

Active Campus Programme Descriptions

3 v 3 basketball Tournament

This event is a one off mixed gender basketball event which is open to both QUB students and staff. Teams will compete in teams of 3 against each other in 5 minute matches. Participants can sign up as part of a team or sign up as an individual and be assigned to a team.

5 a side league (Monday + Wednesday)

This is an 8 week league of recreational soccer for QUB Students Only. Up to 18 teams are able to enter these leagues with a max of 7 players each. Matches will be played at the pitches at the back of the PEC (OTF)

11 a side league

This is a 10 week league of recreational soccer for QUB Students Only. Up to 24 teams are able to enter this league with a max of 15 players each. Matches will be played both at Upper Malone Playing Fields and Belfast City Council Pitches.

Campus Run

Campus Run is a weekly social running group that is open to Staff, Students and the Wider Community. Participants have the choice to run or walk a distance of 2K, 3K or 5K around the University Campus.

Couch to 5K Programme

This is a 10 week programme which is designed to help you improve your running stamina from a 'couch' to a 5K as part of a weekly social running group. Throughout this programme you will have the assistance of student volunteers and will be sent a weekly session plan to follow at home. This programme is open to QUB Staff, Students and the Wider Community

Fresher's Fair

This event is run by the QUB Student's Union. Explore 200+ of our Clubs & Societies ranging from academic, creative, charitable, cultural, political, religious, to sporting and everything in between! There's something for everyone whether you're a total newbie or a seasoned pro.

Halloween Dodgeball

This is a one off fun Dodgeball event for QUB Students and Staff. Participants can sign up as part of a 6 person team or sign up as individuals and be assigned a team. This event has a Halloween theme, and everyone is encouraged to come fancy dressed.

Indoor Football

This is an 8 week programme of recreational indoor football for QUB Students Only. This programme is for individuals to sign up to play weekly soccer. Each week participants will be placed into different teams. A maximum of 18 players can attend this programme and each of the teams will route their matches throughout the 90 minute programme.

International GAA

This is a 6 week programme aimed at International QUB Students to introduce them to Gaelic Athletic Association (GAA) Football. Through this programme participants will learn the rules and basic skills of the GAA Football. At the end of this programme there will be a friendly game against another University International GAA team. Throughout this programme there will also be an introduction to Irish culture through Sport.

Santa Run

This event is a Christmas themed social run. Participants have the choice to run or walk 2K, 3K or 5K with some refreshments afterwards in the Black and White Hall in the Lanyon Building. This will take place during our Campus Run.

Social Basketball

This is an 8 week social basketball programme open to all abilities. Whether you want to participate in social matches or practice your shooting abilities there is something for everyone. Each week you will be placed into a different team for the social matches to allow you to socialise with different participants on the programme.

Social Sport Taster Session

Do you want to find out what Active Campus has to offer? The Social Sport Taster session is an opportunity to find out information about the programme; what activities it has to offer and when programmes are beginning while also taking part in some social sport. At this event there will be a range social sport activities such as table tennis, badminton and volleyball which allows you to socialise with your friends and the opportunity to connect with other students.

Sports Club Welcome Night

Did you miss out on Fresher's Fair? A variety of QUB Sports Clubs will be coming to QUB Accommodation for an information session on how to get active and how to join a club of your choice. They will be in BT1, BT2 and BT9. This event is only for Students living in QUB Accommodation.

Staff Badminton

This is a 10 week social Badminton programme for QUB Staff Wellbeing. This programme is open to all abilities for those who have played before or this is their first time trying the sport.

Staff Football

This is a friendly mixed gender soccer league which runs for 10 weeks aimed at improving staff wellbeing. The first 2 weeks of this programme will be social football where players can change teams each week in preparation for the 8 week league which will begin from week 3.

Strength For All

Our Strength for all course will provide the perfect platform for you to achieve your fitness goals. Additionally, this course includes teaching you how to create your own workouts, empowering you to train independently and effectively in the gym beyond the course duration. We cater for all levels & abilities in course. This course is only for students living in QUB Accommodation.

Yoga U Roadshow

Are you wanting to find a way to de-stress without having to leave the main campus site? Yoga U Roadshow is designed to bring our relaxing yoga classes to the main campus site. Each week will be a different location which allows you to see different rooms around the university. In the class you will be led through progressive Yoga with modifications for all. It will challenge & increase your strength & flexibility, while focusing on relaxation & mindfulness. We cater for all levels & abilities in the class.

Yoga For Nurses

In this class you will be led through progressive Yoga with modifications for all. It will challenge & increase your strength & flexibility, while focusing on relaxation & mindfulness. We cater for all levels & abilities in the class. This programme is aimed at nursing students who will be primarily located in the MBC

Women's Only Social Football

This is a recreational women's only soccer programme which runs throughout the Academic year aimed at increasing participation in women. During this session you will have the opportunity to learn new skills and play social matches against other women. This is open to women of all abilities, whether you are new to soccer or previously have played both recreationally or competitively.

Women's Strength Programme

Our Women's strength course will provide the perfect platform for you to achieve your fitness goals. Additionally, this course includes teaching you how to create your own workouts, empowering you to train independently and effectively in the gym beyond the course duration. We cater for all levels & abilities in course. This course is only available for students living in QUB accommodation.

