

# Active Lifestyle Program International Students

Rodney Glossop



**UWA**  
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# Strategy for Sport at UWA 2020-2025

## Key Pillars

- Participation
- Performance
- Inclusion
- Organisation and Commercial
- Beyond Sport



# Inclusive Sport Framework

Developed and launched in January 2021

## Captures:

- Inclusion Commitment Statement
- Rights and Responsibilities
- Strategies, Objectives and Programs
- Resources and Tools
- Education and Training
- Communication and Reports



# Inclusion in Sport Policy

Developed and launched in October 2021

## **Outlines:**

- Priority Populations and Underrepresented Groups
- Demographics of UWA Community
- Seven Key Elements of Inclusion
- Universal Design and Targeted Approaches
- Definitions

# International Student Focus

The University of Western Australia (UWA) aims to attract and support the intake of international students across the year.

At the start of 2020, of the 25,000 students enrolled;

- 23.66% were international students
- 18.95% identified as having a non-English speaking background
- We had students originating from 118 different countries



# Program Overview

- Opportunity for International Students to experience a range of sporting programs and services.
- Remove barriers to participation and establish a socially inclusive environment whereby International Students can find a sense of belonging within the UWA community.
- Initially adopt t a ‘segregated’ approach, and as the program continues in stages, progress toward ‘inclusion’.
- Enhances existing mentoring initiatives on campus and provides opportunities for social interactions throughout the program.





## Program Objectives

- Enhance Campus Life and the overall student experience;
- Provide international students with an introduction to the sporting programs and opportunities available at UWA;
- Encourage positive student mental health and wellbeing through participation in active lifestyle activities;
- Build social connection with peers, and improve student engagement with the community and connection to the University;
- Increase student satisfaction with living and studying in Perth;
- Provide a point of difference and assist in University recruitment and retention of international students.
- Enhance the existing UniMentor Program at UWA and provide an opportunity for Mentors to engage with a small group of international students and support their engagement in the program.



## Program Inclusions:

- Social Events/ Activities
- Aquatic Centre Programs
- Fitness Centre Programs
- Field Sport Experiences
- Court Sport Experiences
- Outdoor Recreation Experiences



## **Social Events/ Activities:**

- International Student Welcome Expo.
- Welcome BBQ and Mentor Introduction.
- Aquatic 'Splash Days'.
- Kayaking and Stand-Up Paddle Boarding Experience.



## **UWA Aquatic Centre:**

- Water Awareness Program
- Student Swim Squad Experience
- Public Swimming Sessions
- Splash Days



## UWA Fitness Centre:

- Active Lifestyle Pass
- Introduction to Fitness Centre
- Introduction to Group Fitness Classes
- Introduction to Functional Training
- Yoga Course



## Field Sports:

- International Western Series
- Ultimate Frisbee Experience
- AFL Experience
- Indigenous Games Experience



## **Court Sports:**

- Badminton Course
- Tennis Course
- Volleyball Course



## Outdoor Recreation:

- Annual Outdoor Club Membership
- Outdoor Water Experience
- Stand-Up Paddle Boarding Course
- Kayaking Course

# Engagement Statistics for Semester 1, so far:

120 Students enrolled in UWA Sport Engagement Program





# What's Next?

# Core Principles and Engagement Model



# Thank You

[info@sport.uwa.edu.au](mailto:info@sport.uwa.edu.au)

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