University of Birmingham

Sport

From sporting beginners to world-class athletes, **University of Birmingham Sport (UBSport) (http://www.sport.bham.ac.uk)** offers you the opportunity to participate in a sports programme to suit your skill level. You can get involved in any of our elite sporting clubs or simply try your hand at beginner classes across a range of activities.

Birmingham attracts athletes from across the world to study, train and compete. The University has been selected as the training camp for the Jamaican Track and Field Team for the London 2012 Olympics. Consequently, you can train with those who are already excellent, or simply get fit, feel healthier, have fun and meet new people.

> Over the last 16 years the British Universities and Colleges Sport has consistently ranked Birmingham in the top four sporting universities in the UK.

Whether you want to reach the top of your game or simply play for fun, you can do it all at Birmingham. We are a centre of excellence for many disciplines and our 43 sports clubs and teams attract around 2,000 student and staff members.

We offer extensive monitoring, analysis and guidance through our Performance Sport and Fitness Services; so whether you are aiming for London 2012 or your first 5k, we can keep you ahead of the competition.

If you want competitive fun without a big training commitment, our intra league programme covers a wide range of team sports including football, rugby, hockey, netball, futsal and basketball. We also run a huge variety of ‘Active Lifestyle’ fitness and sports classes throughout the year in everything from breakdancing, hula aerobics and trampolining to fencing, yoga and kickboxing.

© University of Birmingham 2014