

Sports, health, well-being and campus life complex

Label Maison sport santé Universitaire

Students of the University of Poitiers

« Health and well-being, the primary drivers of
sports activities» *



SUAPS

Service
Universitaire des
Activités
Physiques et
Sportives



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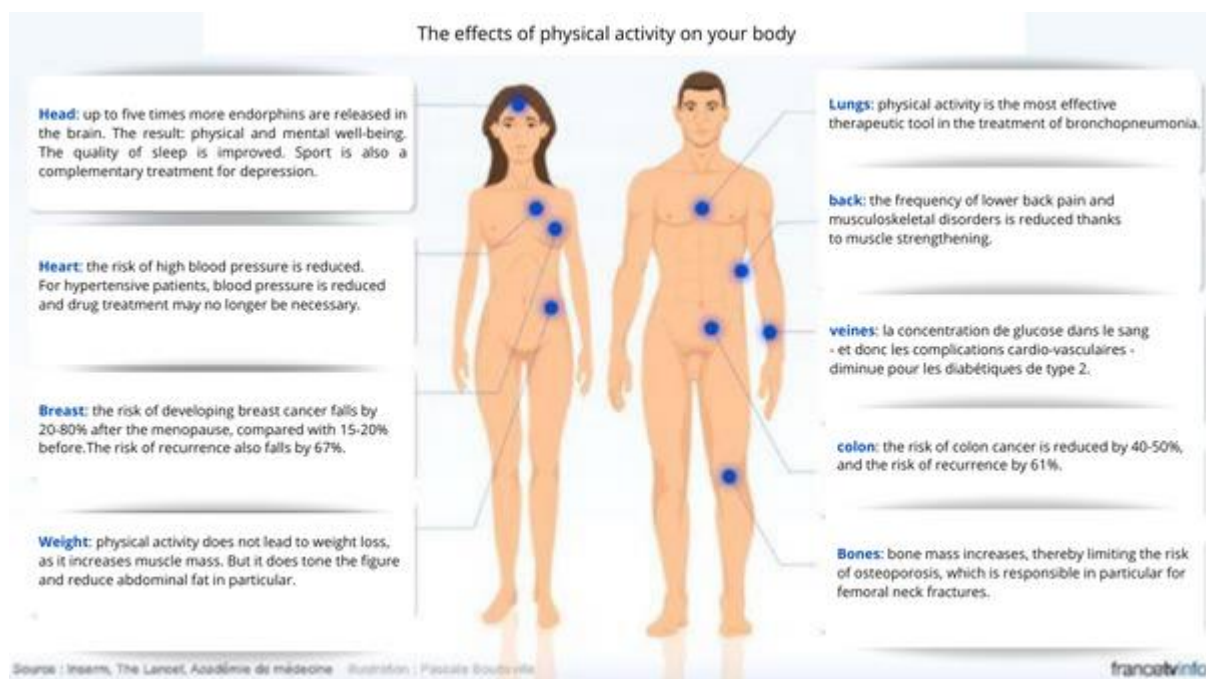
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*Baromètre national des pratiques sportives 2018, INJEP notes & rapports, janvier 2019

Presentation

Health and well-being, the primary drivers of sports activities

The health benefits of physical activity (PA) are well established, regardless of the individual concerned. Students and staff at the University of Poitiers can benefit from the advantages of physical activity and medical and paramedical support, thanks to the common services available at the University. However, the coordination of these services and their clarity for users could be optimised by creating a place dedicated to promote sport, health, and well-being.



The objectives and ambitions of this scheme

- Create a multi-partner reception point, a referral platform and multidisciplinary care to improve the health of students and staff at the University of Poitiers.
- Develop a sports facility dedicated to health and well-being that can accommodate sports and adapted physical activity (APA) prescription slots to encourage free and autonomous practice at the SUAPS for people who are far from practicing sports or in need of health care (creation of gateways for APA care).
- Create a school to train students from the Faculty of Sports Science involved in STAPS training in adapted physical activities and health.
- To be recognised as a health and fitness centre on the eastern campus of the University of Poitiers.

An ideal site for setting up an ambitious student life project focusing on physical activity, health and well-being.

Petite Ville site (A building)

- Heart of campus and student life > Maison des Etudiants
- Proximity to a major transportation hub > Champlain Park & Ride (DDRSE)
- Close to student living and dining facilities > Cités universitaires and CROUS university restaurants
- Direct access to an outdoor physical activity site > Plaine des sablons
- Proximity to university sports complexes > Promotion of physical activity



A multi-partner project to enhance the quality of student life

Partnerships :

- Université de Poitiers – Pôle Vie de Campus : SUAPS, MDE, SSE
- Chaire Sport Santé Bien Être
- CROUS
- Réseau Sport Santé 86
- Grand Poitiers
- CHU

A broad, cross-disciplinary offering for students at the University of Poitiers, covering campus life, sports, health, nutrition, well-being and quality of life at work.

Objectives:

Primary prevention of sedentary lifestyles and sedentary-related illnesses > Health and well-being through the promotion of physical and sporting activities, maintenance activities, the fight against sedentary lifestyles and well-being at work

A place for practicing, monitoring and preventing physical activity.

Implementation:

Collaborative work with partners to provide a specialised and coordinated welcome for students and staff of the University of Poitiers (SSU, Association Sport Santé 86...).

Extensive opening hours to enable all members of the university community to access the complex.

Support and guidance:

- SUAPS
- SSE
- Sport Santé 86
- Étudiants Licence APAS et Master IRHPM de la FSS : lieu de mise en application.
- Étudiants relais santé

A wide range of target profiles: athletes, sedentary people, those returning to activity, etc.

Activities and workshops

- Cardio training (treadmill, bike, rowing machines)
- Dedicated slots for prescription and sports
- Wellness activities (yoga, relaxation, sophrology, etc.)
- Exergaming
- Workshops on listening, stress management and relaxation
- SSU consultations: doctors, psychologists, nurses
- Nutrition and healthy cooking workshops
- Workplace ergonomics workshop
- Starting point for soft mobility activities in nature: Nordic walking, cycling, running, etc.
- Workshops to promote soft mobility on campus (DDRS)

Funding

Student Life Structuring Project > CVEC

