

FE Sport and Active Lifestyles Survey

2018

State of the Nation

sportwales
chwaraeoncymsu

Headline Findings

- The FE Sport and Active Lifestyles Survey was the first survey of students in further education colleges in Wales, and has now completed its second run. **3,857** students completed an online questionnaire between March and July 2018.
- **43%** of students take part in sport or physical activity on three or more occasions per week. This is a decrease of **6** percentage-points since 2015. **36%** reported in 2018 that they did no frequent activity.
- As with the school sport survey findings, there is a gender gap in participation. **50%** of male students are participating in sport or physical activity three or more times a week, compared with **36%** of female students. Although this gap has decreased since 2015 by **5** percentage-points, it is a greater gap than that seen in primary and secondary school pupils (School Sport Survey 2018).
- **32%** of students took part in sport or physical activity at least once a week at college (**37%** male; **27%** female). Outside of college, **60%** took part once a week or more often – **64%** of male students and **56%** of female students. Students aged 16-19 are more likely to be frequent participants than students aged 20 or over.
- Around half of students report that they have 'good' or 'very good' health – **53%** overall. **16%** thought that college helped them 'a lot' to have a healthy lifestyle and male students (**18%**) were more likely than female students (**14%**) to have thought this.
- **54%** of students are confident trying new sports (**67%** of male students and **43%** of female students).
- **22%** 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

(**67%**) or officiating/refereeing roles (**20%**), helping to support the delivery of sport.

Introduction

The Vision for Sport in Wales is clear: **To have An Active Nation Where Everyone Can Have Lifelong Enjoyment of Sport**. Our mission: **To Unleash the Benefits of Sport for Everyone**. Both the FE Sport and Active Lifestyles Survey and the School Sport Survey evaluate the activity of sport in young people, understanding their enjoyment of sport, and informing the steps required so that sports' benefits can be unleashed.

In order to develop an understanding of how Further Education [FE] students' access and participate in sport and physical activity, the School Sport Survey was extended in 2015 to allow us to collect a baseline of participation for students in FE colleges in Wales. The 2018 FE Sport and Active Lifestyle survey is the second run of the survey. Working with ColegauCymru¹ and Welsh Colleges Sport, Sport Wales in 2015 developed the pupil questionnaire used in the School Sport Survey to create a version for students. 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.

The **FE Sport and Active Lifestyles Survey** took place in the summer term of 2018 from 19th March until 24st July. Students completed a questionnaire on their participation and attitudes towards sport inside and outside of college. Students also completed a series of questions regarding volunteering. Students could complete the survey at any time during the fieldwork period on any device with access to the internet.

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. Taken together, the information provides a base of evidence from which to shape our policy and practice.

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

Response

All FE colleges in Wales took part in the survey and **3,857** students completed a questionnaire, **8%** of the eligible learners. The number of students participating in 2018 has decreased by **711 pupils** since 2015.

The proportion of further education learners who responded to the FE Sport and Active Lifestyles Survey ranged from approximately **1%** in Coleg Gwent to **28%** in Coleg Ceredigion.

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	882
Access	3
Art and Design	90
Business, Media and IT	294
Childcare	211
Construction	111
Creative Industries/Performing Arts	84
Engineering / Motor Vehicle	194
Hair and Beauty	165
Healthcare	229
Hospitality, Catering and Tourism	176
ILS	142
Land Based, Agriculture, Animal Care and Equine	106
Other	214
Science, Maths, Technology	14
Sport, Leisure and Public Services	440

Missing or Did Not Answer	1384
Total	3857

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. Imperfections include, for example, non-response which results in an imbalance in the proportion of colleges and students completing the survey. Such an imbalance means that there is not adequate coverage of the population, and so, is unable to reflect some of the key information which may impact upon sports participation. 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 *2017/18 academic year*) provides us with the population distribution of colleges and further education pupils in Wales².

For the first time in 2018, students were given the additional options of 'other' and 'prefer not to say' when asked to identify their gender. However, given the small number of students to have selected either of these categories, and so failing to provide sufficiently robust data to report against, results are only broken down into 'male' and 'female'.

² <https://statswales.wales.gov.uk/Catalogue/Education-and-Skills/Post-16-Education-and-Training/Further-Education-and-Work-Based-Learning/Learners>

Results

Frequency of participation

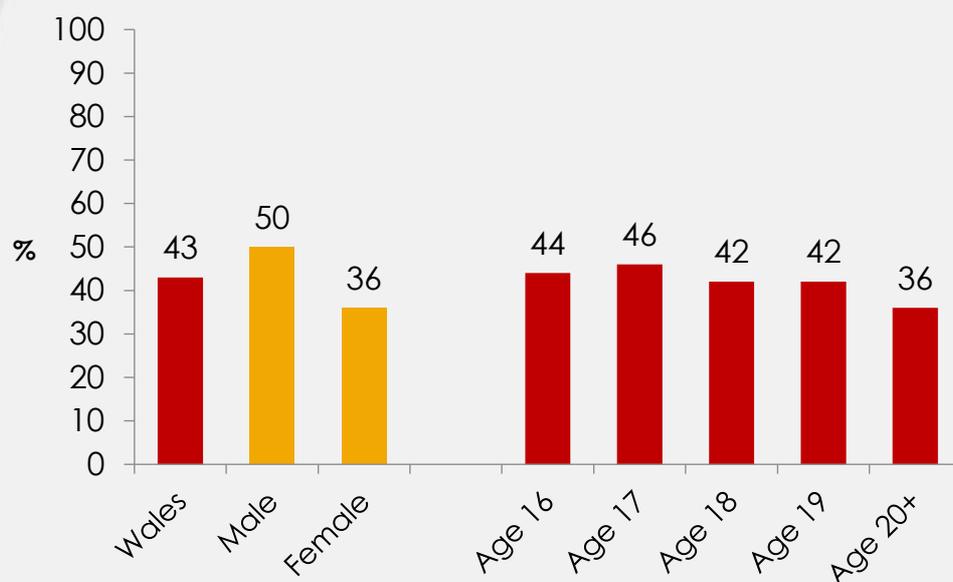
Since 2011, the School Sport Survey has captured a detailed picture of frequency of participation, allowing us to explore the number of occasions per week pupils take part in organised sport and recreation, outside of the curriculum. In Wales in 2018, **48%** of pupils across Years 3 to 11 take part in organised activity other than in curriculum time (i.e. extracurricular or club sport) on three or more occasions per week.

The FE Sport and Active Lifestyles Survey is able to show us the proportion of students that 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 gave us a baseline of their participation rates in order to measure progress. In 2015, **49%** of students across colleges in Wales participated in sport/physical activity three or more times a week. In 2018, that figure has decreased by **6** percentage-points.

Figure 1 below shows the percentage of FE students who are participating in sport on three or more times a week.

Figure 1: *Percentage of students who participating in sport/physical activity three or more times a week – age and gender*



The percentage of students participating in sport/physical activity is dissimilar to pupils' participation three or more times a week (**48%**), as measured by the School Sport Survey 2018. The results are also fewer to those found in the National Survey for Wales, which has been collecting data on sports participation among the Welsh population for more than 20 years. The National Survey for Wales shows **51%** of people aged 16-24 are participating in sport/physical activity three or more times a week.

Subheading: Ethnicity

By ethnic group, students from a Black/African/Caribbean/Black British ethnic group were more likely to participate in sport/physical activity three or more times a week (**45%**) than White (**43%**) and Asian/Asian British (**35%**) ethnic groups. Both White and Asian/Asian British participation in sport/physical activity three or more times a week has decreased since 2015 by **6** percentage-points and **3** percentage-points, respectively.

On this occasion, we are unable to report on the percentage of Mixed/Multiple ethnic groups and Other/Arab ethnic groups participating in sport/physical activity three or more times a week due to a small positive response to this measure from these cohorts.

Subheading: Disability

The School Sport Survey 2018 showed that while a disparity in participation in sport/physical activity three or more times a week remains between those who are impaired/disabled and those who are not, the gap has closed by **7** percentage-points in the last three years. However, the gap has increased in the last three years with regards to the FE Sport and Active Lifestyles survey, from **9** percentage-points to **12** percentage-points. This means that **33%** of students with an impairment/disability are participating three or more times a week in 2018, compared with **45%** of those who did not identify an impairment/disability.

Subheading: Welsh Language

Compared with those who do not speak fluent Welsh, a greater proportion of students who do speak fluent Welsh are participating in sport/physical activity three or more times a week (**52%** compared with **39%**). A similar pattern is seen in the School Sport Survey 2018.

Subheading: Course Type

Students from a wide range of different courses responded to the survey (see Table 1 above). As was the case in 2015, the survey shows that students from Sport, Leisure and Public Services courses are more likely to be participating in sport/physical activity three or more times a week in comparison with students on other courses. **88%** of these students take part on three or more occasions per week, compared with **33%** of students on other courses.

Subheading: College Site

Table 2 below presents participation rates in sport/physical activity three or more times a week for the different colleges across Wales.

Table 2: *Percentage of students who are participating in sport three or more times a week – by college and gender*

College	Participating three or more times a week percentage		
	All students	Male	Female
Bridgend College	48	60	36
Cardiff and Vale College	34	N/A*	N/A*
Coleg Cambria	46	56	36
Coleg Ceredigion	47	49	N/A*
Coleg Gwent	65	65	N/A*
Coleg Sir Gar	41	52	30
Coleg Y Cymoedd	29	33	25
Gower College Swansea	40	45	37
Grwp Llandrillo Menai	48	54	N/A*
Grwp NPTC	49	54	45
Merthyr Tydfil College	56	70	N/A*
Pembrokeshire College	41	43	39
St David's Catholic Sixth Form College	33	45	24

* Value is suppressed due to small cell size (i.e. < 30 male/female students who answered that question were 'participating in sport three or more times a week')

Understanding why students become active (or do not)

The FE Sport and Active Lifestyles 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 motivation, confidence, opportunity and resources, and the experience (collectively with ‘awareness’, known as the Elements of Engagement).

The Elements of Engagement underpin the likelihood of an individual engaging in sporting opportunities. As such, the following sections present statistics that can help us understand some of the factors that have an impact on levels of participation.

Subheading: Motivation

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:

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

Male students	%	Female students	%
Listen to music	69	Listen to music	80
Play computer games / Wi / PlayStation / Xbox	66	Spend time with family	78
Go on the computer / use the Internet	58	Spend time with friends	72
Spend time with friends	58	Walks	68
Watch TV	57	Go out with friends	67
Go out with friends	57	Watch TV	66
Relax	54	Relax	65
Spend time with family	54	Go shopping	63
Walks	48	Go out for meals	62
Out for meals	47	Go on the computer / use the Internet	58

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

- Listen to music (**37%**)
- Play computer games / Wi / PlayStation / Xbox (**24%**)
- Walks (**22%**)

There were some notable differences according to gender: **44%** of male students selected 'Play computer games/Wi/PlayStation/Xbox' compared with **5%** of females, along with 'Play sport' (**24%** of males, **8%** of females) and 'Go on the computer/use the Internet' (**20%** of males and **17%** of females). Female students were more likely to 'Spend time with family' (**30%** compared with **13%** of males) and 'Go for walks' (**29%** compared with **15%** of males).

What would encourage students to do more activity?

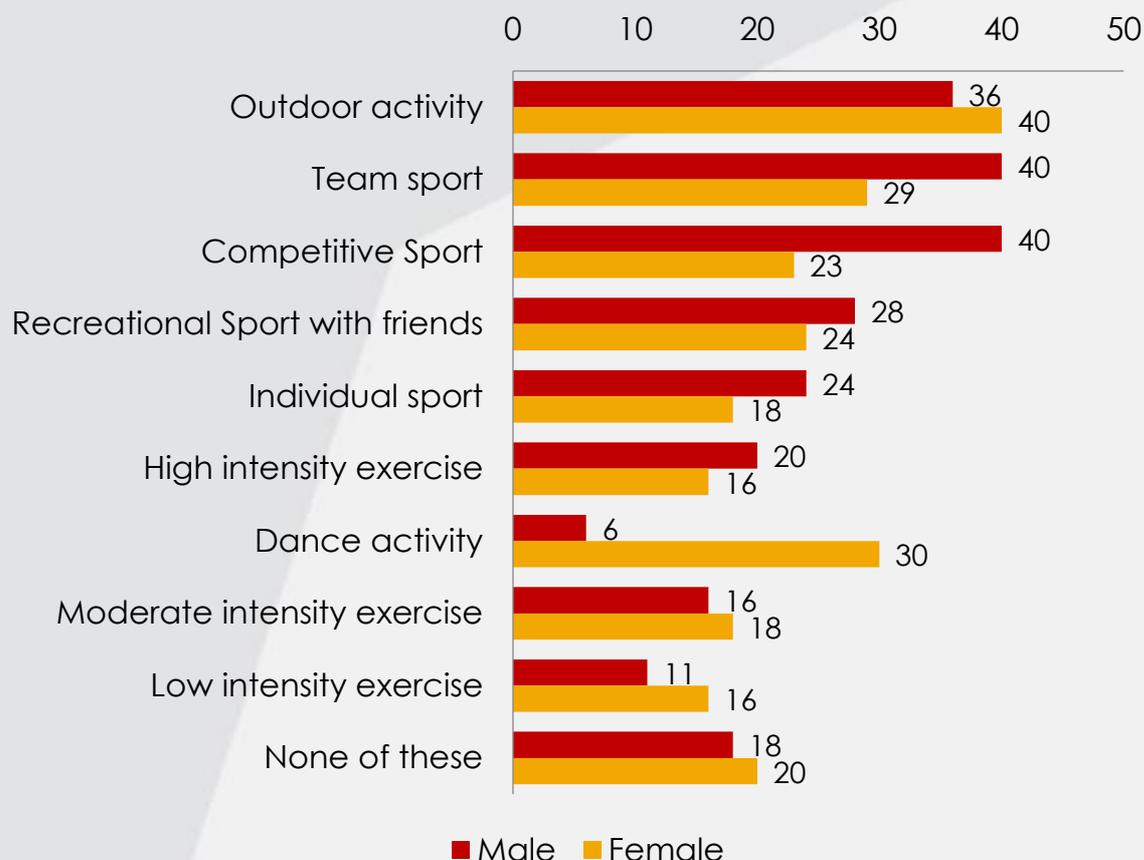
Students were given a list of options and asked to tick any that were reasons that would motivate them to do more sport. The option selected most often was if 'I had more time' – **43%** of students gave this response (**38%** of males and **48%** of females). Almost a third (**32%**) of students said they would do more sport if 'my friends went with me', with more females indicating this as a reason (**35%**) compared to males (**28%**). If 'it was cheaper' was also highlighted by **30%** of students (**22%** of males and **37%** of females). 'If I was more confident' was an option selected by **23%** and females (**31%**) were more likely than males (**16%**) to give this reason.

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 activities were the activity that both male and female pupils expressed an interest in doing more of. Team and competitive sports were more of interest to males than females, and dance activity was popular with female students.

Subheading: Confidence

54% 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. **67%** of male students and **43%** of female students stated they were confident trying new sports. Students that are more confident are generally more likely to participate three or more times a week.

A perceived lack of confidence among females was also raised via the question asking what would encourage students to do more sport. More females (**31%**) selected ‘if I was more confident’ as a reason than did their male counterparts (**16%**).

Subheading: Opportunity and Resources

Where are students taking part in sport and physical activity?

Understanding the makeup of those participating in sport/physical activity three or more times a week, 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 participating in sport/physical activity on three or more occasions a week in college-based activities 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, or they may not feel that the offer is appropriate to their needs - and so choose not to take part.

Figure 3 below shows participation at least once a week in college-based sport compared with participation outside of college.

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

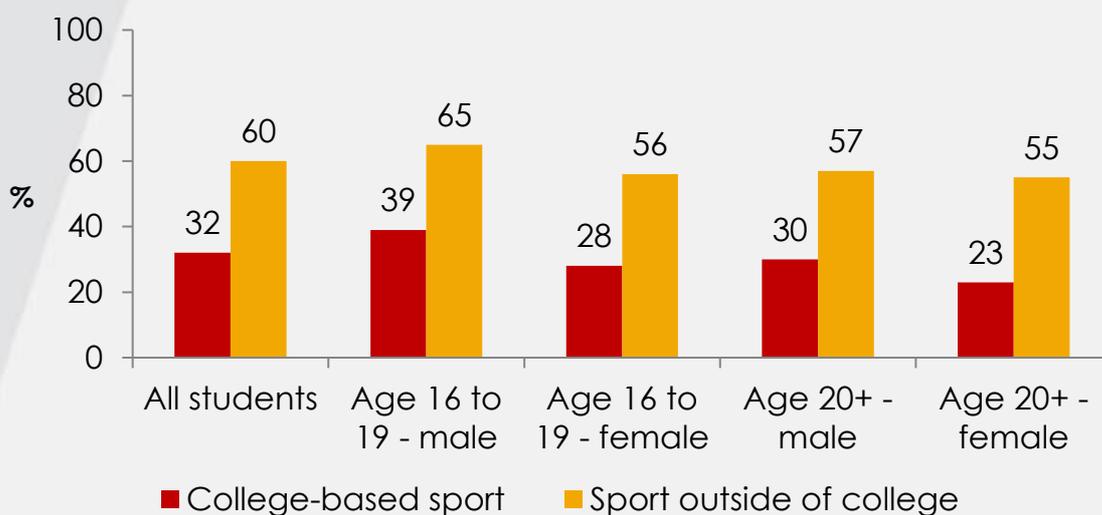


Figure 3 shows that students are more likely to be participating at least once a week in locations outside of college. Male students in the 16-19

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 by gender*

	% Male		% Female
Sport/Activity	2018	Sport/Activity	2018
Football	56	Running or jogging	49
Running or jogging	48	Swimming	45
Cycling	38	Fitness classes	43
Swimming	38	Cycling	29
Basketball	35	Dance	28
Rugby	32	Football	24
Adventurous Activities	31	Netball	23
Weightlifting	29	Adventurous Activities	23
Table tennis	29	Badminton	23
Badminton	29	Trampolining	21

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.

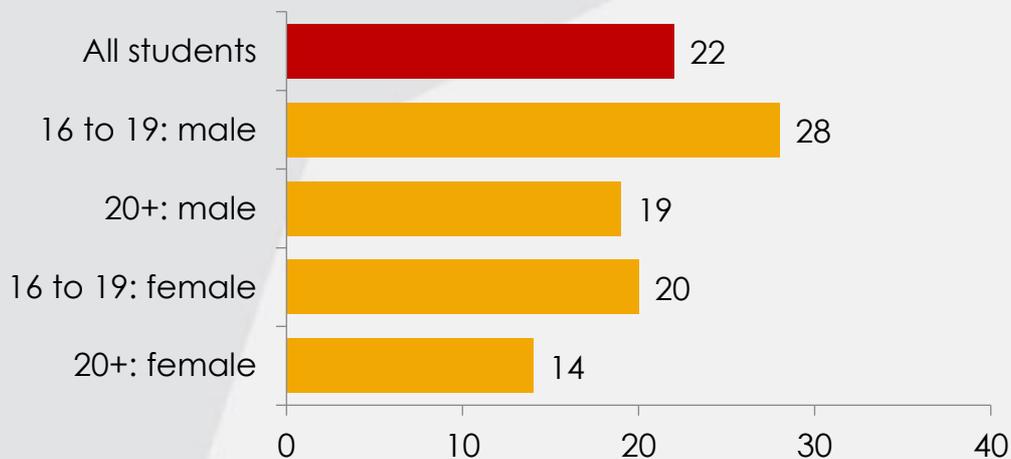
Subheading: Volunteering

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

Overall, **22%** of students reported that they had volunteered in the past 12-months on an unpaid basis to help run a sporting activity.

Figure 4 below shows volunteering rates by age and gender.

Figure 4: *Percentage of students volunteering in sport*



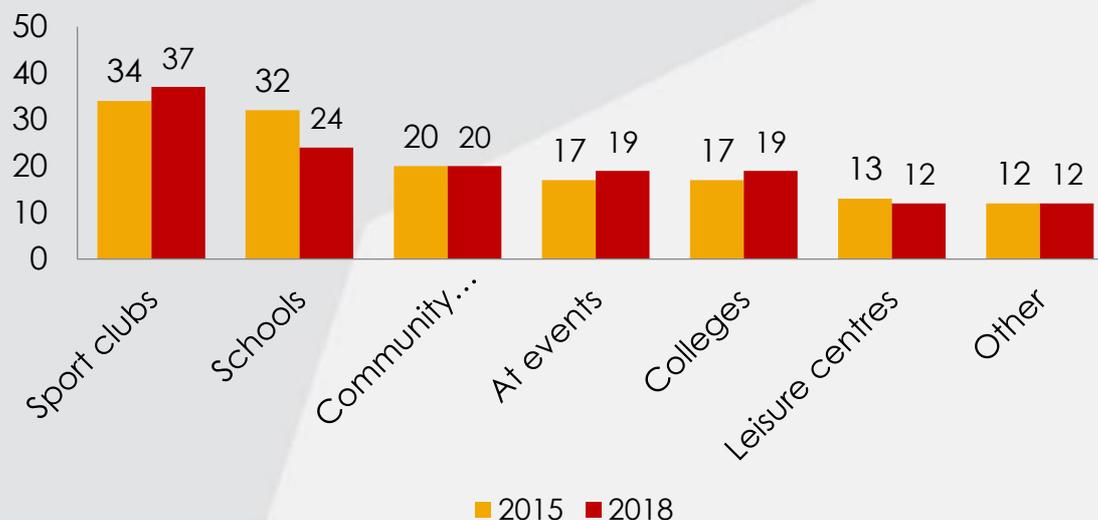
Across all age groups, **26%** of male students were volunteers compared with **19%** of females. Students in the 16- to 19-year-old age bracket were more likely to be volunteers than students aged 20+, with male students aged 16 to 19 being the most likely to volunteer.

Sport, leisure and public services students were the most likely to be volunteers – **53%** had volunteered in the last 12 months, compared with **25%** of AS or A level students and **22%** of students on an engineering/motor vehicle course (the next highest prevalence of volunteering).

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 – **67%** of volunteers coached. Officiating/refereeing (**20%**) and stewarding (**14%**) followed. **11%** reported they were involved in administration, **10%** in catering and **5%** in transport. **12%** stated that they were involved in another way. 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 officiate/referee (**21%** of male students compared with **17%** of female students). Meanwhile, female students were more likely to be involved in catering (**12%** of females compared with **9%** of males).

Subheading: The Experience

Attitudes to keeping healthy and safe

Students are asked how much they feel that college helps them to have a healthy lifestyle. **16%** said 'a lot' (**18%** of male students compared with **14%** of female students). **46%** of students said, 'a little' and **38%** said 'not at all'.

Enjoyment of sport outside of college

Over a third (**40%**) of students reported that they enjoyed sport outside of college 'a lot' (**48%** of males and **32%** of females). Among the 16 to 19 age band, **42%** enjoyed sport compared with **33%** of students aged 20 or over.

Sharing students 'ideas' about sport

Creating the opportunities and environment to provide feedback can help engagement with students. **28%** of students reported that they gave their ideas about sport 'always' or 'sometimes' (**31%** of males and **25%** of females). **12%** of students felt that their ideas were listened to 'always' (**13%** of males and **10%** of females). **60%** reported ideas were listened to 'sometimes' and approximately a third (**28%**) said their ideas were 'never' listened to.

Subheading: Health and well-being

We have seen that overall, **43%** of students are taking part in sport/physical activity on three or more occasions a week. There are well-documented benefits of taking part in sport and physical activity, and evidence to show the benefits to health³.

The FE Sport and Active Lifestyle Survey provides us with information on students' perceived health status. **53%** of students reported 'good' or 'very good' health. The equivalent figure for all adults in Wales from the 2017 National Survey for Wales was **70%**, with younger adults reporting higher levels of good or very good health.

There was a difference in terms of gender, with **57%** of males and **50%** of females reporting 'good' or 'very good health'. By age, levels were very similar – ranging from between **49%** (19 years old) and **55%** (16 years old).

Table 5 shows students self-perceptions of health and well-being by ethnic group.

Table 5: Self-reported health and ethnicity

Ethnic group	% of students who have reported 'good' or 'very good' health
White	54
Mixed/Multiple ethnic groups	36
Asian/Asian British	51
Black/African/Caribbean/Black British	57
Arab/Other ethnic group	N/A*

* Value is suppressed due to small cell size (i.e. < 30 Arab/Other ethnicity students who answered that question were 'good' or 'very good' health))

Finally, **46%** of students who reported having an impairment/disability said they had 'good' or 'very good' health compared with **55%** of those with no impairment/disability.

³ http://sportwales.org.uk/media/1643565/sport_health_evidence_paper_final.pdf

Summary

The first survey of Further Education students in Wales in 2015 provided us with a set of statistics to track participation in sport and physical activity amongst a new cohort of the Welsh population. Three years later we are able to see how participation and attitudes to sport have changed in further education students. Findings reflect those observed in other large-scale surveys in terms of participation levels, gender differences, and perceptions of sport and well-being.

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

<http://sport.wales/>