

LSESU Active Survey

Welcome to the LSESU Active Survey! Take a few minutes to share your activity levels, barriers to activity, and how this affects you.

This survey is part of a project aimed at reducing costs to students, expanding sports facilities, and creating more opportunities to be active. Ultimately, the goal is to improve accessibility to all LSE students and support the development of a more active and inclusive campus community.

This is an anonymous survey. We only need your email so we can verify that you are a current LSE student. Your contact information will not be monitored or used for analysis.

We may share data collected from this survey with LSE and use it for campaigning purposes. All data related to students will be anonymised.

Your data will be processed in compliance with the LSESU Privacy Policy.

Demographics

1. Name of staff member who asked you to fill this survey out

If N/A please leave blank

2. LSE Email Address *

3. Which department are you a part of? *

- Health Policy
- International Development
- International History
- International Relations
- Language Centre
- Law School
- Management

- Accounting
- Anthropology
- Economic History
- Economics
- European Institute
- Finance
- Gender Studies
- Geography and Environment
- Government
- Health Policy
- International Development
- International History
- International Relations
- Language Centre
- Law School
- Management
- Mathematics
- Media and Communications
- Methodology
- Philosophy, Logic and Scientific Method
- Psychological and Behavioural Science
- Public Policy
- Social Policy
- Sociology
- Statistics

4. What is your year of study? *

- UG- 1st Year
- UG- 2nd year
- UG- 3rd year
- UG- 4th year
- Postgraduate- 1st year/ 1 year course
- Postgraduate- 2nd year
- PHD

5. Do you live in LSE halls of residence? *

- Yes
- No

6. How long is your commute to campus? *

- less than 15 minutes
- 15-30 minutes
- 30-45 minutes
- 45-60 minutes
- 60 mins+

7. What is your primary mode of transport? *

- Walking
- Bicycle
- Public transportation (bus, train, etc.)
- Motorcycle / Scooter
- Car (personal vehicle)
- Carpooling / Ride-sharing (Uber, Lyft, etc.)
- Other

8. Please select which best describes you. *

- UK/ Domestic student
- International student

9. How do you identify your gender? *

- Man
- Woman
- Non-binary
- Prefer not to say
- I prefer to self describe

10. Do you identify as Trans? *

- Yes
- No
- Prefer not to say

11. To which of the following ethnic groups do you belong? *

- Arab
- Asian or Asian British: Indian
- Asian or Asian British: Bangladeshi
- Asian or Asian British: Chinese
- Asian or Asian British: Pakistani
- Asian or Asian British: Other
- Black or Black British: African
- Black or Black British: Caribbean
- Black or Black British: Other
- Jewish
- Mixed/Multiple: White and Black Caribbean
- Mixed/Multiple: White and Black African
- Mixed/Multiple: White and Asian
- Mixed: Other
- White: British
- White: Other
- Gypsy or Irish Traveller
- Roma
- Latin/South/Central American
- Mixed British and Latin/South/Central American
- Any other ethnic group
- Prefer not to say

12. What is your religion, faith or belief? *

- Atheist
- Buddhist
- Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
- Hindu
- Jewish
- Muslim
- Sikh
- Any other religion
- None
- Prefer not to say

13. Which of the following options best describes your sexual orientation/preference? *

- Bisexual/Bi
- Gay/Lesbian
- Heterosexual/Straight
- Queer
- Prefer to self-describe
- Prefer not to say

14. Do you consider yourself to have a specific learning disability, other disability, impairment or long-term health condition? *

- Yes
- No
- Prefer not to say

15. Do you have any caring responsibilities? *

- Yes- for someone under the age of 18.
- Yes- for someone over the age of 18.
- No
- Prefer not to say

Current Activity Levels

Physical activity is exercise done at least at moderate intensity.

Please see definitions below so you can accurately report the number of minutes you exercise per week.

- **Light only:** activity undertaken is not intense enough to be considered moderate (e.g., walking at a leisurely pace, light household chores, or gentle stretching).
- **Moderate Activity:** Increases heart rate and breathing, but you can still talk (5-6/10 effort). Examples: brisk walking, cycling, dancing.
- **Vigorous Activity:** Significantly increases heart rate, makes you sweat (7-8/10 effort). Examples: running, fast cycling, swimming, high-intensity classes.

Note: Vigorous activity counts as a double on time recorded below (double moderate activity) (30 minutes = 60 minutes).

16. How active are you? *

Please outline the total number of minutes you are involved in physical activity per week- this is all activity you do, including that at University and anything away from University too.

This is **mins per week**.

Please base this on a **typical week** over the past 28 days.

Reminder vigorous activity counts as double moderate activity (in terms of time recorded), see definitions above.

- nothing
- Light only
- 1-29mins
- 30- 2hrs 29mins
- 2hrs 30mins- 6hrs 59mins
- 7hrs-13hrs 59mins
- 14hrs+
- Prefer not to say

17. What LSESU sports or physical activities are you currently doing, or have you ever done? *

Select all that you are a member of/ have attended previously

- Sports Clubs
- Department Sport and Wellbeing sessions
- LSESU Gym
- Marshall sports facility bookings e.g. squash
- Inclusive sport sessions
- None of the above

18. How active are you in LSESU activity? *

this includes, sports clubs, department sport sessions, gym visits/classes, Marshall sports facility bookings e.g. squash and Inclusive sport sessions. Please outline the total number of minutes you are involved in LSESU physical activity per week- this is all activity you do, including off campus activity.

This is **mins per week**.

Please base this on a **typical week** over the past 28 days.

Reminder vigorous activity counts as double moderate activity (in terms of time recorded), see definitions above.

- nothing
- Light only
- 1-29mins
- 30- 2hrs 29mins
- 2hrs 30mins-6hrs 59mins
- 7hrs- 13hrs 59mins
- 14hrs+
- Prefer not to say

19. Why are you involved in physical activity? *

Select all that apply

- I am not involved in any physical activity
- Improve physical health
- Enhance mental health and wellbeing
- Feel more energised
- Socialise with friends
- Meet new people
- Break from studies
- Enjoy sense of competition
- Have fun and enjoy yourself
- Be a part of a community
- Build confidence/ self-esteem
- improve my CV/ develop soft skills
- As a means of transport e.g. walking, cycling
- Other

20. In a sentence or two, please describe what sport and physical activity means to you? *

21. Do any of the reasons below prevent you from doing (any or more) sport and physical activity at LSESU? *

Select all that apply

- Use external facilities/ clubs/ sessions instead (of LSESU sport and physical activity options)
- Not interested
- Did not know what was on offer
- Do not have time
- Cost
- Nervous/ apprehensive
- Accessibility
- Atmosphere/ previous bad experience
- Availability of facilities
- Location of facilities
- Quality of the session
- I face no barriers
- Other

Statements about your wellbeing and belonging

This section aims to explore how your activity levels relate to your wellbeing and sense of community. Please note, individual responses will remain anonymous and will not be analysed personally.

22. Over the last two weeks, how often have you experienced each of the following? *

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling useful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been dealing with problems well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been thinking clearly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling close to other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been able to make up my own mind about things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. Over the last two weeks, how often have you experienced each of the following? *

We want to hear about your sense of belonging and connection with the university community.

Please tick the box that best describes your experience of each over the last 2 weeks

	None of the time	Rarely	Some of the time	Often	All of the time
I feel I belong at university	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I made the right decision in choosing to study at this university	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel supported by this university	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I see myself as part of the university community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

