



**UNIVERSITY OF THE
HIGHLANDS & ISLANDS**

**SPORT & PHYSICAL
ACTIVITY STRATEGY**

2020 - 2023

HISA

www.hisa.uhi.ac.uk

**UHI STRATEGIC
VISION, MISSION
AND VALUES**

VISION

Recognised for quality of student experience & achievement.

Worldwide reputation built upon innovative approach to learning, research & curriculum enriched by the people, natural environment, economy, culture & heritage of our region and its communities.

Locally based, regional in structure & have national & international reach.

MISSION

To have a transformational impact on the prospects of our region, its economy, its people & its communities.

VALUES

- ✔ Collaboration
- ✔ Openness
- ✔ Respect
- ✔ Excellence



EXECUTIVE SUMMARY

Progress has been made in encouraging & providing activities & opportunities that aim to inspire all students, staff & local communities to be more active on a regular basis to improve health & wellbeing.

We want to reach higher & wider, increasing our reach of service provision across the UHI to help more students & staff be active more regularly & reach their potential through sport & activity.



We believe
in the power of
sport & physical activity

We know
it changes
lives for the better

We know that our health &
wellbeing is improved
through being active and
moving more often

Community sport
volunteering allows our
students to help
transform communities

We know students
who take part in sport regularly
display improvements in
confidence, leadership
& social skills

We know that
being active adds to students
enjoyment & success, helping
them cope with pressures while at
university



Through the commitment & actions of sound collaboration across the partnership we hope to achieve a better balance in the services that we provide.

This will make a significant contribution to an excellent student experience & making the University of the Highlands & Islands a great place to work and study.



**UHI STRATEGIC VISION,
MISSION AND VALUES FOR
SPORT & PHYSICAL
ACTIVITY**

VISION

Ensure sport and physical activity are at the heart of the UHI experience, bringing positive, lifelong impact on health, learning, careers and community engagement.

To be recognised for the quality of our students' experience and for their achievement through sport and physical activities.



MISSION

To provide high quality inclusive sport & physical activities for all students, staff, graduates & our communities.

VALUES

- ✔ Collaboration
- ✔ Openness
- ✔ Respect
- ✔ Excellence



SCOPE

Executive Office

Argyll College UHI

Highland Theological College UHI

Inverness College UHI

Lews Castle College

Moray College UHI

NAFC Marine Centre UHI

North Highland College UHI

Orkney College UHI

Perth College

Sabhal Mòr Ostaig UHI

Scottish Association for Marine
Science UHI

Shetland College UHI

West Highland College UHI

MESSAGE FROM THE PRINCIPAL & VICE-CHANCELLOR



This new strategy demonstrates our commitment to enhancing the health and personal development of all of our students and staff, through a collective vision and aims that will help unleash the potential of the diverse and distinctive opportunities available across our partnership.

We already have a great deal to be proud of in terms of sports and physical activities within the university and this strategy will provide an inclusive framework that responds to national policy drivers and promotes and develops them further.

It will act as a catalyst for the unique blend of regional resources, our community links, our talented sportspeople, and all those people who simply would like to be more active, and I wholeheartedly welcome and support its development.

Professor Crichton Lang



MESSAGE FROM THE HISA PRESIDENT



Student life is much more than only about education. It is a time for personal growth and stepping outside your box, it's about creating new experiences as well as learning life long lessons. I believe sports and activities can hugely benefit this process. Studies show that sport does not only benefit physical health but also has positive impact on mental health. Sports also incorporates the learning of leadership skills, self-confidence and team work.

Skills that are applicable to every aspect of life. In addition, sports open many social doors. It offers the opportunity to enter into a whole new community and can provide a sense of belonging. I am exceptionally proud to see staff and students of UHI working in partnership to change student trends and mould the UHI culture to be as encouraging as possible to go as far in their chosen sport as they can

Florence Jansen



STRATEGIC AIMS & OBJECTIVES



AIM 1

Increase Physical
Activity



AIM 2

Strengthening
Communities & Skills
Development



AIM 3

Supporting Health &
Wellbeing



AIM 4

Effective
Organisation

STRATEGY

IMPLEMENTATION/SPORT &

PHYSICAL ACTIVITY

STEERING GROUP

TERMS OF REFERENCE

1. To oversee the implementation of the strategy 2020-2023, and to periodically evaluate and report on progress to partnership council and other university committees.

2. To provide strategic advice, leadership, support and guidance, which will actively encourage joint strategic planning across the partnership.

3. To promote co-ordination of effort and 'joined up thinking' in order to maximize resources for sport and physical activity.

4. To identify major resource investment proposals (e.g. staff, equipment, capital funding) required to successfully implement the strategy.

5. To engage other colleagues and management groups in the delivery of the strategy, as appropriate.

6. To work with colleagues in HISA, BUCS, SSS to promote the successes of the university in delivering the strategy.

7. Advocate for and champion the role that sport and physical activity can make in improving the lives of students and staff across uhi partnership.

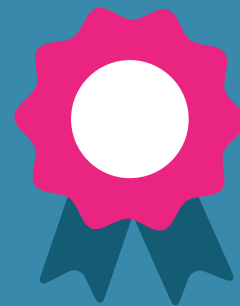
MEMBERSHIP



ACADEMIC PARTNERS

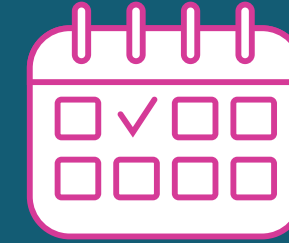


DEAN OF STUDENTS



HISA REPRESENTATIVES

THE GROUP WILL REPORT ONCE PER YEAR TO THE
PARTNERSHIP COUNCIL



**HISA EVENTS &
ACTIVITIES COORDINATOR**



**STUDENT ENGAGEMENT
MANAGER**



**MENTAL HEALTH &
COUNSELLING MANAGER**

DRIVERS

- SPORTSCOTLAND - SPORT FOR LIFE
- SPORTSCOTLAND - RAISING THE BAR 2015 – 2019
- UHI STRATEGIC VISION AND PLAN 2015 – 2020
- UHI STUDENT PARTNERSHIP AGREEMENT
- SCOTTISH STUDENT SPORT STRATEGY 2017 – 2021
- BUCS STRATEGY 2017-21
- SCOTTISH HEALTH SURVEY
- A MORE ACTIVE SCOTLAND
- ACTIVE SCOTLAND OUTCOMES FRAMEWORK
- SCOTLAND'S MENTAL HEALTH CHARTER FOR PHYSICAL ACTIVITY & SPORT (SAMH)
- HEALTHY UNIVERSITY FRAMEWORK
- CYCLE FRIENDLY CAMPUS
- ACTIVE TRANSPORT
- HEALTHY BODY HEALTHY MIND
- COLLEGE SPORT AWARD

- CROSS CUTTING STRATEGIES
- UHI MENTAL HEALTH & WELLBEING STRATEGY



GLOSSARY OF TERMS



- STUDENTS – FULL TIME, PART TIME, FE, HE, INTERNATIONAL, LEISURE
- UHI – ALL ACADEMIC PARTNERS
- REGULAR – SCOTTISH GOVERNMENT PHYSICAL ACTIVITY GUIDELINES
- FACILITATE – ACADEMICALLY AND WITHIN SPORT, ACCESS, RESOURCES
- SPORT – SPORT AND PHYSICAL ACTIVITY INCLUDES: ACTIVE LIVING, ACTIVE TRAVEL, ACTIVE RECREATION, AND ACTIVE SPORTS (COMPETITIVE AND CASUAL) AIMED MAINTAINING OR IMPROVING PHYSICAL FITNESS, HEALTH, MENTAL WELL-BEING, FORMING SOCIAL RELATIONSHIPS, IMPROVING SPORTING PERFORMANCE OR OBTAINING RESULTS IN COMPETITION AT ALL LEVELS*

*AMENDED FROM COUNCIL OF EUROPE, AVAILABLE AT:
WWW.COE.INT/T/DG4/EPAS/RESOURCES/CHARTER_EN.ASP