



Healthy Campus Case Study



HEA

An tÚdarás um Ard-Oideachas
The Higher Education Authority

MU Healthy Campus Try Tennis – Tennis Lessons

Institution/ Organisation	Maynooth University
Who leads/ led the project?	Healthy Campus (Sinéad McNulty, Healthy Campus Manager)
Date and timeframe	Semester 2 – Academic Year 2025-2026
Project Rationale	MU Healthy Campus developed an activity in partnership with Tennis Ireland, to provide tennis lessons, enhancing skills, developing community, and improving use of on campus facilities through physical activity, with sustainability through linking with existing student and staff tennis clubs. The initial pilot developed into a longer-term relationship providing coach education qualifications to MU Student teachers, as well as increasing physical activity participation on campus.

Project Overview/ Summary
The Try Tennis Coaching initiative ran across February and March with 20 participants completing 6 weeks of tennis lessons. Participants at the end were directed to the staff social tennis group, to continue their participation, and satisfaction levels were assessed, with strong demand for further lessons. All participants learned how to Hit, Volley and Serve, and were educated in the rules of tennis, playing singles and doubles games by the end of the 6 weeks. Individuals have progressed to join social tennis, and book courts themselves to play tennis on campus around their working hours. Tennis Ireland were very satisfied with the programme, and are happy to extend it, running an additional set of lessons later in 2026, and put plans in place for 2026-2027 academic year. A significant development has been the development of additional education programmes, whereby final year student teachers, through the development of a new programme, will be able to undertake training, and obtain coaching qualification to introduce tennis in primary, Froebel and post primary schools' environments. Additionally, the early years educators working in the creche will also be enabled to undertake the teacher training so that they can introduce tennis to the children in the Maynooth University on campus creche. Further engagement with Kildare Sports partnership will work to develop additional programmes on campus, enhancing participation in the wider community.

Key Learning Points
<ul style="list-style-type: none"> - Planning time – particularly to get the online payment system set up, estates/ insurance, risk assessments etc., Booking facilities well ahead of time. - Identifying strong and open project partners. - Engagement with participants throughout & encouragement. - Need Stronger standardised approach to research/ feedback collation. - 'Next steps' – where participants can progress to at end of programme. - High quality coaches – positive learning experience – (Adult learners, staff, people returning to the sport activity after 20/30 years). - Consider who else on campus can benefit. - Keep it Fun.



Limerick Framework for Action		Whole Campus Approach	Type of Evaluation
Act	Culture	Students	Campus Environment (Facilities & Services) (Pillar 2)
Localise	Partnership		Health Focused Area (Pillar 5)
			Summative Evaluation

