SPORT 
EXERCISE 
& HEALTH
‘Our aim is to promote active participation in sport and physical exercise, with the ultimate goal of producing good health and personal wellbeing.’
Getting involved in sport at Bristol is something we hope every student can do. From aspiring Olympians, to inter-University competition, to forming a 5-a-side team or just trying something you’ve never done before, we have something to offer you.

We believe that taking part in sport and exercise is an essential part of your well-being, with proven benefits to your academic studies and happiness. Together with the Students’ Union (Bristol SU), we work hard to make sure that at any time during your studies here there is a way for you to stay active in a way that suits you; if training four times a week helping the University to win national competitions is your thing, we’d be delighted. If having a go at a new sport on a Wednesday afternoon just because it’s nice to be outside is more your style, that’s fantastic too. We have lots on offer throughout the year so why not try it all?

We look forward to welcoming you to Bristol.

EXERCISE & HEALTH

We have a wide range of exercise classes, courses and activities for all ages, designed to help you to get the most from your leisure time and lots more.

Choose from our fabulous health and fitness suite ‘The Pulse’, sports hall, studios, free weights gym and squash courts situated close by. Whatever you decide, our superb location means that we’re easy to find.

The University works closely with the Students’ Union to provide a range of facilities, programmes and activities for all of our students. We have something for everyone – from performance sport, exercise for health or simply having fun with friends.

‘Fresh Sport’ - your first taste of the action
Saturday 26 and Sunday 27 September
Sign up online at bristol.ac.uk/sport/events/2015/fresh-sport
BRISTOL SU
the best student life

Bristol SU supports hundreds of student-led groups to provide sport and exercise and delivers low-cost exercise classes to help you get moving. Visit our website or come to our Welcome Fair on the 25th September at the Harbourside to find out all the activities available to you. Whether you want to learn a new skill, get fitter, or lead others in sport there is something for you.

SPORTS CLUBS AND SOCIETIES

With nearly 300 Sports Clubs and Societies Bristol SU is a great place to continue your hobbies or pick up new ones. With classes and sessions to suit all levels you can try your hand at Rowing, Bollywood Dance, Quidditch, Table Tennis, Taekwondo and much much more. Each year many of our clubs take on UWE in our annual Varsity Series. If you find your passion you can develop your teamwork and leadership skills by running to be on the committee of your favourite student group.

Have your say in how sport and exercise is run through your Sports Executive and Sport and Student Development Officer who are elected to represent your views to the Union and the University.

Find all groups at the Welcome Fair or at www.bristolsu.org.uk/activities

Contact:  (0117) 954 5800
www.bristolsu.org.uk/activities
bristolsu@bristol.ac.uk
INTRAMURAL SPORT

If you are interested in some competitive team sport but without the need to join a club we provide opportunities for you to compete in seven different sports on a weekly basis such as football, hockey, netball, badminton, basketball and cricket. This not only helps to keep you active and healthy but it also provides a fun but competitive sporting opportunity at great value each week.

To compete in Intramural you will need to create a team in your Hall, Society or amongst your friends and all the information you need is available on the Bristol SU website www.bristolsu.org.uk/activities/sports/intramural

RECREATIONAL SPORT

Don’t like competition? Don’t like team sports? No problem! Bristol SU runs lots of other activities just to keep active and have fun. With funding from Sport England we are able to provide a wide range of low-cost activities such as badminton, yoga, football, netball, zumba, basketball, volleyball and swimming classes to students including provision for postgraduates, international students and those who no longer take part in a University team sport.

After last year’s success there will once again be a mass participation 10k run as part of Varsity 2016.

Our Fit and Fabulous Membership is open to those who identify as women providing weekly classes such as zumba, aerobics, basketball, running, ultimate frisbee, dance, self defence and nutrition classes exclusive for members at just £19.99 all year! Keep up to date at www.bristolsu.org.uk/activities/sports
The Performance Sport programme is set up to support, and develop the journey of athletes, who are combining sporting and academic excellence whilst at the University of Bristol.

The programme will offer you a number of benefits:

- A highly qualified team of staff to assist your sport and individual development
- Lifestyle mentor for the year
- Regular meetings and various sport speakers/practical workshops
- Individual athlete profiling
- Full body screening
- Use of the Olympic conditioning and weight room
- Full peak time sports pass for 2015-16
- Physical preparation 1:1 and team sessions
- Opportunity to be in the ‘Top 20 Athlete Picks’ to be made guaranteed offers, based on gaining entry requirements.

Applications* for the squad are available at bristol.ac.uk/sport/high-performance

Please contact:
Sports Performance Manager
Email: performance-sport@bristol.ac.uk

* The process opens in October 2015 for entry 2016-17. An interview with the Performance team will then will take place in spring/summer 2016.

Scholarships Available through Sports Performance:
VC Scholarship Scheme (closing date Jan 2016)
Lloyd Robinson Scholarship
Dave Attwood Rugby Scholarship Scheme
Graduate and Undergraduate Rowing Scholarships

All information can be found at bristol.ac.uk/sport/high-performance/scholarships
“Before I came to university I had never touched a waterpolo ball. In my second year I decided to try a new sport and in my third year I ventured into goalkeeping, with things taking off from there. This year I was lucky enough to become a member of the Performance Squad and I have had my best season ever, successfully competing at the top level of National league and the British championships. The performance program offers such a wide variety of support to prepare you for competition both physically and mentally.”

Laura Fitzharris - Water Polo

“Being in the Bristol University High Performance squad is an amazing programme to be on! Lead by a team of supportive and motivational coaches and mentors whose only aim is to see the squad members achieve their best, the programme provides the perfect environment for members to excel both on the sporting field and in their academic studies.”

Dan Bethell - Badminton

Contact: (0117) 928 8810
www.bristol.ac.uk/sport/high-performance
performance-sport@bristol.ac.uk
Within the Performance Club structure for 2015-16 we have 18 Performance clubs and 9 Kick Start Clubs, who will receive professional coaching support, which includes Head Coaches in Rugby, Rowing and Men’s and Ladies Hockey. Plus access to our prime time training slots across all our facilities.

This offers the support that helps develop, lead and create a positive environment that adheres to the values of the programme ‘Participation, Inspiration, Respect, Discipline, Learning and Enjoyment and takes us closer to the target of being a Top 10 Sporting University in BUCS.

We are striving to create a culture within sport at Bristol, where we can combine academic and sporting excellence across all areas of Performance Sport. Player and personal development lie at the heart of this culture across all staff, coaches and students.

“Being a Kick Start Club did exactly what the name suggests. As a club, we were given guidance from the team at SEH to ensure we made the most of the facilities and coaching provided. With that extra bit of support, coupled with an improved performance in BUCS games, Kick Start was a great way for us to develop what is needed to apply for Performance Club status. The whole process taught us that performance is not just about the match day win but about having focused training, an effective committee and direction for the club.” Eleanor Shorrock
COMMUNITY SPORT
DEVELOPMENT

GET INVOLVED AND GIVE BACK
Involvement in leadership, coaching and volunteering in sport is a fantastic way to develop skills, and get the most out of your time with us. Students are heavily involved in running clubs, events and working in the community. For many students, their time contributing to sport at Bristol is the start of a lifetime of giving back.

SPORT VOLUNTEER PROGRAMME
The Sport Leadership Award is an accredited course which provides experience, skills and knowledge to give candidates the confidence to take on different leadership roles within and beyond sport. The course runs at various times throughout the year and fits neatly alongside the demands of study.

Ideal for students interested an alternative learning environment, interested in working with young people or hoping to become better communicators. If you would like more information please contact sports-development@bristol.ac.uk

COACH EDUCATION
For students that have in mind a specific sport which appeals most, our Coach Education programme offers various levels of support. We are able to offer significant bursaries to help students undertaking coaching qualifications, as well as mentoring and feedback opportunities with other student coaches to compare notes and share experiences.

LEADERSHIP THROUGH SPORT
Getting involved in sport offers you more than just the benefits of being physically active; helping to run a club, lead a team, or coach others is a great way of developing and honing skills that are useful in many areas of life. Each year a small group of students take part in a ‘Leadership Through Sport’ programme helping them to examine their skills, attitudes and experience around Leadership in a sporting context.

For more information about this programme, contact sports-development@bristol.ac.uk

Contact: (0117) 928 8810
www.bristol.ac.uk/sport/development/community
sports-development@bristol.ac.uk
Highly qualified professional staff are always on hand to offer help and advice at all levels on exercise, nutrition and health.

There have been extensive improvements and additional sporting facilities added over the last few years offering students a wider choice of activities throughout the University.

Contact: (0117) 928 8810
www.bristol.ac.uk/sport
The Pulse Health and Fitness Suite is one of the best equipped gyms in Bristol with 75 cardiovascular stations, large stretch/core area and a large comprehensive free weights area with the latest Cybex equipment.
The Swimming pool is situated on Queens Road within the Richmond Building. The pool has undergone a major refurbishment. The work includes a new entrance, reception, changing rooms, plus new heating, lighting and ceiling in the pool hall.

The swimming pool has 6 lanes and at full length is 32m long. The pool also has a moveable bulkhead, which enables the pool to be divided into 2 parts. Generally the pool is set at 25m, thereby giving us a competition swimming length and a teaching area. The depth of the pool ranges from 1.2m at its most shallow point to 4m at the deepest.

For further information and timetables
www.bristol.ac.uk/sport

Visitors who have a disability and require assistance should inform reception in advance of their visit.

Contact: (0117) 331 8577
www.bristol.ac.uk/sport/facilities/swimming
The Coombe Dingle Sports Complex is a superb sporting facility which provides a unique atmosphere. Emphasis is placed on quality and the combination of a wide range of outdoor and indoor opportunities for all students.

**FACILITIES**

- 4 Indoor Tennis Courts
- 10 Outdoor Tennis Courts (4 floodlit)
- 2 Netball Courts
- 2 Floodlit Artificial Pitches
- 3 Football Pitches
- 4 Rugby Pitches
- 1 Lacrosse Pitch
- 3 Cricket Squares + 4 Nets (including grass)
- Softball and Rounders facilities
- Performance Gym
- Sports Medicine Clinic
- Bar and Café

Contact: (0117) 962 6718

www.bristol.ac.uk/sport/facilities/coombe
We have 3 fantastic studios hosting over 60 fitness classes from Body Combat to Pilates and Yoga. Whether you are a beginner or an expert we have something to offer everyone.

Studios One and Two are used for a variety of exercise classes, including exercise to music, circuits, yoga and pilates. They also provide a base for Martial Arts Clubs and the Fencing Club.
The University Rowing Club is based at Saltford, halfway to Bath on the River Avon. The 2015/2016 season will see the club make use of the brand new £1 million boathouse facility.

The stretch of the River Avon at Saltford is one of the most tranquil in the South West. The Rowing Club is extremely successful, with over half of its members learning to row for the first time at the University, and competing in all major national rowing events. The scheme has been supported by Sport England, British Rowing and sponsors/Alumni of University of Bristol.
**ACTIVITY ZONE**
The Activity Zone incorporating a set of outdoor gym equipment and multi-sport games area for football and basketball has been installed for use by all students between Wills and Durdham Halls.

**RESIDENCES**
The University is in the process of upgrading its sports recreational activities at each of its Residences. These activities such as Zumba, Aerobics, Boxing training, Pilates, Tennis, Table Tennis, 5-A-Side football, Basketball, Netball, Jogging and Squash will now be available to all students.

**HIATT BAKER AND BADOCK HALL SATELLITE GYMS**
Although smaller than the main facility these satellite gyms offer a good range of Treadmills, Bikes, Rowers and strength equipment. The equipment provided will enable most user’s to complete a comprehensive general fitness workout.

The Badock facility features air shock resistance machines, Pneumatic machines are the closest you’ll get to true isotonic exercise,” (or moving a fixed amount of resistance through a specific range of motion). The Hiatt Baker room has traditional fixed resistance machines.

**LANGFORD**
For students studying at Langford Veterinary School. £60,000 has been invested on a small gym to provide students who live away from the main campus an opportunity to stay fit and healthy during their study programme.
HEALTHY LIVING

BE WELL @ BRISTOL
The University of Bristol encourages students to take a proactive approach to their health and wellbeing. We offer a range of healthy living interventions and initiatives throughout the year to help you make positive lifestyle choices for the benefit of your physical and mental health. There is no “one size fits all” approach to health. We want to share our knowledge and experience, and offer support to help all find what works for them.

“Health is created and lived by people within the settings of everyday life; where they learn, work, play and love” (WHO, 1986)

MOVE WELL
Are you doing at least 150 minutes per week of moderate intensity physical activity? It isn’t always easy to find time and motivation to fit activity into our busy lives. However, you can choose to change your lifestyle so that being active is built into your day and not just bolted on. There are lots of ways to get active that don’t require specialist skill, equipment or memberships - even trainers are optional! We support a range of opportunities, whether it is walking, running, cycling, swimming and so on. Activities and promotions take place throughout the year.

EAT WELL
A good diet is a balanced diet - one that contains a variety of food from each of the different food groups in the right proportions for your health needs. What we eat affects both our physical and mental health - our energy levels, our ability to concentrate, as well as risk of chronic diseases such as cancer, diabetes and obesity. So it’s worthwhile taking the time to follow some simple guidelines, shop sensibly and learn to enjoy preparing and eating food to ensure we give our minds and body the fuel it needs. Advice, support and promotions will pop-up throughout the year, and our monthly ‘Farmers’ Market’ will give you the chance to buy local good food right in the heart of the University.

LIVE WELL
Living a healthy life involves many choices. These choices can have a big effect on your quality of life, your work and studies, how you feel about yourself and of course your health and wellbeing - now and in the future. A combination of things help - being active, eating well, sleeping well, managing stress and having fun. The key is finding a balance, having realistic expectations of yourself and others around you.
A multi-disciplinary sports medicine team where clinicians work together to relieve pain, improve performance and prevent injury.

Resolving your injuries, eliminating pain and your return to complete fitness is our priority. We have 2 clinics – one at the Indoor Sports Centre, Tyndall Avenue, and one at the Coombe Dingle Sports Complex.

- Expert, comprehensive service – all under one roof
- Pain, injury treatment and prevention
- Improving performance to give you a competitive edge

**FREE OPEN CLINICS**
Not sure who to see?
Want some general advice?
We offer 5-10 minute free consultations with a sports physiotherapist or osteopath to discuss symptoms. Booking essential.

**TREATMENTS**
- **Physiotherapy and Osteopathy**
  In pain? Injured?
  Our experienced team use a scientific approach to: pain, stiffness and inflammation, rehabilitation and exercise, injury prevention, sports performance
- **Sports Massage Therapy**
- **Acupuncture**
- **Sports Physician**

Contact: (0117) 928 8810
www.bristol.ac.uk/sport/medicine-clinic
MEMBERSHIPS 2015/16

We offer superb facilities across three main sites, our classes are designed to inspire and motivate you and our first class staff are here to advise and help you get the most out of your experience.

Our membership packages offer great value for money with prices ranging from £50.00 for a basic pass up to £290.00*.

All of our memberships include a free gym induction, discounted Sport Medicine Services, discounted indoor and outdoor tennis courts and free classes dependant on membership type.

We are committed to ensuring all our students have the opportunity to participate in some form of activity whilst studying at the University of Bristol. Whether sport is a welcome break from your studies, an opportunity to make new friends or a place to progress in your chosen sport, we have something to offer everyone.

Taking part in sport and physical activity can make a real difference to your career prospects. It’s a great way to socialise with like-minded individuals and a great way to unwind after your studies.

*ADDITIONAL CHARGE FOR PAYMENT BY INSTALMENTS WILL APPLY. MEMBERSHIP IS VALID FOR ONE ACADEMIC YEAR.

| Get Active | £50 |
| Active Swim | £185 |
| or by 6 instalments | £200 |
| Active Gym | £185 |
| or by 6 instalments | £200 |
| Active Plus | £290 |
| or by 6 instalments | £305 |

* Active Swim includes classes in the pool only. Active Swim gives you access to the pool at peak and off-peak times.

You can purchase your Activity Pass online at: www.bristol.ac.uk/sport/memberships/student
CENTRE FOR SPORT, EXERCISE & HEALTH
Tyndall Avenue
Bristol BS8 1TP
Tel: (0117) 928 8810
www.bristol.ac.uk/sport

SPORTS MEDICINE CLINIC
Tyndall Avenue
Bristol BS8 1TP
Tel: (0117) 928 8810
Fax: (0117) 331 1105
www.bristol.ac.uk/sport/medicine-clinic

COOMBE DINGLE SPORTS COMPLEX
Coombe Lane, Coombe Dingle
Bristol BS9 2BJ
Tel: (0117) 962 6718
Fax: (0117) 962 6724
www.bristol.ac.uk/sport/facilities/coombe

UNIVERSITY SWIMMING POOL
Richmond Building
105 Queen’s Road
Bristol BS8 1LN
Tel: (0117) 331 8577
www.bristol.ac.uk/sport/facilities/swimming

BRISTOL SU
Richmond Building
105 Queens Road
Bristol BS8 1LN
Tel: (0117) 954 5800
Fax: (0117) 954 5876
Email: bristolsu@bristol.ac.uk
www.bristolsu.org.uk

www.bristol.ac.uk/sport
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twitter /UoBrisSEH

For further information on individual clubs including information on pre-seasonal training please go to bristolsu.org.uk/activities

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