



Physical Activity, Health & Lifestyle in Cardiff & Vale College

Strategy for Development

December 2011

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1. Introduction;

What the College aims to achieve:

‘Physical Activity has the ability to enhance & maintain not only the physical attributes of an individual but their overall health & wellbeing. The College aims to increase participation in physical activity & recreational sports through a well structured, inclusive and fun programme that unites, includes & adapts to the needs of the learners. The overall health of students can provide many benefits to the performance of not only the college but Wales as a whole. We do not only have a duty to promote physical activity, health & wellbeing but to actively seek involvement in programmes that will inspire our students to become healthier & more physically active.’ (Alun Jones, Lecturer in Public Services, Cardiff & Vale College, 2011)

“There is widespread evidence that the benefits of increased physical activity will contribute to better education and lifelong learning, socio-economic regeneration and reduced crime as well as promoting Wales on the world stage and most important of all, improvement to the health of the people of Wales.” (Climbing Higher – Next Steps, Welsh Assembly Government, 2006a)

The main reason for this development strategy is to maximise the participation of students in physical, sporting and recreational activities across Cardiff & Vale College. Inactivity levels and obesity rates are increasing throughout Wales. According to NHS statistics 57% of adults in Wales are classed as overweight or obese and estimations predict that within 10 years that figure could rise to 85% (5). More specifically it has been found that 53% of adults in Cardiff are overweight or obese (11). It is commonly known that physical activity levels decrease with age. In light of this extracurricular physical activity and sport within the college becomes increasingly important.

As stated by the Welsh Assembly Governments social research department, over three quarters of 16 year olds take part in extra-curricular sport and physical recreation within school (8). However the level of inactivity in Wales for those no longer in education is one of the highest in the UK, with estimates suggesting only 36% of males and 22% of females participate in the recommended levels of activity (9). Therefore the college needs to ensure that levels of physical activity and participation in sport amongst our students are of prime importance.

Physical activity and sport can be at the forefront of the colleges’ commitment to improving the health and lifestyle of students. It is also widely recognised that sport and physical activity are important for the development of social interaction skills amongst people. Thus by increasing participation will enable students to improve social skills such as speaking, listening, teamwork, leadership as well as maintaining their own personal health. The overall strategy aims to maximise the contribution that physical activity and sport can have on the well-being and development of our students.

WHAT ARE THE PHYSICAL ACTIVITY GUIDELINES?

Adults

The current Department of Health guidance recommends that adults accumulate 30 minutes of moderate intensity physical activity at least five times per week (5 x 30). The key points underlying this guidance are:

- Moderate activity can be characterised by breathing slightly harder and feeling slightly warmer than normal e.g. a brisk walk
- 30 minutes can be accumulated throughout the day in shorter bursts of 10-15 minutes
- A wide range of activities is beneficial including walking, cycling, dancing, gardening etc
- These guidelines are the minimum required to achieve health benefits

Children and Young People

Children and young people need more physical activity and it is therefore recommended by the Department of Health that they should participate in physical activity of at least moderate intensity for one hour every day (5 x 60). This can be made up from a variety of activities across the day, including organised sport, play, walking to school, physical education, or planned exercise.

(Source: Cardiff Physical Activity & Health Strategy, 2008-2011)

2. Primary Research & Data

Background

As a college we should be providing the opportunity for students to participate in the correct levels of physical activity in light of government targets. As previously mentioned college students should be engaged in moderate to vigorous intensity physical activity for at least 60 minutes every day (10), yet alarmingly it has been found that 53% of adults in Cardiff are considered overweight or obese (11).

Considering that Cardiff and Vale College attracts the majority of students from this demographic area it is highly important we develop a strategic plan to counter act these statistics. There are many benefits to participating in physical activity for young people of this age group, reduced body fat, reduced risk of CHD, obesity & mental health issues. There is also the element of educating students on not only the risks but more importantly the benefits of taking part in physical activity for long term prosperity.

Objective

The pilot study was completed with the aim of finding out how much exercise students aged 16-19 participate in over the duration of a week. In addition to this a key target was to identify whether students felt the college was proactive in encouraging participation in physical activity and sport.

Method

A questionnaire was created consisted of 2 key questions relating to the research objective. A copy of the questionnaire can be found in appendix 1.

Participants

An opportunity sample of 213 students from the Faculty of Sport & Community studies took part in the research. Students from the following areas of the faculty took part in the pilot study; Sport, Public Services, Health & Social Care, Child Care, Travel & Tourism and Catering & Hospitality. Prior to completion of the questionnaire, students were told the purpose of the research so that informed consent could be gained. In addition to this they were ensured that all responses would be anonymous and confidential in order to increase the validity of responses.

Results

Fig 3.1

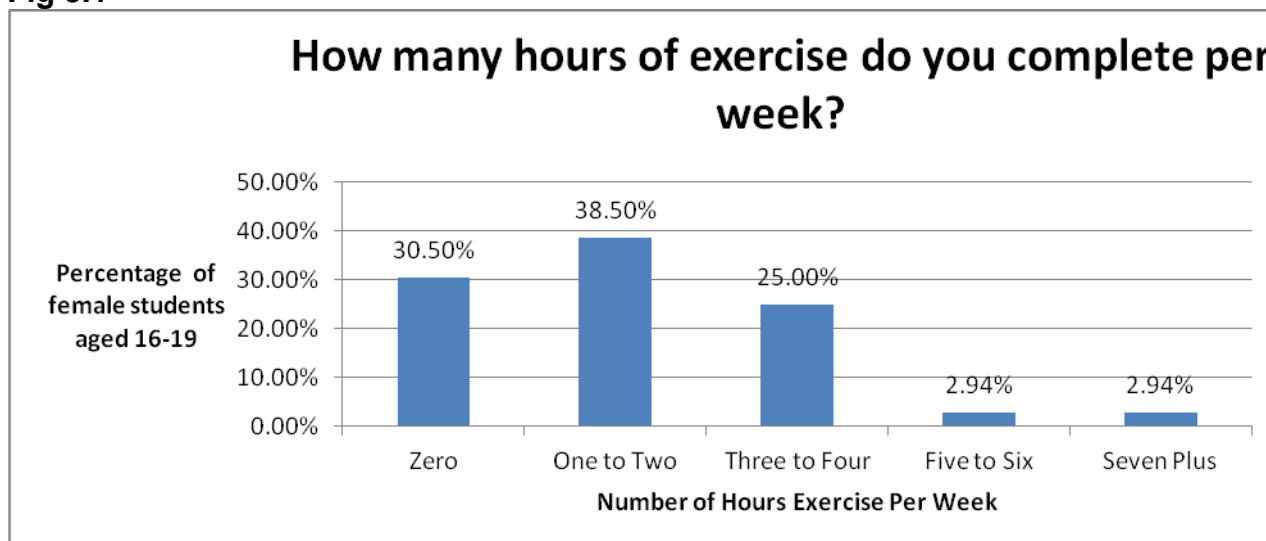


Fig 3.1 demonstrates that the majority of females (38.5%) aged 16-19 exercise 1-2 hours per week. Fig 3.1 also shows that only 6% of females aged 16-19 take part in the Welsh Assembly Governments recommendation of 5 + hours of physical activity per week (1).

Fig 3.2

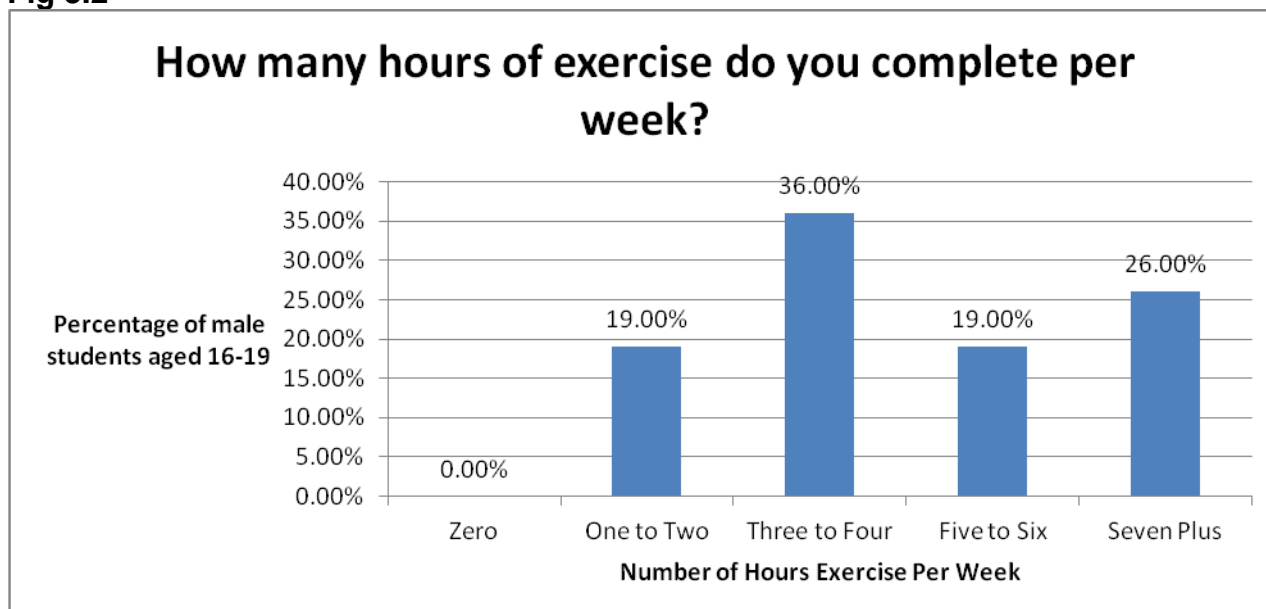


Fig 3.2 demonstrates that the majority of male students aged 16-19 exercise 3-4 hours per week (36%). Fig 3.2 also shows that 45% of males take part in the Welsh Assembly Governments recommended 5+ hours per week of physical activity. The main reason for the high percentage of activity levels amongst males could be due to the course they study. For example out of the 43 males who filled in the questionnaire, 40 were studying a sport or public services course which has physical activity and participation in sport incorporated into the course.

Fig 3.3

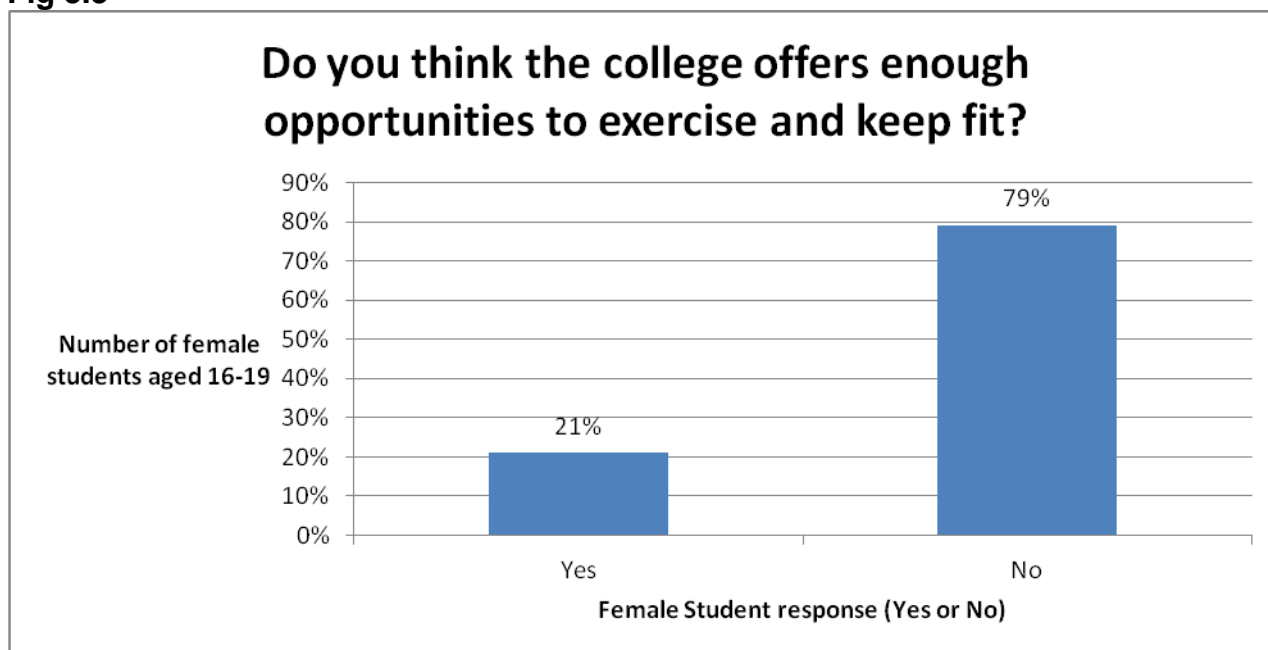


Fig 3.3 demonstrates that 79% of female students aged 16-19 felt that the college does not offer enough opportunities to keep fit and healthy.

Fig 3.4

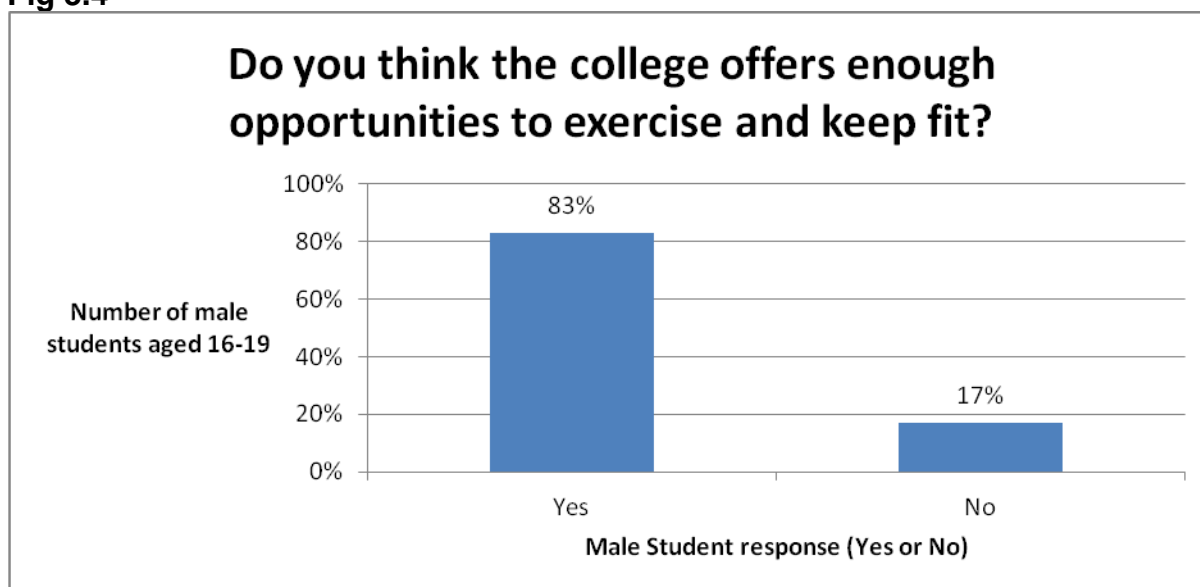


Fig 3.4 demonstrates that 83% of male students aged 16-19 felt that the college offers enough opportunities to keep fit and healthy. Once again the high percentage could be down to the fact that the majority of males who completed the questionnaire are on a sport or public services course and would therefore have access to gym facilities and sporting opportunities on a regular basis.

Qualitative Data

Fig 3.5

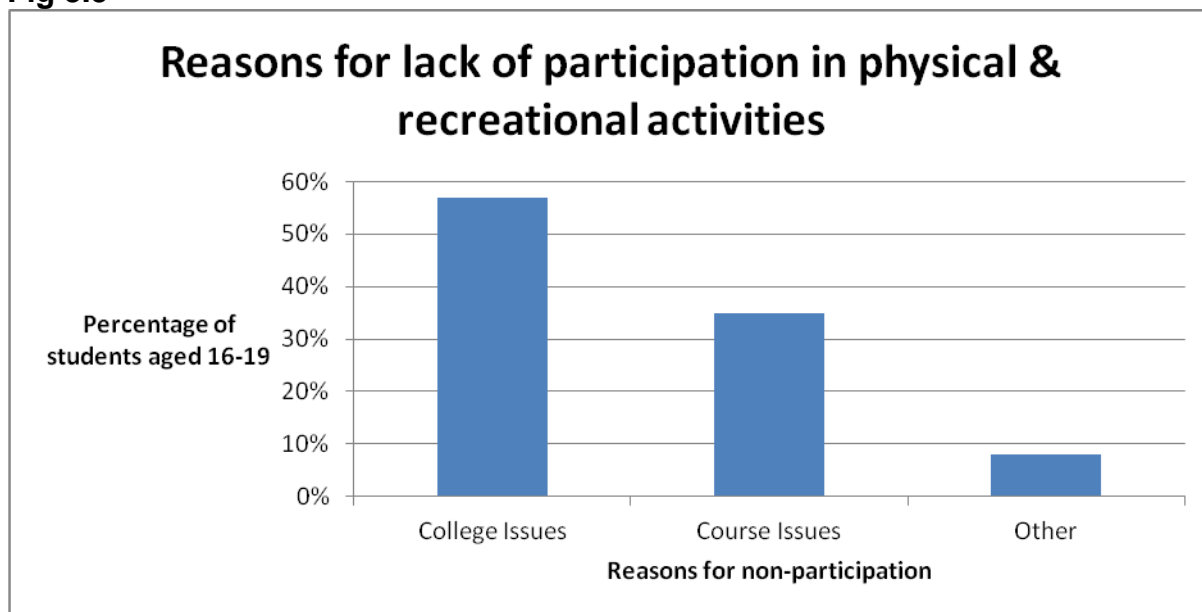


Fig 3.5 demonstrates that 57% of students felt that the college needs to do more to promote an active and healthy lifestyle.

Common responses included:

- There are not enough sports teams available at the college
- There is a lack of promotion and advertising of activities that are taking place across the college
- There is a lack of alternative exercise opportunities such as zumba, dance, aerobics, martial arts and yoga.
- There is not enough time in the college day to take part in physical activity or sport (the gym is only open 12-2pm for students).

The graph also shows that 35% of students felt there are course issues that are affecting their ability to take part in physical activity.

Common responses included:

- Tutors do not give any explanation of activities available to students.
- No activities are arranged for students as part of their course.

It is important to note that 8% of females stated that a key reason for non-participation in sport is due to them feeling uncomfortable exercising around males.

3. Key areas of focus

In light of the key findings from the pilot study, it is evident that there is an area for improvement that needs to be addressed within Cardiff and Vale College with regard to physical activity, health and lifestyle.

The following areas of focus will help to address the issues that have been identified.

- a) A Health and Lifestyle Coach will be appointed who will be responsible for creating and overseeing the programme. **(Appendix 2 Fig 5.1)**
- b) A Cardiff & Vale College Physical Activity, Health & Lifestyle Steering Group will be created that puts the health & wellbeing of students at the forefront of the College **(Appendix 2 Fig 5.2)**
- c) A healthy lifestyle festival 'Lets get physical' will run annually to engage and motivate students to take part in the programme. **(Appendix 4)**
- d) A 6 week tutorial programme which covers all aspects of physical activity and a healthy lifestyle, including a gym induction. This programme is also to include the OCN in Healthy Eating and Fitness. **(Appendix 3)**
- e) To develop partnerships with organisations such as the Welsh Assembly Government, Change 4 Life and Cardiff Health Alliance so that Cardiff and Vale College is at the forefront with regard to promoting physical activity and health.

4. Conclusion

The Physical Activity, Health & Lifestyle strategy will be responsible for the implementation of the key focus areas within the college framework. The steering group will have responsibility for monitoring, evaluating and implementing a framework to provide evidence of achieving long term goals. We will select baseline targets, goals and measures for the strategy which will give the college and outside agencies evidence of progression in the improvement and increase of physical activity and health within the college.

As a college we will be the leaders in the implementation of a strategic policy which demonstrates our commitment to improving the health and lifestyle of our students. We will continue to develop and research further into the activity levels of our students providing an on-site referral scheme. This will allow students to contact the health and lifestyle coach and build a rapport with that designated person. Guidance and support will then be offered to individuals with reference to improving their levels of physical activity.

As a college it is highly important we work closely with outside agencies such as, change4life, Sports Wales and the Welsh Assembly Government. There are strategies currently being used by these organisations to improve physical activity amongst the population of Wales. Therefore as a college we need to be more proactive and begin to implement their ideas along with our own initiatives to assist in the development and improvement of students' health.

5. Bibliography

Journals

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(1) Cardiff Physical Activity & Health Strategy 2008 – 2011 Page 17

Websites

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(3) Welsh Assembly Government, 2011
<http://wales.gov.uk/newsroom/healthandsocialcare/2011/110331obesity/?lang=en>
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(11) HSC & WB Operational Plan 2011-2014
http://www.cardiffhealthalliance.org/attributes/HSCWB_11-14/OpPlan_11-14/07_HSCWB_2011-14_HealthyCities_FINAL.pdf 22nd November 2011

6. Appendices

1. Questionnaire
2. Health and Lifestyle Coach / Steering group diagrams
3. OCN in Healthy Eating and Fitness
4. Health and Lifestyle Festival Documents

1.

All responses to this questionnaire will be confidential so please answer honestly.

Please circle the relevant answers;

1. **Age** 16-19 20 +

2. **Gender** Male Female

3. **How many hours of exercise do you complete per week?**

0 1-2 3-4 5-6 7+

4. **Do you think the college offers enough opportunities to exercise and keep fit?**

Yes No

Please explain the answer above;

.....
.....
.....
.....

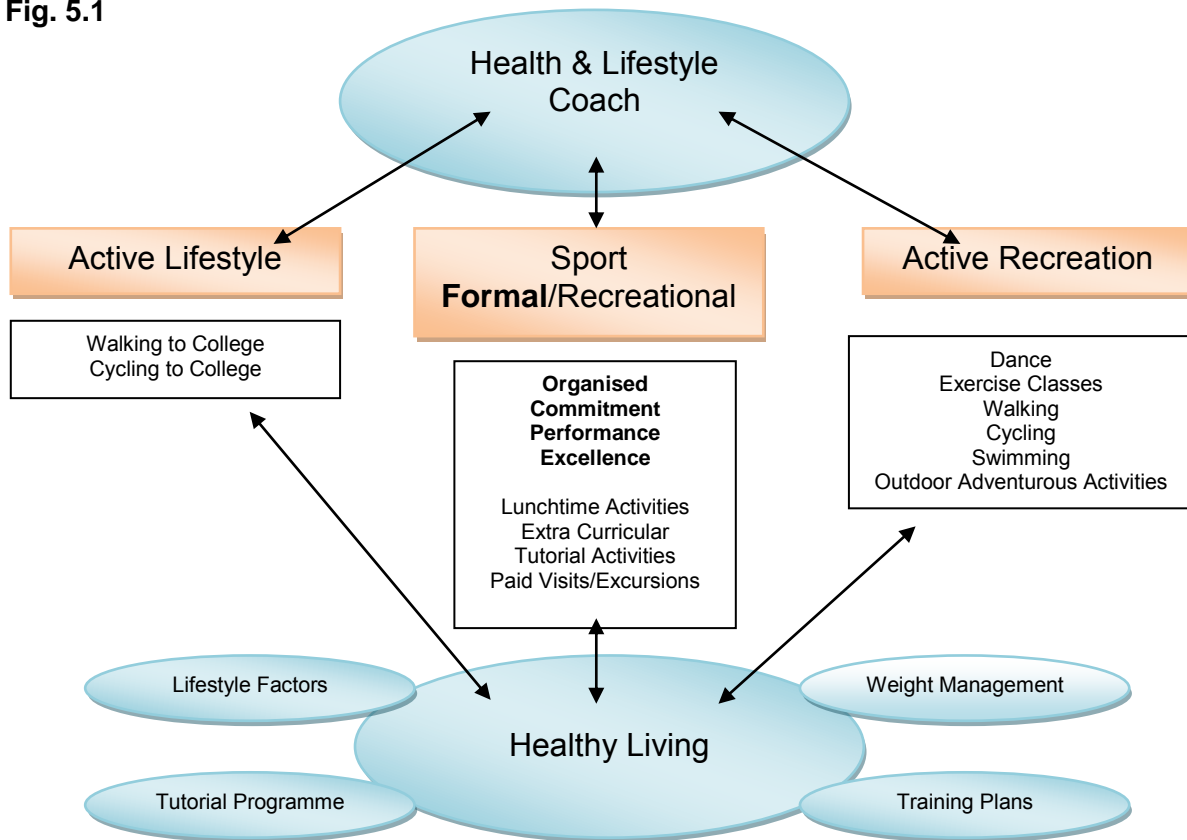
If you would like to be informed of the findings of this research please include your e-mail address below;

E-mail address:

Thank you for your co-operation

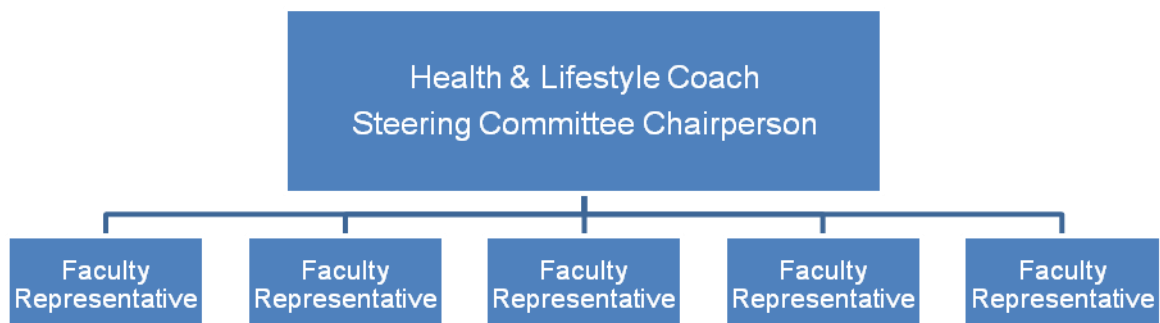
2.

Fig. 5.1



(Adapted from 'The Physical Activity Spectrum', Cardiff Physical Activity & Health Strategy, 2008-2011)

Fig 5.2



(Gives an outline of the steering committee structure)

3.

OCN in Healthy Eating and Fitness



Unit Code: **HJ12CY005**

Level: **Two**

Credit Value: **3**

Student:

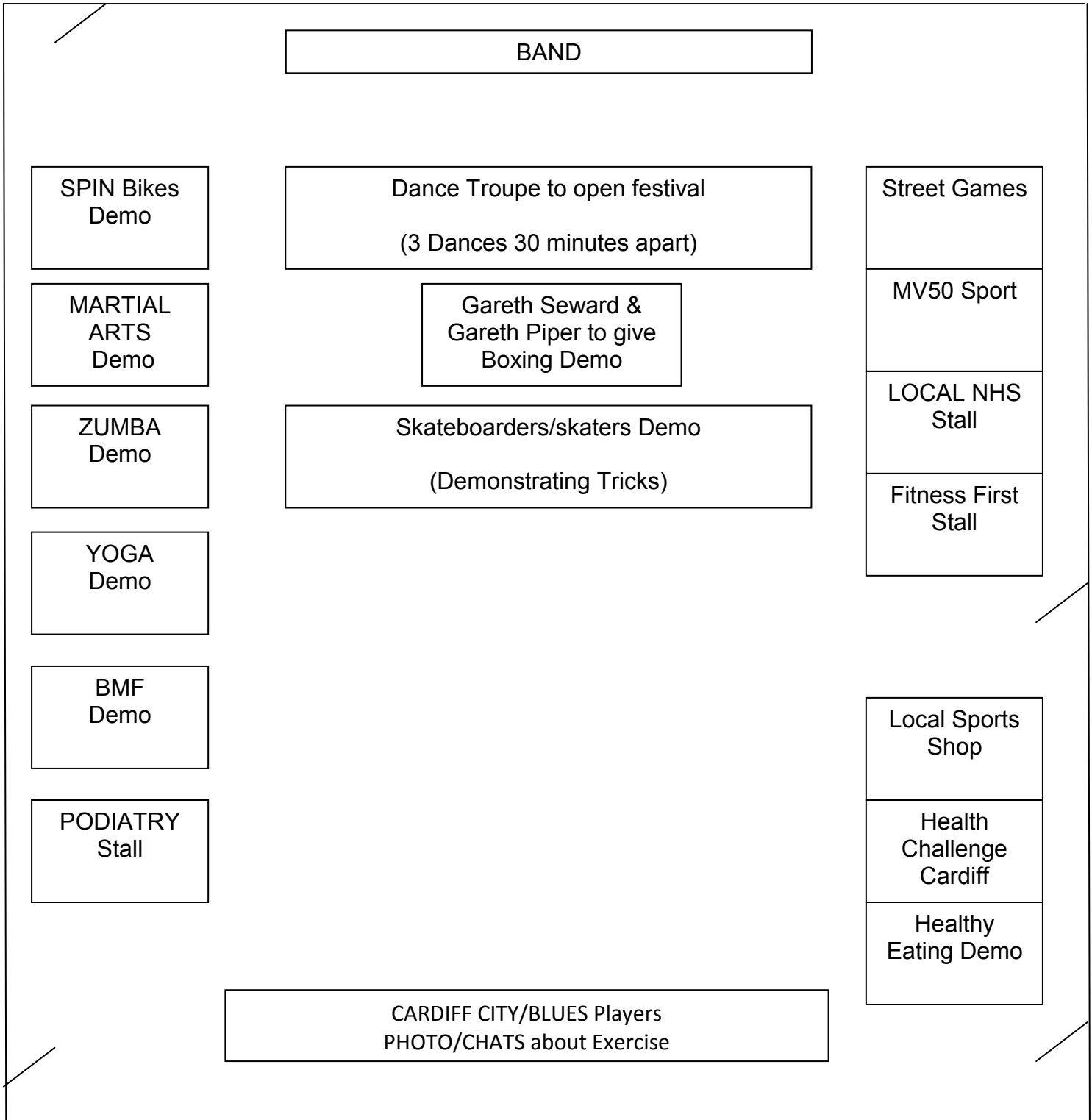
Lecturer:

Start Date

End Date

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will	The learner can:
1. Understand the importance of a healthy lifestyle.	1.1 Identify 3 main aspects of a healthy lifestyle. 1.2 Discuss why each aspect is important.
2. Understand how healthy eating can affect lifestyle.	2.1 Describe the effects of a healthy diet on lifestyle. 2.2 List and discuss the main food groups and describe how they help to maintain a healthy diet.
3. Understand how fitness and exercise can affect lifestyle.	3.1 List 5 positive effects of exercise on lifestyle and state why they are important.
4. Understand barriers to a healthy lifestyle.	4.1 List 5 reasons which could affect a healthy diet and explain why. 4.2 List 5 reasons which could affect exercise and explain why.
5. Understand own diet and fitness requirements.	5.1 List 5 areas where s/he could improve own diet and fitness and state how s/he can accomplish this.
6. Understand how basic health and safety when exercising.	6.1 List the health and safety requirements whilst undertaking exercise and state why they are important.
7. Understand the importance of personal hygiene whilst undertaking physical exercise.	7.1 Discuss the reasons why personal hygiene is important after exercise.

**4.
Health & Lifestyle Festival Floor Plan**



LET'S GET PHYSICAL!

Date - 12th March 2012

Venue - Sports Hall

Time - 9.00am - 2.30pm

There will be a whole host of micro sessions for you to get involved with, from martial arts, yoga, spin bikes & much more

Win £20 John Lewis vouchers by entering our 100m rowing challenge & 1km treadmill run

You can also win a bumper £50 in our beat the teacher bleep test challenge!!



Do You Have What It Takes?



Beat the Teacher Challenge!

To find out more & sign up join our Facebook page:

www.cavc.ac.uk/facebook

Help us to help you!



Create a Logo Competition

We are looking for a creative and dynamic logo for our new company 'Peak Physique', for a chance to win gift vouchers of your choice visit our facebook page for further details

www.cavc.ac.uk/facebook

