



Physical Activity

LONG-RANGE DESCRIPTION OF SUCCESS

At UBC, we are all inspired to move more and spend less time being sedentary. We know that physical activity is important to our wellbeing and that daily movement benefits us all in work, study, and life.

Collaboration and partnerships across our campuses produce accessible programs, policies, and facilities that support physical activity for all ages and abilities, making it simple and convenient to be active. We can all find diverse and inclusive opportunities to add movement to our days, and we are encouraged to use active and sustainable transportation.

It's easy to find information and resources to support being more physically active no matter where we are — on or off campus. There is an accessible option for every community member, no matter their skills or experience.

UBC inspires us all to be active for life.

WHY IT MATTERS

Being physically active is key to good overall physical and mental health and is an important factor in preventing chronic disease. Here at UBC, the 2018 Undergraduate Experience Survey (UES) found that 45% of students are physically inactive (not meeting recommended Canadian physical activity guidelines). Additionally, there are disparities in physical activity participation by gender, social economic status, and cultural background. UES outcomes show that students who meet Canadian physical activity guidelines are significantly more likely to report higher satisfaction with their campus experience, sense of belonging, and connection to the campus community.

TARGETS

INDICATORS

Move More⁸

10% reduction in the prevalence of physical inactivity for UBC community members by 2025*

% students, staff, & faculty meeting Canadian physical activity guidelines

Diverse Community, Diverse Programming

10% increase in UBC community members' satisfaction with recreation facilities and programs by 2025*

% students satisfied with availability of recreation programs on campus

% students satisfied with quality of recreation facilities and programs on campus

**using a 2019 baseline*

SAMPLE ACTIONS IN PROGRESS

Creation of UBC Physical Activity Office

UBC Kinesiology, UBC Athletics & Recreation, and UBC Wellbeing partnered in 2018 to establish the Physical Activity Office on the UBC Point Grey Campus. Its mission is to change behaviors, improve health, advance and translate research, and positively impact our campus and broader community through physical activity.

Enhancing Inclusive Recreation for Women of Diverse Cultural Backgrounds

A new project led by UBC Recreation and UBC School of Kinesiology to enhance understanding of and address barriers to recreation participation for UBC Asian female students as well as to expand recreation opportunities and communications that would reach this target group and encourage their participation in physical activity.

Recreation @ UBC Strategic Framework

Recently completed, this framework will guide the strategic direction of recreation at UBC Vancouver, with leadership from UBC Recreation, Community Development, and the VP Students' Office. Within the scope of this framework, recreation is considered as activities and pursuits that provide the campus community with opportunities to move while enhancing wellbeing and social connection.

Exercise as Medicine at UBC Okanagan

Health & Wellness and Campus Recreation have partnered to implement an exercise "prescription" program for some students who visit the clinic or counsellors. Students from Campus Recreation will provide their peers with an orientation to the gym and other recreational amenities on campus. This peer-to-peer interaction is intended to reduce barriers to access and encourage students to support their wellbeing through physical activity when appropriate. The program will be trialed in Spring 2019.

ASSOCIATED STRATEGIES AND PLANS

[UBC Action Framework to Increase Physical Activity and Reduce Sedentary Behaviour](#)

[Recreation @ UBC Strategic Framework](#)

[UBC School of Kinesiology Strategic Plan](#)

⁸ Aligned with the WHO Global Target #3: A 10% relative reduction in prevalence of insufficient physical activity 2010-2025