

# THE IMPACT OF **BUGS ACTIVE**

2021 - 2022



## THE IMPACT OF BUCS ACTIVE 2021 - 2022

# AN OVERVIEW

This report aims to highlight the success of BUCS Active projects, which ran between March 2021 and June 2022. Sport England funding was used to invest in 22 universities to deliver 46 projects to support students across these three interventions:

**1** TACKLING  
INACTIVITY IN  
FEMALE STUDENTS

**2** USING PHYSICAL  
ACTIVITY TO SUPPORT  
MENTAL WELLBEING

**3** INACTIVE STUDENTS FROM  
LOW SOCIO-ECONOMIC  
BACKGROUNDS

## BUCS ACTIVE 4 PARTICIPATION NUMBERS

**22**

INSTITUTIONS

**46**

PROJECTS

**12,439**

UNIQUE PARTICIPANTS

TARGET 7,532

**70,541**

PARTICIPANT THROUGHPUT

# THE IMPACT OF BUCS ACTIVE 2021 - 2022

## PARTICIPANTS BY INTERVENTION

INACTIVE FEMALES

4,044

TARGET 3,500

MENTAL WELLBEING

6,502

TARGET 3,500

LOW SEG

1,893

TARGET 1,750

## TACKLING FEMALE INACTIVITY

### FEMALE ACTIVITY LEVELS PRIOR TO BUCS ACTIVE 4

14  
PROJECTS

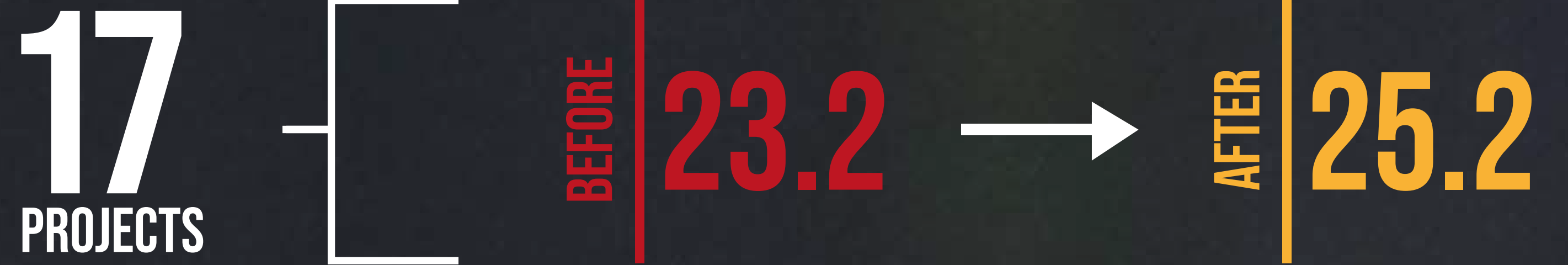




# THE IMPACT OF BUCS ACTIVE 2021 - 2022

USING PHYSICAL ACTIVITY TO SUPPORT **MENTAL WELLBEING**

## THE SHORT WARWICK-EDINBURGH MENTAL WELLBEING SCALE\*



INACTIVE STUDENTS FROM **LOW SOCIO-ECONOMIC BACKGROUNDS**

## PHYSICAL ACTIVITY LEVELS PRIOR TO BUCS ACTIVE 4



\*The Short Warwick-Edinburgh Mental Wellbeing Scale is used to measure mental wellbeing by asking the level of agreement with positively worded statements. The maximum score is 35 and a higher score represents higher mental wellbeing.

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## WORKFORCE DEVELOPMENT

**273** STUDENT AND STAFF  
WORKFORCE TRAINED  
TARGET 250

SUPPORTED BY:



student  
minds



## CASE STUDY

### MANCHESTER METROPOLITAN UNIVERSITY (MMU)

MMU were successful in securing BUCS Active 4 funding to deliver their Active Campus and Campus Leagues programmes. Over the course of the programme, MMU engaged with 3,592 students across a range of sport and physical activity opportunities.





# THE IMPACT OF BUCS ACTIVE 2021 - 2022

## BUCS ACTIVE NETWORK DAY

The desired outcomes for this day were to bring institutions together post the pandemic, to share best practice, support further learning through the workshop delivery and to facilitate the opportunity to network with those in similar roles.



*“It was a real pleasure to share some of our thinking with such a great group and to hear about all the fantastic work that is being done to benefit female students.”*

**LISA WEST**  
**WOMEN IN SPORT**

*“Thank you for the opportunity, it was absolutely brilliant.”*

**CHARLIE MASCALL**  
**UNIVERSITY OF SURREY**

**29 MARCH 2022**  
AT THE KING POWER STADIUM,  
LEICESTER CITY FOOTBALL CLUB

**52** ATTENDEES  
FROM 30  
INSTITUTIONS

**100%** OF ATTENDEES FOUND THE DAY  
OF BENEFIT TO THEIR JOB ROLE AND  
WOULD RECOMMEND TO A COLLEAGUE

SUPPORTED BY:



student  
minds



**SPORT  
ENGLAND**

