

University of Bristol

Sports, Fitness & Activities Handbook Dataset

This handbook dataset provides a structured, comprehensive academic reference to all sporting, recreational, wellbeing, and leadership opportunities available through the University of Bristol. It consolidates information relevant to the Sport, Exercise & Health Department, Bristol Students' Union (SU), and associated University initiatives. Designed in an academic dataset format, it supports the integration of sport and wellbeing into the student support infrastructure.

1. University Sports Ecosystem Overview

The University of Bristol fosters a strong culture of sporting excellence and participation through the *Sport, Exercise & Health Department* and the *Bristol SU Sport Network*. Together, they deliver high-quality sporting opportunities at all levels—from elite athlete pathways to recreational engagement. The University is an official partner of **BUCS** (British Universities & Colleges Sport) and is recognised as a **TASS Delivery Site** (Talented Athlete Scholarship Scheme).

Sports at Bristol operate within five key domains:

- Performance and Elite Sport
- Competitive & Team Clubs
- Recreational & Wellbeing Activities
- Outdoor & Adventure Programmes
- Inclusive & Adaptive Sport

2. Sport Categories and Programmes

- **Performance & Elite Sport:** Structured support for national and international athletes through coaching, strength & conditioning, sport science, and physiotherapy.
- **Team & Competitive Clubs:** Over 70 SU-affiliated sports clubs including football, rowing, hockey, cricket, netball, and ultimate frisbee.
- **Recreational & Wellbeing:** Fitness classes (yoga, pilates, HIIT), gym sessions, and intramural leagues open to all students.
- **Outdoor & Adventure:** Opportunities for hiking, climbing, surfing, paddleboarding, and mountain biking through the Outdoor Pursuits team.
- **Inclusive Sport:** Dedicated initiatives to increase accessibility, including Adaptive Sport sessions and Women in Sport programmes.

3. Membership & Access

Participation in University sport requires one of the following memberships or passes:

- **Sport Membership:** Grants access to university gyms, courts, and fitness classes.
- **Club Membership:** Required for joining SU sports clubs; additional competition fees may apply.
- **Performance Membership:** By invitation or application; includes specialist support and facility access.
- **Activity Pass:** Pay-as-you-go access to group sessions, intramural leagues, or wellbeing classes.

Memberships can be purchased via the University Sport portal (www.bristol.ac.uk/sport) or through the *UoB Sport App*.

4. Leadership, Coaching & Volunteering

The University encourages leadership and professional development in sport through the following schemes:

- **Sport Leadership Pathway:** Structured programme enabling students to gain coaching and officiating qualifications.
- **Bristol Plus Award (Sport Track):** Recognition of volunteering and coaching activities contributing to employability.
- **Student Sport Executive Committee:** Leadership opportunities within Bristol SU Sport governance.
- **Coaching & Officiating Qualifications:** Nationally recognised Level 1–3 certifications supported by the Sport Development Team.

5. Health, Wellbeing & Lifestyle Initiatives

The University integrates wellbeing with sport to support student mental and physical health through:

- **Active Residences:** Free physical activity sessions within halls of residence.

- **Move Programme:** Accessible wellbeing activities including dance, meditation, and yoga.
- **Mental Fitness Workshops:** Sessions focused on stress management and resilience.
- **Inclusive Fitness:** Adapted sessions for students with disabilities or health conditions.

6. Example Dataset Entries

	Category	Description	Eligibility	Frequency	Facility / Location	Link
LITE	Performance Sport	Elite athlete pathway with specialist coaching and international trials	National & international	Year-round	Coombe Dingle Complex	/performance
TEAM	Team Club	Competitive BUCS teams across 70+ disciplines	All disciplines	Seasonal	Coombe Dingle, Sports Halls	/teams
FITNESS	Fitness Classes	Group sessions including HIIT, pilates, and dance	All students & staff	Daily	Indoor Sports Centre	/fitness
INTRAMURAL	Intramural Leagues	Friendly competitions between residential societies	Residential societies	Weekly	University Fields / Gyms	/intramural
OUTDOOR	Outdoor Adventures	Hiking, climbing, water sports, expeditions	All students	Termly	Outdoor Pursuits Centre	/outdoor
MOVE	Move Wellbeing	Inclusive wellbeing and mindfulness sessions	All residents	Ongoing	Campus-wide	/move
RES	Active Residences	Free physical activity sessions in halls	Residents only	Weekly	Various Halls	/activeresidences
POOL	Sport Volunteering	Leadership and coaching experience opportunities	All students	Ongoing	Multiple Facilities	/volunteering

7. Key Facilities Directory

- **Coombe Dingle Sports Complex:** Full-size pitches, athletics track, and performance training facilities.
- **Indoor Sports Centre (Tyndall Avenue):** Main university gym, sports hall, squash courts, and studios.
- **Clifton Hill House Gym:** Compact fitness suite for local students.
- **University Pool:** 25m swimming pool and aquatic facilities.
- **Langford Campus Gym:** Sports facilities for Vet School students.

8. Key Contacts

Sport, Exercise & Health Department
 Email: *sport-enquiries@bristol.ac.uk*
 Phone: +44 (0)117 900 5555
 Address: Indoor Sports Centre, Tyndall Avenue, Bristol, BS8 1TP

Bristol Students' Union (SU) Sport
 Email: *su-sport@bristol.ac.uk*
 Phone: +44 (0)117 455 6100
 Address: Richmond Building, Queen's Road, Bristol, BS8 1LN

Active Residences Programme
 Email: *activeresidences@bristol.ac.uk*
 Web: *www.bristol.ac.uk/sport/active-residences*

9. Disclaimer

This document is an academic-style dataset intended to consolidate and standardise information regarding sports and activities at the University of Bristol. It is based on publicly available data and is not an official policy document. Students should refer to *www.bristol.ac.uk/sport* and *www.bristolsu.org.uk* for official and regularly updated information.