

## Get involved

There are tremendous opportunities to get involved with sport at Birmingham for our students staff and members of our local community.

### Take Part

The University of Birmingham offers fantastic opportunities to students, staff and the community, to get involved in sport. Whatever your aims we have a wide range of services that will take part in sport and help you reach your fitness or health goals, no matter big or small.

The University's Try Sport initiative is also perfect for getting into the Olympic spirit as for 2011/12. We have teamed up with Gold Challenge, giving people chance to take on Olympic and Paralympic sports to raise money for their chosen charity.

Find out more [here \(/olympics/involved/take-part.aspx\)](/olympics/involved/take-part.aspx).

### Volunteering

Many Birmingham students take the opportunity to volunteer in the sporting environment, making a difference both on campus and out in the local community. Students gain knowledge and experience, develop transferable life skills and gain a level of personal satisfaction by helping others access sport and physical activity, but most importantly they have fun!

Check out what some of our students have been involved with on the projects page and find out what opportunities are available by visiting the [volunteer opportunities \(/olympics/involved/volunteering.aspx\)](/olympics/involved/volunteering.aspx).

### Coaching

The University provides a wide range of personal development opportunities for students and those working in sport. We link with external organisations to support a wide range of [courses and workshops \(/olympics/involved/coaching.aspx\)](/olympics/involved/coaching.aspx) through the year.

Courses range from first aid certificates to vocationally recognised qualifications such as Gym Instructor Awards, and specialist coaching workshops to full Level 2 coaching awards.