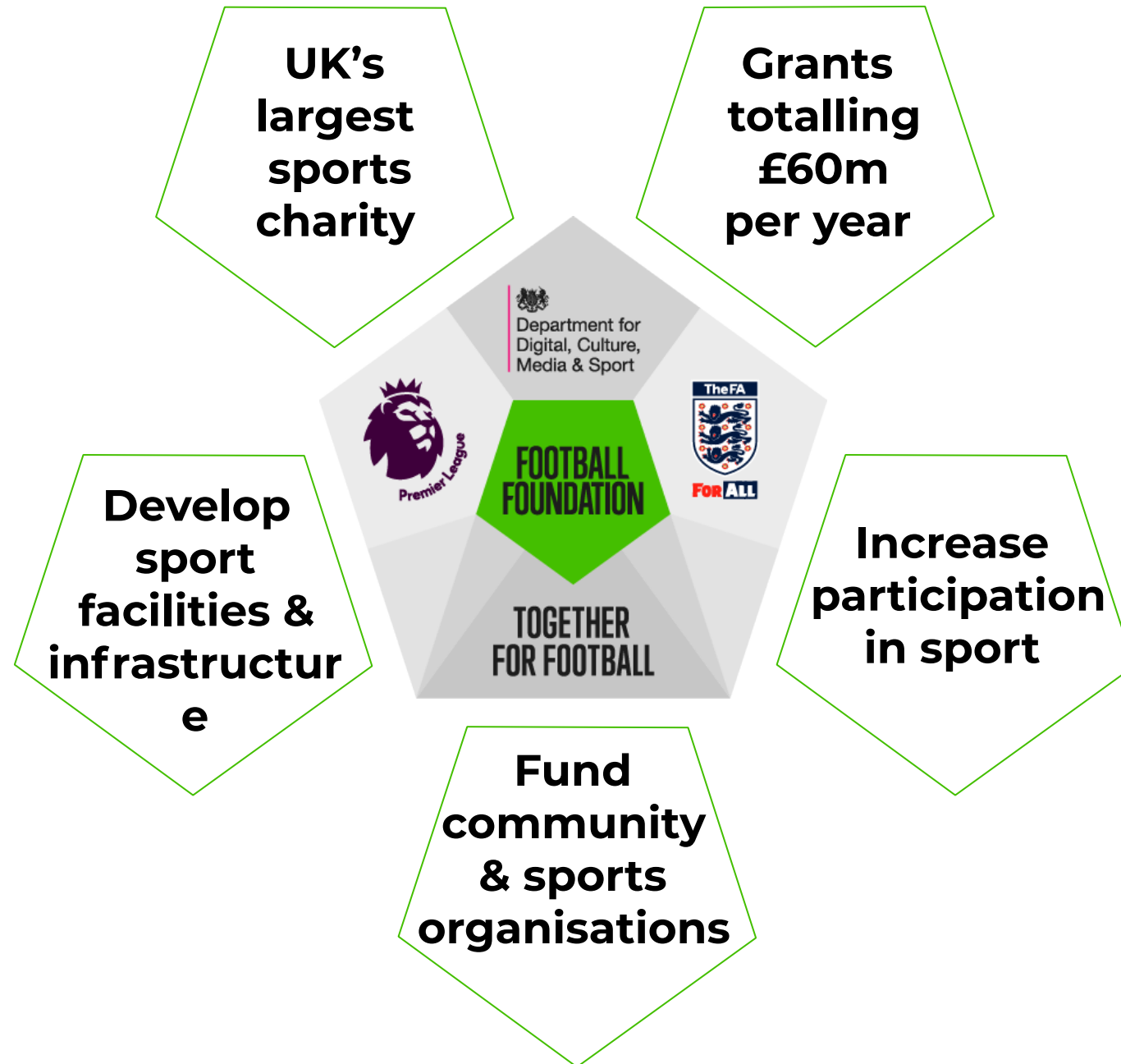


BUCS ACTIVE FINDING THE UPSHOT

Jason Michalski – Upshot Consultant

UPSHOT®





The Upshot system

MANAGE

MONITOR

EVIDENCE

ONLINE

UNLIMITED USERS

FREE SUPPORT

OUTCOME-CENTRIC

FUNDERS AND DELIVERERS



**PREMIERSHIP
RUGBY**



**SPORT
ENGLAND**

acc
sport

**we are
cycling**
The cyclists' champion **UK**



**FOR
ALL**

Get **Out**
Get **Active**



S4L **SPORT
4 LIFE** ^{UK}
CHANGING LIVES THROUGH
THE POWER OF SPORT

AS **ACTIVE SURREY**

The logo icon for Basketball Scotland, featuring a stylized basketball and a white swoosh.
basketballscotland

UPSHOT[®]



British Universities and Colleges Sport (BUCS) is the national governing body for Higher Education sport in the UK.

Physical Activity & Health

Social & Recreational Sport

Intervarsity Competition

Performance Sport

Professional & Workforce Development

Inclusion

Profile & Influence





The BUCS Active Programme

BUCS Active

Sport England funding to **increase participation** in sport and physical activity

Managed by BUCS, **delivered by universities**

More than **50 projects** funded

Phase 1:

April 2018 – December 2018

Phase 2:

January 2019 – June 2019

Phase 3:

September 2019 – June 2020

Three funding streams:

Tackling inactivity in **female students**.

Using physical activity to improve **mental health**.

Increasing the number of students from **low socio-economic background** engaged in sport and physical activity.

Outcomes

Sporting Future

Physical Wellbeing

Mental Wellbeing

Individual Development

Social & Community Development

Economic Development

Towards an Active Nation

Tackling inactivity

Children and young people

Volunteering – a dual benefit

Taking sport and activity into the mass market

Supporting sport's core market

Local delivery

Facilities

BUCS Strategy

Physical Health & Wellbeing

Social & Recreational Sport

Intervarsity Competition

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Physical Health & Wellbeing

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Intervarsity Competition

Performance Sport

Professional & Workforce
Development

Inclusion

Profile & Influence

Indicators of success

Quantitative

Participation targets

- Number of unique participants
- Throughput
- Workforce trained

Demographic data

- Age
- Gender
- Ethnicity
- Year of Study
- Physical and mental health
- IMD of home postcodes

BUCS Active Survey

- Physical activity levels
- Mental wellbeing
- Attitudes to sport

Qualitative

Case studies

- Pictures
- Videos
- Quotes
- Written testimonials

Mid-term and Final reports

- Project details
- Learnings
- Marketing
- Partnership work
- Workforce development



Participation targets

Sessions with registers for
Badminton

[Download](#) [Add session](#) [Add media](#)

Add existing attendee

[SAVE ALL](#) [SUBMIT ALL](#)

Sort by name
first | last

23 Sep 2019 18:00
Register
All | None
Previous
[Submit](#) [Save draft](#)

- Britney Spears
- Bruce Wayne
- David Attenborough
- Lucy Liu
- Luke Skywalker
- Sarah Flagg
- Theresa May


Current Targets
Past Targets
Future Targets

Measured indicators

No. of unique participants Edit

31 Dec 2019 Now: 8 Target: 50 (16%)


1 Sep 2019 [Edit](#) | [Add media](#) | [Add task](#)



No. of workforce trained Edit

31 Dec 2019 Now: 0 Target: 10 (0%)


1 Sep 2019 [Edit](#) | [Add media](#) | [Add task](#)



Throughput Edit

31 Dec 2019 Now: 17 Target: 30 (57%)

1 Sep 2019 [Edit](#) | [Add media](#) | [Add task](#)



nes

	MEASURED		EVIDENCED	
Performance	RAG	Performance	RAG	

Demographic data

People report

Choose the people you want to see information about

People

Active or Archived?

Age 0-115

Gender

Postcode (first part or full)

Authority

District

Constituency

RESET

BUCS FO data fields

Regarding the postcode you have provided above, please clarify:

Year of Study

Ethnicity

Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last 12 months or more?

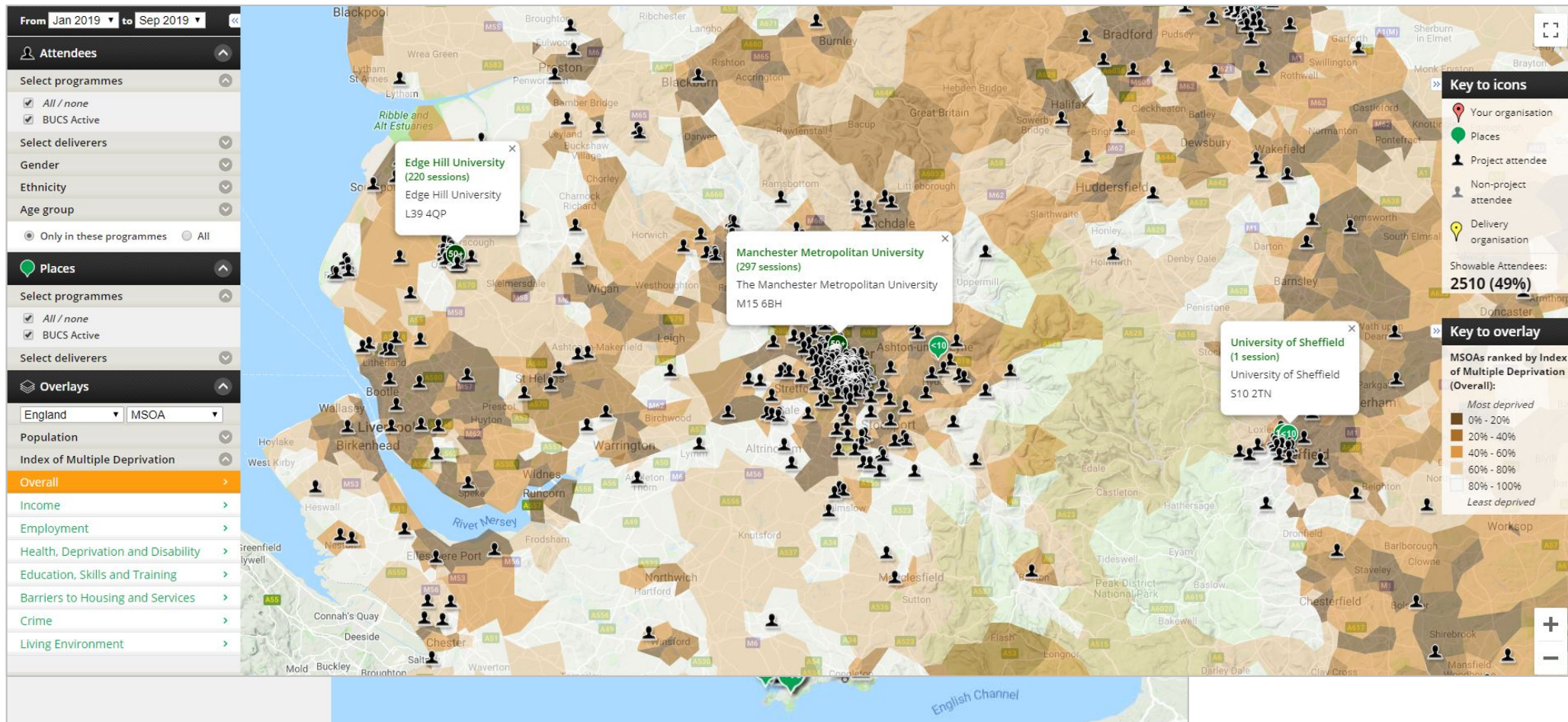
How are you involved in this activity/programme?

How much physical activity do you currently do in a week?

Are you happy to be contacted by BUCS?

GO

Map report



Surveys

Survey questions PRINTABLE QUESTIONS

Q1.
How much activity do you do in a week? *
This covers upwards of moderate intensity physical activities which cause you to get warmer and breathe your heart to beat faster, but you should still be able to carry on a conversation. Examples include: Brisk walking, jogging, cycling, swimming, dancing, gardening, housework, etc.
--- Choose ---

Q2.
I enjoy taking part in exercise and sports. *
--- Choose ---

Q3.
I feel confident when I exercise and play sports. *
--- Choose ---

Q4.
I find exercise and sports easy. *
--- Choose ---

Q5.
I understand why exercise and sports are good for me. *
--- Choose ---

Summary

Q1: How much activity do you do in a week?

This covers upwards of moderate intensity physical activities which cause you to get warmer and breathe your heart to beat faster, but you should still be able to carry on a conversation. Examples include: Brisk walking, jogging, cycling, swimming, dancing, gardening, housework, etc.

	First survey	Second survey
Less than 30 mins	17 21.79%	12 15.38%
30-149 mins	45 57.69%	47 60.26%
150+ mins	16 20.51%	19 24.36%

Q2: I enjoy taking part in exercise and sports.

	First survey	Second survey
Strongly Agree	26 33.33%	27 34.62%
Agree	44 56.41%	43 55.13%
Disagree	6 7.69%	7 8.97%
Strongly Disagree	1 1.28%	0 0.00%
Can't Say	1 1.28%	1 1.28%

BUCS Active Evaluation Report FINAL

Final Report

Sent survey

Please complete all sections of this report. Provide as much detail and specifics as possible.

Once started, please complete the survey in one go. It is not possible to save a copy before submitting it. If you want to draft your answers before submitting them, please use the Word copy shared by Amy Seaman (BUCS).

Summary

31 May 2019
By Amy Seaman. Closed: Fri 14 Jun 2019

83%
20 from 24 participants

Text for email to survey participants

Dear All,

Please find the link to the final report every project will need submit by 7 June.

As previously mentioned, it is advised that you complete the word version FIRST and then copy the information across.

With the Upshot survey, you are not able to save as you go along, so you may risk losing content if you don't have it in word format first. An email was send with this word document in last week

Media files

Evidenced Indicators

Case study
[Edit indicator](#) | [Add deliverable](#)

Description

Your outcomes
BUCS Active Strategy - Reducing inactivity in females

Targets

Please provide a short video case study of a participant
Tue 1 Jan 2019 - Sat 1 Jun 2019
Done: ■
[Edit deliverable](#) | [Delete deliverable](#) | [Add task](#) | [Add media](#)

Intended evidence
Please ensure you have consent to use this image. Remember to cover;

- Where the student started
- What activity they've done and how it impacted them
- Where they are now as a result of the activity they did and how it's had an impact

Upload media

Basic details

Drag and drop files in here
Maximum file size: 50MB
OR Choose from your library

Or link to a video URL [ADD VIDEO](#)

Source

(The producer/creator of this media item, e.g. a person or organisation)

Tags

Media library

Delivery organisation	Title	Date
Canterbury Christ Church Unviersity	Staff Quote - Siobhan - Early Childhood ...	7 Jun 2019
Canterbury Christ Church Unviersity	Case Study - Molly - Early Childhood Stu...	7 Jun 2019
Leeds Beckett University	IMG_2042	7 Jun 2019
University of Sheffield	Sport Sheffield - Inactive Women Camp...	7 Jun 2019
University of Sheffield	CJ Case Study	7 Jun 2019
University of East Anglia	GWq2XfVw	7 Jun 2019
Edge Hill University	Case Study Photo	7 Jun 2019
Nottingham Trent University	Stamp Out Stress Social Sciences Event	7 Jun 2019

“As well as ensuring we have a great set of data to show the impact of the programme as a whole, Upshot gave us the ability through the duration of the project to monitor the status of 20 projects simultaneously on one dashboard. This meant I could check in with each university in real time and provide support proactively where needed the most.

Upshot gave us confidence that the projects were on track and that the data collected was as complete as it could be. In return, universities benefited from this platform as it allowed them to easily collect the required information and even report on their own work – building our own capacity and theirs at the same time.”



Amy Porter
Development Manager
BUCS

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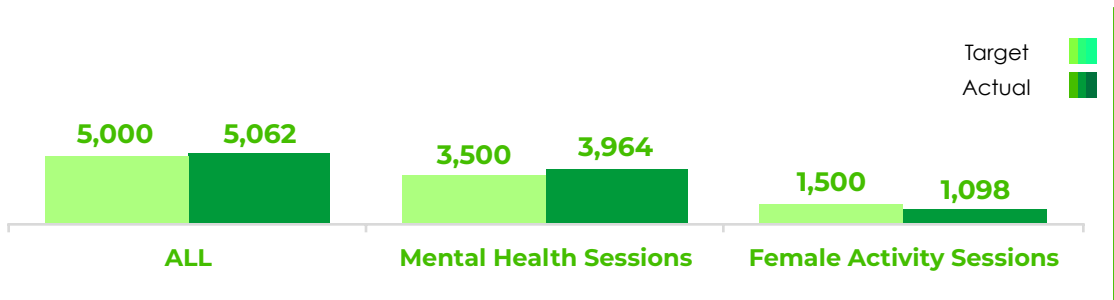
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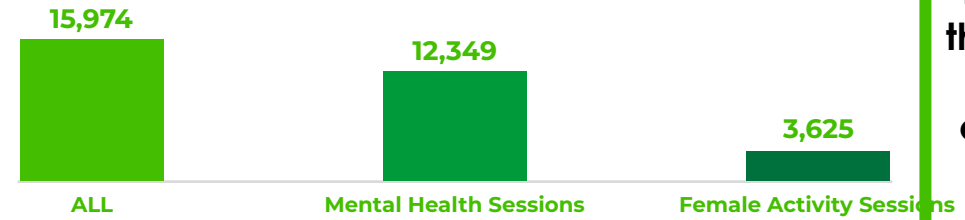
Amy Porter
Development Manager
BUCS

Key findings from Phase 2

Unique Participants



Throughput

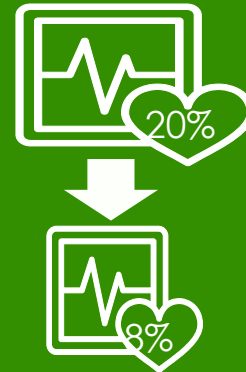


17 out of 18 of the universities expect to continue their projects

PERCEIVED ADDED VALUE OF PROJECTS LINKED TO SPORT ENGLAND'S OBJECTIVES

	Mental wellbeing	88%
	Social & Community Development	65%
	Individual Development	65%
	Volunteering	59%
	Economic Development	29%

LEVELS OF INACTIVITY HAVE FALLEN



were doing less than 30mins activity a week before sessions commenced

were doing just 30 minutes or less activity a week after sessions commenced

MENTAL WELLBEING HAS IMPROVED OVERALL

TOTAL

35 SWEMWBS SCORE AT LAUNCH

25/35 SWEMWBS SCORE ON COMPLETION

Mental Health Sessions

35 SWEMWBS SCORE AT LAUNCH

25/35 SWEMWBS SCORE ON COMPLETION

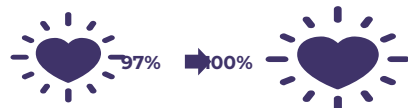
Female Inactivity Sessions

25/35 SWEMWBS SCORE AT LAUNCH

25/35 SWEMWBS SCORE ON COMPLETION

ATTITUDES TOWARDS EXERCISE HAVE IMPROVED

I understand why exercise and sports are good for me



I enjoy taking part in sport and exercise



I feel confident when I exercise and play sports



I find exercise and sports easy



PARTICIPATION HAS HAD POSITIVE IMPACT



Taking part helps with university work **82%**



Has enhanced university experience **80%**



Has increased university attendance **51%**



Has helped to develop employability skills **44%**



Phase 3

upshot.org.uk

FINALLY REALIZED



THIS KID IS EATING SAND