

Further Education Sport Survey 2015

HOOKED ON SPORT
WEDI GWIRIONI AR
CHWARAEON

sportwales
chwaraeon cymru

Headlines

- The Further Education Sport Survey 2015 is the first survey of students in further education colleges in Wales. 4,568 students completed an online questionnaire between April and July 2015.
- 49% of students are 'hooked on sport' and take part in sport or physical activity on three or more occasions per week. 32% report that they do no frequent activity.
- As with other survey findings, there is a gender gap in participation. 59% of male students are hooked on sport compared with 40% of female students. This gap of nineteen percentage points is wider than that seen in the Active Adults Survey and the School Sport Survey.
- 34% of students took part in sport or physical activity at least once a week at college (41% male and 27% female). Outside of college, 64% took part once a week or more often – 71% of male students and 57% of female students. Students aged 16-19 are more likely to be frequent participants than students aged 20 or over.
- The majority of students report that they have good or very good health – 60% overall. 18% thought that college helped them 'a lot' to have a healthy lifestyle and male students (21%) were more likely than female students (15%) to report this.
- 62% of students are confident trying new sports (73% of male students and 50% of female students).
- 23% of students had volunteered in sport in the last 12 months, giving their time on an unpaid voluntary basis to help run sporting activities. Students were most likely to volunteer in coaching roles (71%) or officiating/refereeing roles (19%), helping to support the delivery of sport.

Introduction

The current School Sport Survey is a major project for Sport Wales, delivering a range of outputs for the organisation and partners to use to improve sports delivery and planning. The survey covers pupils in Years 3-11, and we now know that in 2015, 48% of these pupils take part in sport and physical recreation at least three times a week. This was an increase from 2013 where 40% of pupils were hooked on sport¹.

While we now have a wealth of data about pupils' perceptions of well-being and attitudes to taking part in sport, there is not currently the same level of information available for Further Education (FE) students in Wales. In order to develop our understanding of how FE students access and participate in sport and physical activity, the 2015 School Sport Survey was extended and developed to allow us to collect a baseline of participation for students in FE colleges in Wales.

Further education (FE) is delivered by FE colleges at a number of levels of difficulty. Further education is considered to span Level 1 (qualifications such as GCSEs at grades D-G) to Level 3 (equivalent to at least 2 A levels grades A*-C).

The statistics presented in this paper and in the national set of accompanying FE data tables focus on students aged 16 and upwards who are attending Welsh Further Education Colleges.

Method

The **Further Education Sport Survey** took place in the summer term of 2015 from 14th April until 21st July. Working with ColegauCymru², Sport Wales developed the pupil questionnaire used in the School Sport Survey to create a version for students. Welsh Colleges Sport were also involved as the governing body for FE sport. Core measures of well-being and frequency of

¹ Pupils are counted as being 'hooked on sport' if they take part in school-based extracurricular sport, or sport with a club not at school on three or more occasions per week. This gives us a measure of their participation in structured activities

² <http://www.collegeswales.ac.uk/>
<http://www.collegeswales.ac.uk/cy-GB/hafan-1.aspx>
<http://www.welshcollegessport.wales/>

sports participation from the School Sport Survey remain, in order to track participation levels of young people in education from ages 7 through to 25+. The focus was on 16-19 year old full time students but the survey was open to any FE student studying in a further education college in Wales. This excludes sixth forms that are part of schools – those students were invited to take part in the School Sport Survey.

Students completed an online questionnaire about their participation in sport and physical activity, volunteering, and their attitudes to sport. Students could complete the survey at any time during the fieldwork period on any device with access to the internet.

Response

Twelve of the thirteen FE colleges in Wales took part in the survey and 4,568 students completed a questionnaire, 9.3% of the eligible learners from 12 (92.3%) of the colleges.

The proportion of further education learners who responded to the Further Education Sport Survey ranged from approximately 3.5% in Cardiff and Vale College to 28.9% in Pembrokeshire College.

Learners from a range of different course types responded to the survey. Table 1 shows this breakdown.

Table 1: Course type and response	Number of respondents
AS or A levels	916
Access	50
Art and Design	128
Business, Media and IT	497
Childcare	150
Construction	264
Creative Industries/Performing Arts	117
Engineering / Motor Vehicle	410
ESOL	11
Hair and Beauty	217
Healthcare	107
Hospitality, Catering and Tourism	259
ILS	134
Land Based, Agriculture, Animal Care and Equine	180
Other	210
Science, Maths, Technology	31
Sport, Leisure and Public Services	887
Total	4568

Data is weighted by age, gender and college, to correct for the inevitable imperfections in the sample of responses collected that might otherwise lead to bias and other departures between the sample and the population. Such imperfections include, for example, non-response which might lead to an imbalance in the proportion of colleges and students completing the survey, and incomplete coverage of the population meaning that the distribution of key variables of interest, and which might affect sports participation, is not representative of the population. The sampling weights compensate for these imperfections and can be used to produce accurate estimates of population characteristics of interest together with their associated sampling errors.

Welsh Government Census data on the numbers of full-time further education learners from FE colleges in Wales (for the 2013/14 academic year) provides us with the population distribution of colleges and further education pupils in Wales³.

Results

Results of the survey are presented in the following sections:

1. Hooked on sport – frequency of participation for:
 - all students
 - equality strands
 - course type and college
 - different settings - in college and outside of college
2. Information to help us understand how students become active:
 - motivation
 - confidence
 - opportunities & resources
 - the experience

³ <https://stats.wales.gov.uk/Catalogue/Education-and-Skills/Post-16-Education-and-Training/Further-Education-and-Work-Based-Learning/Learners>

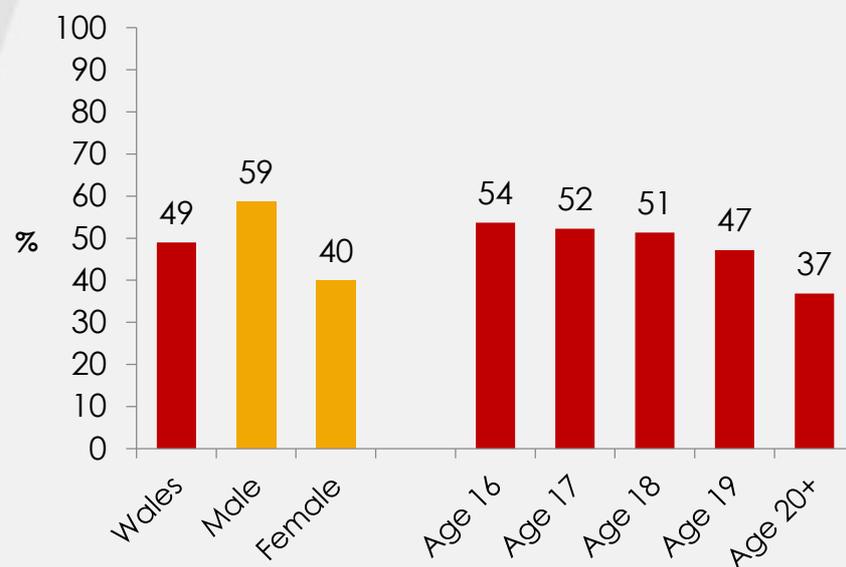
1. Hooked on Sport: Frequency of participation

Since 2011, the School Sport Survey has captured a detailed picture of frequency of participation, allowing us to explore the number of occasions per week pupils take part in organised sport and recreation, outside of the curriculum. In Wales in 2015, 48% of pupils across Years 3 to 11 take part in organised activity other than in curriculum time (i.e. extracurricular or club sport) on three or more occasions per week. The Vision for Sport in Wales refers to this as being 'hooked on sport'.

Further Education students are considered to be 'hooked on sport' if they take part in sport/physical activity (while in college or outside of college) on three or more occasions per week.

This first survey of FE students gives us a baseline of their participation rates. Figure 1 below shows the percentage of FE students who are hooked on sport.

Figure 1: Percentage of students who are hooked on sport – age and gender



Overall, 49% of students reported that they were hooked on sport and took part three or more times a week - a similar percentage to the findings from the School Sport Survey 2015.

The results also reflect findings from the Active Adults Survey, which has been collecting data on sports participation among the Welsh population for more than 20 years. The 2012 Active Adults Survey shows higher rates of participation for people in the 15-24 age group, with 56% being hooked in 2012, and 47% of those in the 25-34 age group.

Ethnicity

By ethnic group, students from mixed/multiple ethnic groups were more likely to be hooked on sport than white students, with 59% reporting taking part three or more times a week compared with 49% of white students. As with the School Sport Survey findings, fewer Asian/Asian British students reported being hooked on sport (38%). On this occasion, we are unable to report the percentage of Black/Black British students who were hooked on sport due to a smaller positive response to this measure from this cohort.

Disability

Recent Active Adults and School Sport Survey findings show that people who report having a disability or impairment are less likely to be hooked on sport than those with no reported disability or impairment. The 2015 school sport survey found a nine percentage point gap between hooked rates for pupils with disabilities (40% compared with 49%, closing slightly from a ten percentage point gap in 2013). Similarly Active Adults 2012 reported that 29% of adults with a disability were hooked compared with 45% of adults with no disability – a 16 percentage point gap.

The FE survey shows a larger difference in frequent participation rates between students with or without disabilities. 32% of students with a disability were hooked on sport compared with 51% of those with no reported disability.

Hooked on sport and Welsh language speakers

The School Sport Survey and Active Adults Survey both show that Welsh speaking respondents are more likely to be frequent participants than non-Welsh speaking respondents. The FE Sport Survey reflects this pattern – overall, 58% of Welsh speakers are hooked on sport compared with 46% of non-Welsh speakers.

Course type and hooked on sport

Students from a wide range of different courses responded to the survey (see Table 1 above) and the survey shows that students from Sport, Leisure and Public Services courses are more likely to be hooked on sport in comparison with students on other courses. 91% of these students take part on three or more occasions per week, compared with 38% of students studying a different course.

Hooked on sport and college site

Table 2 below presents the hooked on sport rates for the different colleges across Wales.

Table 2: Percentage of students who are hooked on sport – by college and gender

College	Hooked on sport percentage		
	All students	Male	Female
Bridgend College	39	48	31
Cardiff and Vale College	51	57	-*
Coleg Cambria	52	58	47
Coleg Gwent	47	58	38
Coleg Sir Gar	65	72	57
Coleg Y Cymoedd	50	59	42
Gower College Swansea	64	73	54
Grwp Llandrillo Menai	68	83	52
Grwp NPTC	44	50	37
Merthyr Tydfil College	49	74	29
Pembrokeshire College	44	55	31
St David's Catholic Sixth Form College	59	79	39

* Value is suppressed due to small cell size (i.e. < 30 female students who answered that question were 'hooked on sport')

2. Understanding how students become active

The FE Sport Survey includes questions to measure the attitudes of students towards sport, health and well-being. These questions are aligned with those used to track key indicators reported in the School Sport Survey – such as enjoyment, confidence, healthy lifestyle and learner voice. These measures can be used as evidence to evaluate whether the well-being outcomes highlighted in Estyn's Common Inspection Framework and the document 'Guidance for the inspection of Further Education from September 2015'⁴ are being addressed.

The well-being outcomes in the Framework are:

- attitudes to keeping healthy and safe
- participation and enjoyment in learning
- community involvement and decision-making
- social and life skills

Having looked at which students take part and where, the following sections present statistics that can help us understand some of the factors that have an impact on levels of participation.

Motivations

How do students prioritise their leisure time?

Students are asked to indicate, from a list of activities, a) which they do in their leisure time when they are **not in college** and of these, b) which three things they spend the most time doing.

Table 3 below shows the top ten activities selected by students in question a:

4

http://www.estyn.gov.wales/sites/default/files/documents/Guidance%20for%20the%20inspection%20of%20further%20education%20institutions%20-%202015_3.pdf

Table 3: Leisure activities that FE students take part in – by gender

Male students	%	Female students	%
Listen to music	69	Listen to music	81
Watch TV	68	Watch TV	73
Play computer games / Wi / PlayStation / Xbox	65	Spend time with family	72
Go on the computer / use the Internet	61	Go for walks	70
Go out with friends	60	Spend time with friends	70
Spend time with friends	59	Go out with friends	69
Spend time with family	53	Go on the computer / use the Internet	64
Relax	53	Relax	63
Play sport	49	Go shopping	62
Watch sport	46	Go to the cinema	56

Of these activities that students selected, the three that students reported they spent most time doing were:

- Listening to music (28%)
- Using a computer/internet (23%) and
- Watching TV (22%).

Going for walks (21%) and playing sport (19%) followed these activities.

There were some notable differences according to gender: 34% of male students selected playing computer games compared with 6% of females, along with playing sport (32% of males, 8% of females) and watching sport (10% of males and 2% of females). Female students were more likely to spend more time going for walks (28% compared with 12% of males), spending time with family (24% compared with 12% of males) and studying (17% of female students compared with 7% of males).

What would encourage students to do more activity?

Students were given a list of options and asked to tick any that were reasons that would motivate them to do more sport. The option selected most often was if 'I had more time' – 43% of students gave this response (35% of males

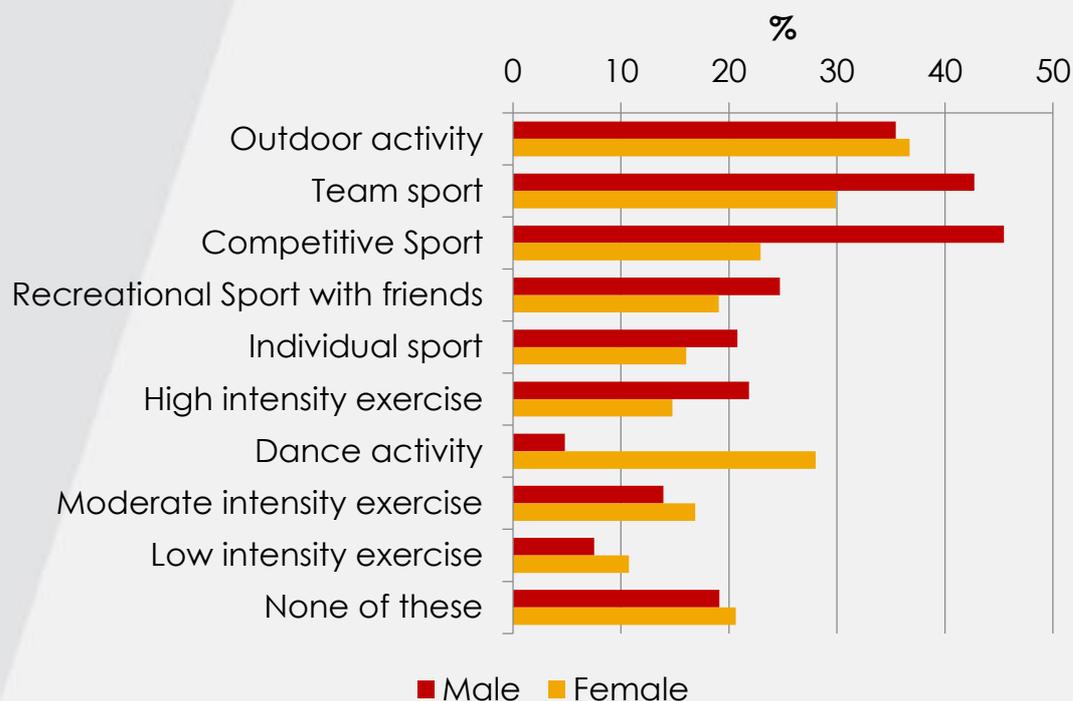
and 51% of females). If 'my friends went with me' was also highlighted by 29% (26% of males and 32% of females). Cost was highlighted – 'if it was cheaper' was an option selected by 28% and females (35%) were more likely than males (20%) to give this reason. Just over a fifth (21%) said they would do more if they were fitter, with more females indicating this was a reason (26%) compared with 15% of male students.

Which types of activities (if any) would students like to do more of?

In order to help us understand more about the types of provision that could encourage greater participation and an improved experience, we ask students what types of activities (if any) they would like to do more of.

Figure 2 shows the results.

Figure 2: Percentage of students who would like to do more of the following activities



Outdoor activity was the activity that both male and female pupils expressed an interest in doing more of. Team sport and competitive sport was popular for both males and females - particularly males, and dance activity was popular with female students.

Confidence

62% of students said they were 'very confident' or 'confident' to try new sports. As with the School Sport Survey findings, there was a gender difference. 73% of male students and 50% of female students stated they were confident trying new sports. Students that are more confident are generally more likely to be 'hooked on sport'.

A perceived lack of confidence among females was also raised via the question asking what would encourage students to do more sport. More females than males selected 'if I was fitter' as a reason that would mean they did more sport, which may be related to confidence. 26% of female students reported that they would do more 'if I was more confident', compared with 12% of male students.

Opportunities and Resources

Where are students taking part in sport and physical activity?

Understanding the makeup of the 'hooked on sport' measure can help us identify the different contributions and impact that providers can have on the opportunities to be frequently active. For example, a student could be hooked on sport by taking part in three college-based activities a week, but may not be able to access any opportunities in the community when they are not at college. Similarly, (and taking into account the different types of facilities available at various colleges and campuses), there may be high levels of community provision and participation but low levels of college-based participation. Students may not have access to opportunities to take part in sport and physical activity in certain settings, because of practical barriers or lack of provision. In addition, they may not feel that the offer is appropriate to their needs - and so choose not to take part.

Figure 3 below shows frequency of participation in college based sport compared with participation outside of college, using the measure 'at least once a week'.

Figure 3: Participation at least once a week in sport and physical activity in college and outside of college

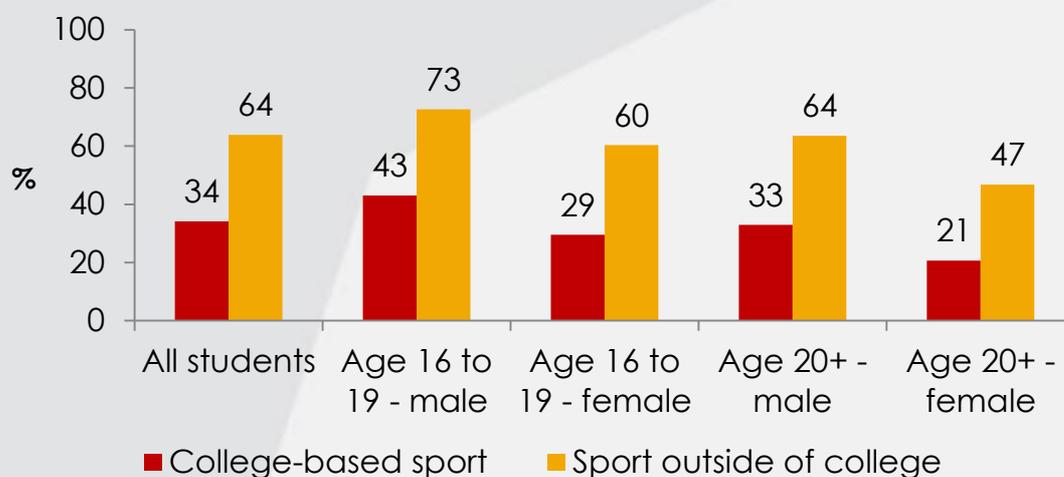


Figure 3 shows that students are more likely to be participating at least once a week in locations outside of college. Male students in the 16-19 age category are the most likely to take part in sport at least once a week in either setting.

What sports are students taking part in?

Table 4 shows the ten sports and activities that students are most likely to report taking part in, by gender.

Table 4: Participation in sport and physical activity – top ten activities

	% Male		% Female
<i>Sport/Activity</i>	2015	<i>Sport/Activity</i>	2015
Football	64	Running or jogging	49
Running or jogging	50	Fitness classes	47
Swimming	38	Swimming	43
Rugby	36	Football	27
Fitness classes	35	Cycling	25
Basketball	34	Dance	23
Cycling	33	Netball	21
Badminton	28	Badminton	20

Table tennis	28	Rounders/Baseball/Softball	16
Golf	27	Basketball	16

These sports and activities reflect the findings from the School Sport Survey, where football, swimming, cycling, rugby, dance, netball and rounders have been consistently popular among pupils, and badminton and basketball being popular with older pupils and pupils from ethnic minority communities.

Volunteering

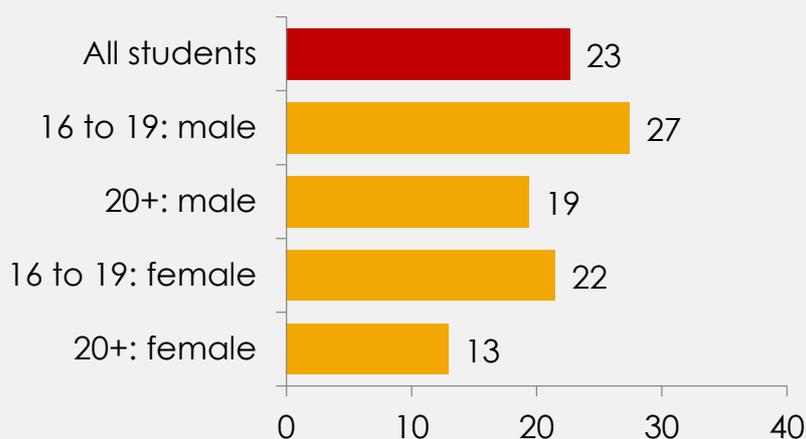
Volunteers play a key part in ensuring that there are opportunities for sport to take place, helping to support its delivery.

Overall, 23% (1,100 out of 4,568 respondents) of students reported that they had volunteered, in response to the following question:

In the past 12 months, have you given your time on an unpaid voluntary basis to help run any sporting activity e.g. helping with things like administration, coaching, catering, transport?

Figure 4 below shows volunteering rates by age and gender.

Figure 4: Percentage of students volunteering in sport



Across all age groups, 26% of male students were volunteers compared with 19% of females. Students in the 16 to 19 year old age bracket were more

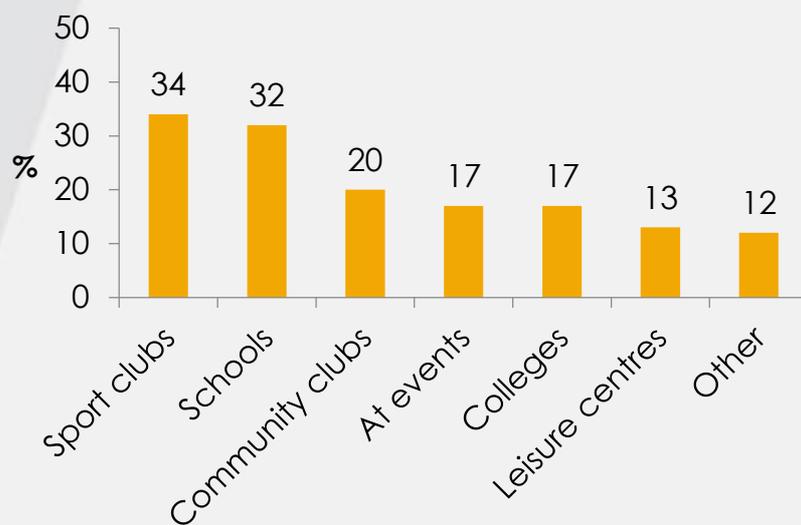
likely to be volunteers than students aged 20+, with male students aged 16 to 19 being the most likely to volunteer.

Sport, leisure and public services students were the most likely to be volunteers – 60% had volunteered in the last 12 months, compared with 23% of AS or A level students and 12% of students on other non-sport related courses.

Where do students volunteer?

Of those students who volunteered, most were supporting sports clubs and schools, followed by community clubs. Figure 5 shows the breakdown.

Figure 5: Percentage of students who volunteer in different settings



What types of volunteering activities are students involved in?

Students who volunteered were most likely to be involved in coaching – 71% of volunteers coached. Officiating/refereeing (19%) and stewarding (11%) followed. 8% reported they were involved in administration, 6% in catering and 4% on transport. Volunteers may have been involved in more than one activity.

There were some slight differences in volunteering activities according to gender. Males were more likely than females to coach (75% of male students coached compared with 66% of female students) and were also more likely to be involved in officiating/refereeing (22% compared with 16%).

The experience

Attitudes to keeping healthy and safe

Students are asked how much they feel that college helps them to have a healthy lifestyle. 18% said 'a lot' (21% of male students compared with 15% of female students), 42% said 'a little' and 40% said not at all.

Enjoyment of sport outside of college

Over three quarters (76%) of students reported that they enjoyed sport outside of college (81% of males and 71% of female students). Among the 16 to 19 age band, 77% enjoyed sport compared with 69% of students aged 20 or over.

Listening to the 'end user' can have a positive influence on enjoyment levels, and people who enjoy taking part are more likely to have higher levels of participation in sport and physical activity⁵. Creating the opportunities and environment to provide feedback can help engagement with students. 32% of students reported that they gave their ideas about sport 'always' or 'sometimes' (40% of males and 26% of females). 10% of students felt that their ideas were *listened to* 'always' (12% of males and 7% of females), 56% reported ideas were listened to 'sometimes' and approximately a third (35%) said ideas were 'never' listened to.

Health and well-being

We have seen that overall, 49% of students are hooked on sport and take part in sport or physical activity three or more times a week. There are well-documented benefits of taking part in sport and physical activity, and evidence to show the benefits to health⁶.

The FE Survey provides us with information on students' perceived health status. 60% of students reported 'good' or 'very good' health. The equivalent figure for all adults in Wales from the 2012 Active Adults Survey was 68%, with younger adults reporting higher levels of good or very good health.

⁵ School Sport Survey 2015 www.school.sportsurvey.org.uk

⁶ http://sportwales.org.uk/media/1643565/sport_health_evidence_paper_final.pdf

There was a small difference in terms of gender, with 63% of males and 58% of females reporting good or very good health. By age, levels were very similar – ranging from between 59% and 62%.

For this measure, in Table 5 we are able to report by all ethnic groups except for those who indicated they were an 'other ethnic group' where less than 30 responded.

Table 5: Self-reported health and ethnicity

Ethnic group	% of students who have reported 'good' or 'very good' health
White	60
Mixed/Multiple ethnic groups	73
Asian/Asian British	58
Black/African/Caribbean/Black British	68

Finally, 56% of students who reported having a disability said they had good or very good health compared with 61% of those with no disability.

Summary

This first survey of Further Education students in Wales provides us with a set of statistics to track participation in sport and physical activity amongst a new cohort of the Welsh population. Findings reflect those observed in other large scale surveys in terms of participation levels, gender differences, and perceptions of sport and well-being. The survey provides new information on volunteering levels and how FE students are helping to support the delivery of sport in Wales.

Further information about the survey can be seen on the Sport Wales website.

<http://sport.wales/>