

# STUDENT ACTIVITY AND SPORTS STUDY IRELAND



## INSTITUTIONAL REPORT



FEBRUARY 2016

## SASSI Institutional Summary Report

Institution – Trinity College Dublin (Student Number: 13,937)

### 1. Purpose of this report

This brief report summarises some key findings about Trinity College Dublin emerging from **Phases 1 and 2** of the SASSI research project compared to all colleges which took part in the study. It is intended to provide material for consideration by relevant college personnel. It is recognised that the report is not a comprehensive review of all material about the college emerging from the study. However, in providing a flavour of the kind of findings emerging from the study it is hoped that it will act as a catalyst to relevant college staff and authorities in their planning and operations around sport, physical activity and other health-related behaviours.

### 2. Caution!

Readers are asked to note in particular the student numbers surveyed, at the top of the Student Survey Summary report. This refers to the number of students from your College which took part in Phase 2 of the study, the student survey. Overall, the numbers varied from less than 100 in the smallest colleges to around 900 in the largest ones. Where numbers are small, the findings from the SASSI Survey (Phase 2) should be treated with a degree of caution due to the large margins of error implicit in results based on such small sample sizes.

### 3. Background to SASSI Study

The Student Activity and Sport Study Ireland (SASSI) research was commissioned by Student Sport Ireland (SSI) to investigate sports and physical activity participation, preferences and provision in third level institutions on the island of Ireland. Thirty-six colleges<sup>1</sup> participated in the study which was undertaken in 2014-2015.

### 4. Research Description

The research consisted of three phases:

**Phase 1, a Self-Assessment Review (SAR)** was conducted in 33 Colleges to describe the environment, provision and support for student participation in sport and physical activity within these institutions.

**Phase 2, the SASSI online Survey** in which 31 Colleges and over 9000 students participated. The survey included self-reported participation in sport and physical activity within and outside the institution, determinants, motivators and barriers to participation and a number of health-related behaviours and outcomes.

**Phase 3, Objective Measures of Physical Activity, Fitness and Health-related Factors** were carried out on 463 students in 5 Colleges. The purposes of this phase were to provide a greater understanding of the physical health, fitness and physical activity levels of third-level students and to test the validity of the survey data.

### 5. Key Performance Indicators (KPIs) from the SAR - Phase 1

The SAR assessed **key performance indicators (KPIs)** for the provision of sport and physical activity across the entire college system and within individual colleges. **Table 1** overleaf displays your college's total score (Column 2) and that score per every 100 students<sup>2</sup> (Column 4) for **10 of these KPIs**. Comparable mean scores for all institutions combined are included (Columns 3 and 5 respectively). Based on a comparison of these scores your college is then ranked (Column 6) against all other colleges participating in the SAR. Details of how each score was calculated are provided in the SAR section of the SASSI report. A list of what these KPIs mean is included in **Section 6** at the end of this report.

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<sup>1</sup> Throughout the document college (s) refers to any 3<sup>rd</sup> level Institution on the island of Ireland.

<sup>2</sup> In calculating these relative scores, student numbers within each college were based on full-time enrolments in 2013 / 14.

**Table 1: Comparison of 10 KPIs for the provision of Sport and PA between TCD and all Colleges**

Column 1	2	3	4	5	6
Performance Indicator	TCD College total score	All Colleges Mean total score	TCD College score per 100 students*	All Colleges mean score per 100 students*	TCD Rank out of all Colleges
<b>Staffing</b>	57.9	30.8	0.41	0.47	10 / 32
<b>Facilities Indoor M<sup>2</sup></b>	3,227	1,859	23.2	32.5	13 / 33
<b>Of which</b>					
<i>Sports Hall M<sup>2</sup></i>	998	738	7.2	15.2	17 / 33
<i>Fitness Suite Area M<sup>2</sup></i>	300	259	2.15	4.07	18 / 33
<i>Free Weights Area M<sup>2</sup></i>	119	90	.85	1.25	11 / 33
<b>Facilities Outdoor M<sup>2</sup></b>	65,259	69,007	468.3	1,137.7	22 / 33
<b>Investment Indoor Facilities (€000)</b>	3,910	4,311	28.1	88.1	17 / 24
<b>Investment Outdoor Facilities (€000)</b>	1,878	2,901	13.5	43.0	12.5 / 20
<b>Current Investment (€000)<sup>3</sup></b>	7,373	1,775	52.9	28.4	3 / 31
<b>Of which</b>					
<i>Representative Club Sport (€000)</i>	425	147	3.0	2.1	7 / 32
<i>Recreational Club Sport (€000)</i>	35	30	.25	0.9	20 / 32
<i>Exercise and Fitness Programmes (€000)</i>	75	24	.54	0.6	14 / 32
<i>Active Commuting Programmes (€000)</i>	25	7	.18	0.1	10 / 32
<b>Sport Club Participation</b>	1,301	764	9.3	15.4	13.5 / 30
<b>Exercise and Fitness Participation</b>	477	510	3.4	8.8	17.5 / 32
			<b>% of Max Score<sup>4</sup></b>	<b>Mean % of Max Score</b>	
<b>Perceived Provision Sport</b>	86	77	61	54.7	15 / 33
<b>Perceived Provision PA</b>	71	56	65	50.5	9 / 33

<sup>3</sup> The current investment category is the total investment over the period 2009-2013. The sub categories are annual averages over the 5 year period. Not all sub-categories of current investment have been included in Table 1.

<sup>4</sup> % of max possible score – Max Sport Score = 140; Max PA Score = 110

## SASSI – Student Survey Summary Report

### Trinity College Dublin

This section reports on a small number of key results from the SASSI student survey. It displays the relevant information within your college alongside the comparable information for the overall sample of 8,122 students who successfully completed the survey. A more detailed analysis of the SASSI data is available in the overall project report<sup>5</sup>. The results for Trinity College Dublin are based on the responses from the 666 students who successfully completed the student survey (39% Male; Mean Age = 22.5 ± 6.9; 36.4% = 1st Year, 24.5% = 2nd Year, 20% = 3rd Year, 19.1% = 4th Year<sup>6</sup>). Readers are again reminded of the words of warning included in the early part of this report.

STATISTIC	All/M/F	CATEGORIES	WITHIN YOUR INSTITUTION	OVERALL SAMPLE RESULTS
<b>Sample Size</b>	All		666	8122
<b>Gender</b>	Male		39%	49%
	Female		61%	51%
<b>Physical Activity Level</b>	All	Low Active	4%	8%
		Moderately Active	32%	22%
		High Active	64%	64%
	Male	Low Active	4%	7%
		Moderately Active	24%	22%
		High Active	72%	71%
	Female	Low Active	4%	9%
		Moderately Active	37%	33%
		High Active	59%	58%
<b>Sport / Physical Activity Participation</b>	All	Non Participation	27%	35%
		Only In College	24%	14%
		Only Outside College	27%	33%
		Both In/Outside College	22%	18%
<b>Exercise Participation</b>	All	Only In College	39%	37%
	Male		32%	29%
	Female		46%	44%
	All	Only Outside College	28%	35%
	Male		17%	33%
	Female		33%	38%
	All	Both In/Outside College	39%	39%
	Male		32%	36%
	Female		47%	42%
<b>Active Commuting</b>	All	Walk	23%	34%
		Cycle	15%	6%
		Car	3%	33%
		Bus	32%	20%
		Train	26%	7%
		Motorcycle/Scooter	1%	0%

<sup>5</sup> Further analysis of the results for your own college may be available upon request.

<sup>6</sup> The 4<sup>th</sup> year proportion includes postgraduates as well as undergraduates.

STATISTIC	All/M/F	CATEGORIES	WITHIN YOUR INSTITUTION	OVERALL SAMPLE RESULTS
<b>Top Sport/Physical Activity Choices - Both In and Out of College</b>	All	Sport/Physical Activity #1	Exercise - 39%	Exercise - 39%
		#2	Swimming - 18%	Soccer - 16%
		#3	Run / Jog - 17%	Gaelic Football - 13%
	Male	Sport/Physical Activity #1	Exercise - 32%	Exercise - 36%
		#2	Swimming - 19%	Soccer - 26%
		#3	Soccer - 17%	Gaelic Football - 16%
	Female	Sport/Physical Activity #1	Exercise - 47%	Exercise - 42%
		#2	Run / Jog - 23%	Walking - 18%
		#3	Walking - 19%	Run / Jog - 12%
<b>Standard of Participation</b>	All	Basic	59%	60%
		Competitive	37%	34%
		Elite	4%	6%
<b>Reasons for Non Participation in College</b>	All	Reason #1	Not Convenient - 68%	Not Convenient - 58%
		#2	Already in Outside Club - 42%	Already in Outside Club - 38%
		#3	Don't Know - 28%	Not Easy to Get Involved - 23%
<b>New Sport Taken Up In College</b>	All	Yes (%)	54%	49%
<b>Satisfaction for Sport/Exercise Provision In College</b>	All	Score 1-3	5%	5%
		Score 4-7	40%	34%
		Score 8-10	55%	61%
<b>Value for Money - College Membership Fees</b>	All	Average score (1=Extremely Dissatisfied/10=Extremely Satisfied)	7.3	7.5
<b>Value for Money - Charge for Use of College Facilities</b>	All	Average score (1=Extremely Dissatisfied/10=Extremely Satisfied)	7.0	7.2
<b>Mental Health</b>	All	Average Score	66	67
<b>Sedentary</b>	All	>5 Hours	88%	85%
<b>Body Mass Index Range</b>	All	Normal BMI	75%	65%
	Male		74%	64%
	Female		75%	67%
	All	Overweight	14%	21%
	Male		15%	24%
	Female		13%	18%
	All	Obese	4%	7%
	Male		5%	7%
	Female		4%	8%

## 6. Comments

- Provision of outdoor facilities is relatively low.
- Current investment particularly, in representative club sport is high.
- The survey sample gender divide was 39% male and 61% female.
- The number of students in the low active category is much lower than reported in other colleges.
- The number of students participating in sport and physical activity both in college and in and outside (46%) is considerably higher than the overall sample of 32%.
- The number of female student's participating in exercise in college is above average.
- The number of students involved in active commuting is below the sample average.
- The body mass index scores for both overweight and obese categories are significantly lower than the sample average.

**Readers are advised to also read the full report and executive summary as companion documents. Further material may also be available on request.**

### Explanation of KPIs describing provision for sport and PA in colleges

1. **Staffing** = the number of full-time and part-time staff and volunteers in 2014.
2. **Facilities Indoor M<sup>2</sup>** = the reported indoor facility area (M<sup>2</sup>) available for sport and PA at primary location and all other owned facilities including swimming pools, **sports halls**, handball courts, squash courts, **fitness suites**, **free weights areas**, dance studios and climbing walls. Comparative rankings have been included for each of the categories highlighted above.
3. **Facilities Outdoor M<sup>2</sup>** = the reported outdoor facility area (M<sup>2</sup>) available for sport and PA at primary location and all other owned facilities, including track and field facilities, grass pitches for various sports, synthetic pitches for various sports, tennis courts and walking trails. Only the overall comparative analysis has been included in this report.
4. **Investment Indoor Facilities (€000)** = the total reported capital investment in indoor facilities for sport and PA since 1995 in €000.
5. **Investment Outdoor Facilities (€000)** = the total reported capital investment in outdoor facilities for sport and PA since 1995 in €000.
6. **Current Investment (€000)** = the total reported current investment in sport and PA between 2009 and 2013 in €000. Investment categories include facility hire, **representative club sport**, **recreational club sport and physical activity**, non-club sport, **exercise and fitness programmes** and **active commuting provision**. Comparative rankings have been included for each of the categories highlighted above.
7. **Sport Clubs Participation** = the total reported numbers of students participating in sport in college clubs during one week in mid-spring semester.
8. **Exercise & Fitness Participation** = the total reported numbers of students participating in exercise and fitness activities or programmes in college during one week in mid-spring semester.
9. **Perceived Provision Sport** = a rating of the quality of provision for sport based on an assessment by relevant college personnel of the quality of clubs, facilities, staffing and opportunities for participation in sport in the college.
10. **Perceived Provision PA** = a rating of the quality of provision for physical activity based on an assessment by relevant college personnel of the quality of clubs, facilities, staffing and opportunities for participation in PA in the college.