

The Value of Third Level Sport

BENEFITS OF HEALTH AND WELLBEING



65%

of third level students participate in sport and physical activity

Physical activity and sports have been shown to:

positively influence the wellbeing of university sports resulting in improved physical and mental health

Investment in sport and physical activity at third level can:

support student recruitment, student retention and graduate employability

Organised sport and physical activity can:

prompt social interactions, develop social supports, and reduce social isolation

Sport and physical activity can improve:

retention rates, academic attainment and graduate employability and transferable skills, teamwork and leadership skills

ALIGNMENT AND IMPACT



Sector has the potential to play a central role in the delivery of **government policy**

High Performance: HEIs are central to the development of **elite athletes' pathways**, providing supports, scholarships and world class facilities



Healthy Campus

At the 2021 **Tokyo Olympics and Paralympics** 52% and 48% of the Irish team were current students or recent graduates



Research: Developing new knowledge and understanding of about health and wellbeing

6 of the 8 medals won at the Olympics were claimed by current or recent graduates

INVESTMENT (Average)

€11 million invested annually in the provision of sports and physical activity

38 sport staff at each institution or one staff to every 323 students

4,582m² of indoor facilities

€6.25m in capital investment per institution

€2.73m investment in sport and physical activity provision per institution

Nearly all HEIs have dedicated structures to support the provision of sport and PA

€1.43m invested in competitive sports clubs

€240,000 invested in non-competitive sports clubs

€1.06m invested in exercise and fitness programmes

€565,000 invested in sports scholarships and bursaries

