



Healthy Campus Case Study

HEA | AN tÚDARÁS um ARD-OIDEACHAS
HIGHER EDUCATION AUTHORITY



“DkITs Fittest” STEPS Challenge

Name of Institution and Initiative Lead

Dundalk Institute of Technology
The BSc (Hons) in Health and Physical Activity
lecturing team from the Department of Life & Health
Sciences.

Date, timeframe and reach

The academic year 2024 – 2025 and ongoing
In total, 26 teams, comprising 170 individuals (55%
Staff & 45% Students) registered to participate in a 4-
week steps challenge.

Project Collaborators

Internal: DkITs Healthy Campus group
External: Healthy Louth

Aims and Objectives

The aims of “DkITs Fittest” were as follows:

- Use a settings-based approach to promote physical activity engagement in both staff and students of DkIT.
- Promote an increase in sustainable physical activity by encouraging physical activity engagement in a fun and inclusive manner.
- Generate a greater awareness of the positive impact of physical activity on both physical and mental health.
- Foster and encourage staff and student development, as well as the growth and strengthening of relationships between both cohorts, in a meaningful way.

Aligned Frameworks, Polices, or Strategies

Healthy Ireland 2013-2025; Healthy Ireland Action Plan 2021-2025; Healthy Campus Charter and Framework for Ireland; DkITs Healthy Campus Framework; Okanagan Charter; Health Promoting Universities: Concept, Experience and Framework for Action

Key Learning Points

- Integrating physical activity into the campus environment enhanced both the physical activity levels of students and staff, as well as fostering greater social interaction among them.
- Time Constraints: As this was the first year of the challenge, there was an enormous amount of administration work associated with getting the challenge up and running in the first instance and secondly, the logging of participant steps on a weekly basis was very time consuming.
- Participant retention and long-term engagement.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Create	Campus Environment (Facilities & Services; Campus Culture & Communications	Mental Health & Wellbeing; Physical Activity & Active Transport; Health and Sustainability	Students; Staff

