



Healthy Campus Case Study



HEA

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The Higher Education Authority

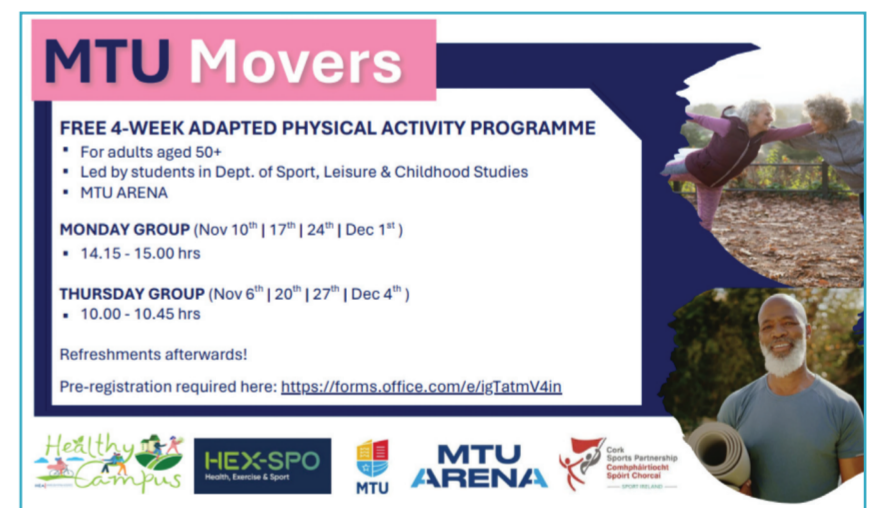
MTU Movers

Institution/ Organisation
Munster Technological University
Who leads/ led the project?
Department of Sport, Leisure & Childhood Studies (D-SLCS)/ MTU Healthy Campus Team
Date and timeframe
Academic Year 2022/23 until present
Project Rationale
To encourage physical activity in older individuals in the locality of MTU to improve their health and wellbeing through activity sessions run by MTU students focused on various elements of health.



Project Overview/ Summary
<ul style="list-style-type: none"> MTU Movers is a 4-week programme that provides 45-minute sessions of physical activity per week for older adults. Cork Sports Partnership managed recruitment while <i>A Healthy MTU</i> managed the sign-ups (a limited number of spaces were available) and ensured participants completed all the pre-checks to participate. <i>Healthy MTU</i> answered any queries from participants and were present at the first session. There were two groups, one that ran on Monday mornings and one that ran on Thursday mornings. The session was led by Year 3 and Year 4 MTU students completing Coaching Science & Sport Pedagogy and Sport & Exercise Management courses. The students planned and created the sessions in small groups. The participants were asked to complete a health check questionnaire beforehand and to check with their GP if they can participate. The health check questionnaire also provided
<ul style="list-style-type: none"> the lecturer and students with important information so that modifications could be made. The sessions focused on various elements of fitness including aerobic fitness, muscular strength, muscular endurance, mobility, fundamental movement skills and adapted games. During the sessions the lecturer (along with marking the students) and <i>A Healthy MTU</i> staff observed and provided support where needed. After each session, teas/coffees and healthy snacks were provided (funded by <i>A Healthy MTU</i>) for participants along with time to socialize with the students/lecturer/<i>A Healthy MTU</i> staff. After the 4 weeks, two participants from each day were asked to do a video interview talking about their experience. Students completed a questionnaire to assess their experience of running the initiative, including challenges and lessons learned.

Key Learning Points
<ul style="list-style-type: none"> The most important lesson learned was that the administrative and organization elements required a lot of work and time (pre-, during and post-initiative). The target population here is often not comfortable using technology, so communication through email may not always work or be their preferred way to communicate. Being prepared for this by having a work phone to call participants if needed can help with this. It was helpful to make sure parking/ways to get to the facility were organized and communicated in advance as this was a common concern for participants. Having a clear health and safety plan was essential in case of any falls or injuries as this is a vulnerable population doing physical movements.



Limerick Framework for Action		Whole Campus Approach	Type of Evaluation
Ethos	Leadership	Students	Campus Environment (Facilities & Services) (Pillar 2)
Act	Culture	Celebrate	Personal & Professional Development (Pillar 4)
Localise	Partnership		

