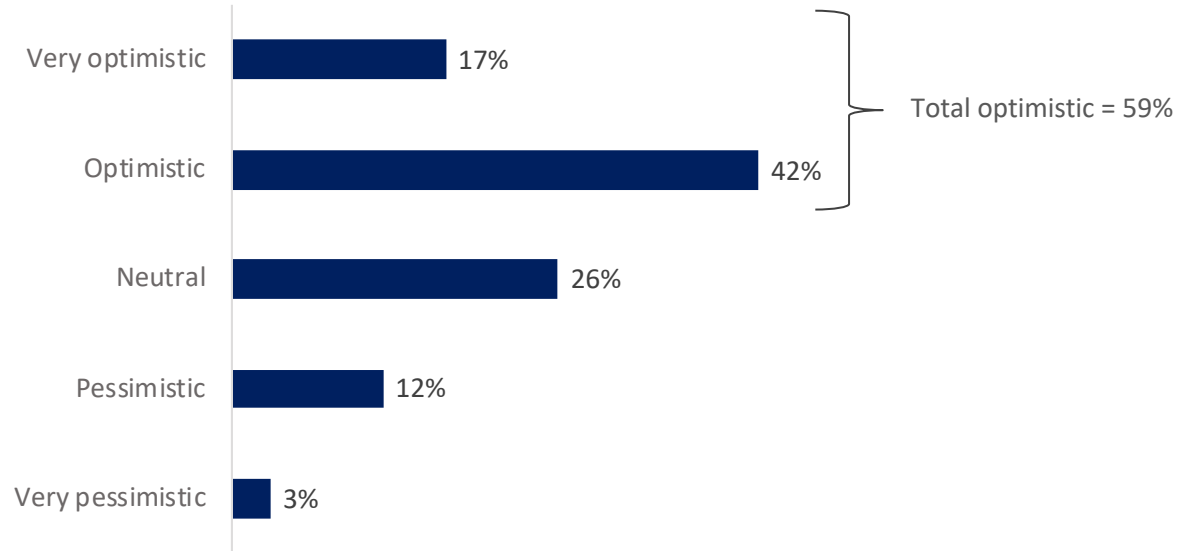


Base: Sample size, Total students n=10406
Source: 2019 Student Wellbeing Survey, October 2019

Q. How engaged or involved with student/university life are you?

Career Optimism

About six in ten (59%) students are optimistic about their career/work opportunities after they finish their education.

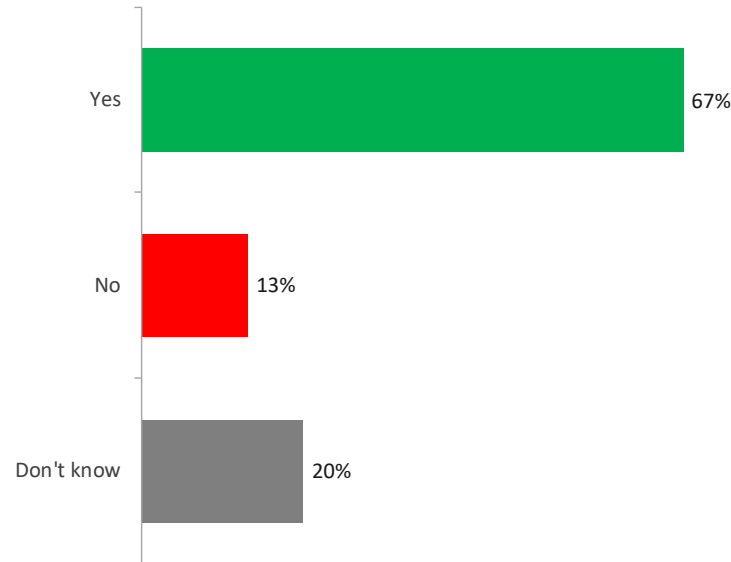


Base: Sample size, Total students n=10372
Source: 2019 Student Wellbeing Survey, October 2019

Q. How optimistic are you about your career/work opportunities after you have completed your education?

Impact of Physical Activities on Career Opportunities

Two thirds (67%) of students believe physical activity involvement will improve their career/work opportunities.

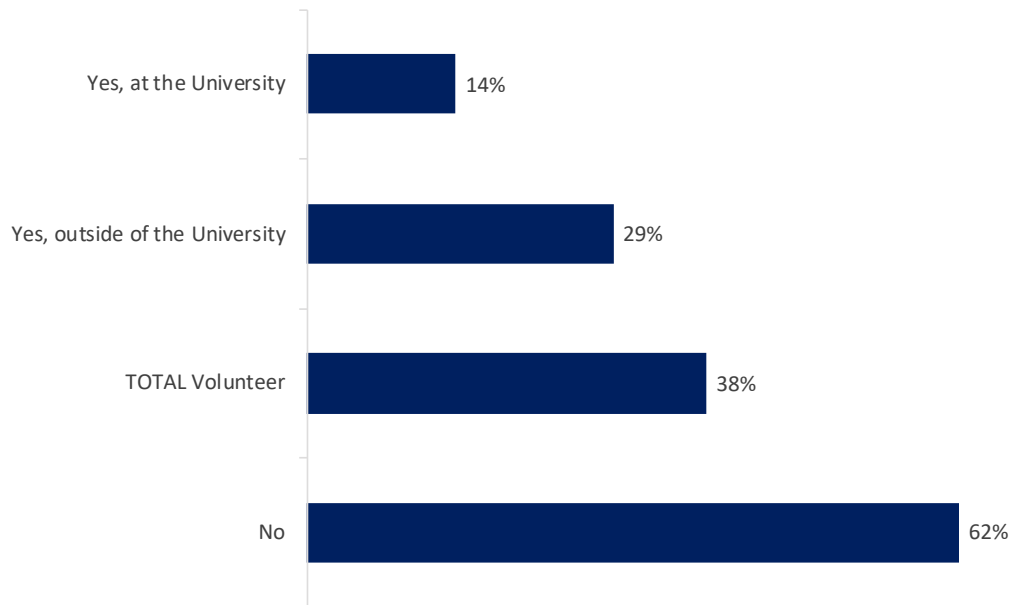


Base: Sample size, Total students n=10400
Source: 2019 Student Wellbeing Survey, October 2019

Q. Whether at the university or outside the university, do you think participation in recreation, fitness or sporting activities can improve your career/work opportunities?

Volunteering

38% of students volunteer at and/or outside the university.



Base: Sample size, Total students, 2019 n=10400
Source: 2019 Student Wellbeing Survey, October 2019

Q. Do you volunteer either at the university or outside of the university

