



Healthy Campus Case Study



HEA

An tÚdarás um Ard-Oideachas
The Higher Education Authority

Student Sport Activator

Institution/ Organisation

South East Technological University - SETU

Who leads/ led the project?

Department of Sport

Date and timeframe

2025–2026 academic year

Project Rationale

The Student Sport Activator programme was introduced in SETU Carlow Campus with Student Sport Ireland to increase physical activity levels and sports engagement among SETU students, with a particular focus on:

- Inclusivity, ensuring activities are accessible to students of all abilities, including those with intellectual and physical disabilities.
- Low barrier, social, and fun participation, countering traditional performance based sports models.
- Creating a more active campus culture, aligned with Healthy Campus and SETU Sports

Project Overview/ Summary

During the 2025–2026 academic year, the Student Sport Activator delivered a series of inclusive programmes and campus-wide engagement initiatives:

Seated Volleyball Programme

- 5 week inclusive programme for able-bodied and disabled students.
- 12 students participated, generating 60 hours of increased activity.

Sports Programme for Students with Intellectual Disabilities

- 5 week recreational games programme.
- Started with 50% cohort engagement, increasing to 100% by week 3.
- Activities included bocce, cornhole, indoor hockey, obstacle courses, egg & spoon races, volleyball.

Student Sport Participation Weeks

- Supported SETU Sports Department in delivering campus-wide participation events in both semesters.
- Assisted in promotion and student engagement during the initiative.

Pop Up Sports Programme

- 5 week pop up initiative in high-traffic campus areas.
- Activities included boxballen, cornhole, “The Cube”.
- 89 students engaged, with sportswear prizes awarded.

Upcoming: Non-Sporty Sports Day

- To take place during Healthy Campus Week (April 2026).
- Pop up games and fun challenges planned in partnership with SETU Sports.

Key Learning Points

Inclusivity drives engagement: Programmes designed for mixed ability cohorts saw strong and increasing participation.

Low-barrier activities work best: Simple, fun games in communal spaces attracted spontaneous involvement.

Visibility matters: Pop up events in high traffic areas drew more students than scheduled activities alone.

Feedback improves outcomes: Participant insights were key to improving programme design and uptake.

Collaboration enhances reach: Working closely with SETU Sports and SSI streamlined delivery and increased engagement.



| Limerick Framework for Action | | Whole Campus Approach | Type of Evaluation |
|-------------------------------|-------------|--------------------------------|--------------------|
| Act | Culture | Health Focused Area (Pillar 5) | Process Evaluation |
| Localise | Partnership | | |

