



SPORT AND PHYSICAL ACTIVITY PLAN 2025-2030





ACKNOWLEDGEMENT OF COUNTRY

Monash University acknowledges that its Australian campuses and sports facilities are located on the lands of the Boonwurrung/ Bunurong and Wurundjeri peoples of the Kulin Nation. We pay our respects to their Ancestors, Elders and families, who are the traditional custodians of the land.



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A MESSAGE FROM THE DEPUTY VICE-CHANCELLOR (STUDENT EXPERIENCE)

Sport at Monash University has long been an integral part of the fabric of our institution and an important vehicle for facilitating campus interconnectedness and cohesion among our students, staff and broader community, while also providing the necessary mechanisms to improve their health and wellbeing.

Enhancing the student experience through physical activity and sport has been a core part of Monash life since the first cohort of students commenced at our Clayton campus in 1961.

Since then, we have welcomed thousands upon thousands of participants, athletes, supporters, families, coaches and professional staff across all Monash campuses, with demands for sport and physical activity continuing to grow and evolve over the past six decades.

Through our clubs, dedicated and qualified staff and state-of-the-art facilities, as well as our social competitions and industry-leading Learn to Swim and Water Safety programs, we strive to offer our community a positive, enjoyable and educational experience in every aspect of their sporting endeavours.

Monash's 35 affiliated sporting clubs, Fitness, Aquatic and Learn to Swim members total almost 10,000, with annual visitors to Monash Sport averaging 1.2 million. Whether playing at the elite level, taking part in wellbeing activities or supporting from the sidelines,



sport and physical activity hold tremendous benefits and play a significant role in our community's sense of belonging – from improving physical and mental health and building connections, to academic performance and personal development.

Following the launch of our inaugural *Sport at Monash Equity, Diversity and Inclusion Action Plan* in February 2025, this *Sport and Physical Activity Plan 2025-2030* outlines how we will foster an active University and boost diversity, inclusion and connectedness through sport and physical activity, encouraging our students, staff and broader community to lead healthy and fulfilling lives.

I look forward to seeing the outcomes of this important work over the next five years and beyond, as we continue Monash's proud tradition of building connections through sport, and realise our vision of a future where sport and physical activity serve as a catalyst for personal growth, academic success and community development for all.

Professor Sarah McDonald
Deputy Vice-Chancellor (Student Experience) and Senior Vice-President





1.2 million yearly visits to Monash Sport



10,438 members across fitness and aquatics



Social Sport competitions featured 500 teams, with more than 5,000 participants



100,000 hours of court hire, fostering meaningful connections



1,902 students enrolled in the Water Wise program



PLATINUM ACCREDITED

Life Saving Victoria Platinum Pool Accredited



35 sporting clubs engaging 5,587 members throughout the year



AUSactive

Quality accredited by the governing fitness body, AusActive

OUR VISION

A future where sport and physical activity serve as a catalyst for personal growth, academic success and community development, empowering Monash University students, staff and our local community to lead healthy and fulfilling lives.



SPORT AND PHYSICAL ACTIVITY AT MONASH

Monash University's Strategic Plan, *Impact 2030*, is driven by a commitment to social and technological transformation to meet the challenges of the age. A key part of this strategy is delivering an immersive student experience and fostering diversity and inclusion. Sport and physical activity play a vital role in achieving this by connecting students, staff, industry partners and community groups in ways that support health, wellbeing, and knowledge-sharing.

There is strong evidence of the benefits and linkages of physical activity for individual health, wellbeing and academic performance. Beyond personal gains, sport serves as a powerful unifying force, bringing together people from diverse backgrounds through shared experiences, strengthening communities and fostering leadership opportunities. We recognise and promote the full spectrum of sporting engagement, from large-scale participation events and informal activities to competitive club membership, valuing each equally.

Sport has long been part of Monash's tradition, helping build a sense of belonging and cross-cultural connections. Many Monash alumni have formed lifelong relationships through sport, and we continue to embrace new sports, activities and events that create opportunities for social engagement. Leadership development is another key focus, as sporting communities provide students with opportunities to cultivate skills that will empower them as positive influencers in their future careers.

Looking ahead, Monash is committed to fostering a University community where sport and physical activity plays a central role in wellbeing, inclusion and social connection for all. By engaging meaningfully with our community, we will support efforts to maximise the positive impact of physical activity, including its role in mental health. Our *Sport and Physical Activity Plan* is shaped by insights from across the University and outlines a clear direction through to 2030 about how we will enable a physically active community, enhance diversity, inclusion and connectedness, and amplify our impact through sport and physical activity.

We will report annually on our progress towards actions in our *Sport and Physical Activity Plan*, ensuring accountability and momentum.

HISTORY OF SPORT AT MONASH

Since Monash's establishment, sport has been an integral part of campus life, from informal and social sports to competitive sport clubs and supporting students competing at the elite level.

Some of the University's first clubs and societies included yoga, badminton, baseball, boxing, cricket, rowing, rugby union and swimming. Many of our sporting clubs today trace their roots back to the University's inception and have a proud tradition of building connections through sport and physical activity.

In 1965, the first sports building on our Clayton campus finished construction. This included two gymnasiums, an amenities block and four squash courts. Over the years, this has evolved into the state-of-the-art facilities available across our Caulfield, Clayton and Peninsula campuses.



Women's Intersivity Basketball team, 1966



Monash University Athletics Club - Intersivity Sydney, 1967

Monash University celebrated its first intersivity successes in 1966. These results were recorded in judo, skiing (men's and women's), women's basketball, badminton and golf. Intersivity sport was, and continues to be, an integral part of university life, fostering competition, camaraderie and excellence across a wide range of sports.



Judo classes, 1968



Student using a ski-jump and man-made snow near Halls of Residence, 1975



1. A PHYSICALLY ACTIVE MONASH

Goal: Increase participation in sport and physical activity.

The link between regular physical activity and health and mental wellbeing is well established. Numerous studies, including research undertaken by the Turner Institute for Brain and Mental Health, as well as Malagodi, F., Dommett, E.J., Findon, J.L., Gardner, B. (2024), have highlighted the positive impact physical activity has on mental health, stress reduction and cognitive function. These in turn improve wellbeing and academic performance, and support long-term quality of life in our communities.

Our sport and physical activity programs engage students, staff and community members across our campuses, with more than 1.2 million visits to our sport and exercise facilities each year. Thousands of students engage in organised sport through our clubs, social sport competitions and varsity programs annually. Our vibrant campuses also offer opportunities for physical activity, movement and informal sport. Our research shows that informal sport makes a valuable contribution to an individual's health and wellbeing and the wellbeing of communities (Jeanes, R., O'Connor, J., Penney, D., Spaaij, R., Magee, J., O'Hara, E. and Lymbery, L. 2023).

We are committed to providing opportunities for all our students, staff and the broader community to be active. This includes underrepresented groups such as women in sport. Our research shows girls and women can experience improved self-esteem, self-worth and confidence levels, as well as improved mental health, from sport and physical activity. Additionally, women participating in sport, especially traditionally masculine sports, challenge rigid gender norms and stereotypes (Bevan, N. 2020).

WE WILL:

1.1 Foster an institutional culture of physical activity.

1.2 Provide sport and physical activity programs in ways that encourage participation, individually and at scale.

1.3 Inspire a network of supporters, advocates and influencers to encourage participation in sport and physical activity.

1.4 Integrate opportunities for physical activity across our campuses.

1.5 Ensure sport and physical activity opportunities are included in campus master plans, and regular needs assessments are undertaken to ensure sport and physical activity facilities meet current and future demands.

1.6 Connect and integrate sport and physical activity with other health, wellbeing and academic supports and services.

2. DIVERSE AND INCLUSIVE COMMUNITIES

Goal: Create positive, inclusive experiences through sport and physical activity.

Diversity and inclusion are crucial in sport and physical activity as we foster a sense of equity, representation and empowerment. Everyone in our community should be able to feel safe to participate in sport and physical activity regardless of age, ability, socio-economic status, cultural background, ethnicity, gender or sexual orientation.

We are committed to creating a positive, inclusive and safe environment for all students, staff and community members to engage in sport and physical activity. We want all members of our community to benefit from sport and/or physical activity in ways that are accessible, safe and fun. We adopt inclusive approaches that harness the strengths of our diverse community to create opportunities for people to participate in ways that are meaningful and appropriate, and which support them to succeed at the University.

WE WILL:

2.1 Fulfil actions as outlined in the *Sport at Monash Equity, Diversity and Inclusion Action Plan 2025-2027*.

2.2 Reflect the diversity of our community through the sport and physical activity programs we provide, particularly for women, the LGBTIQ+ community and persons with disability.

2.3 Ensure sport and physical activity facilities, services and events are safe, inclusive and accessible.

2.4 Seek input from across our community to bring diverse perspectives to the development and renewal of sport and physical activity programs and facilities.

2.5 Through volunteering, internships and employment in the delivery of our sport and activity programs and services, provide training and skill development opportunities to our current students and staff.

2.6 Foster engagement opportunities with the local communities where Monash campuses are located by supporting the *Monash External Community Engagement Framework 2025-2030*.





3. A CONNECTED UNIVERSITY

Goal: Build connectedness and belonging through sport and physical activity.

Social connection has never been more important, with growing recognition of the benefits of connecting with others and developing relationships that support social and emotional wellbeing.

Sport, particularly social and team-based sport, provides valuable social opportunities and benefits. Participation in group sport and physical activity creates positive relationships between people and with the University that build a sense of connectedness and belonging. Sporting clubs and engagement with the external sports community also play an important role in building lasting bonds between our students, alumni and the broader community.

WE WILL:

- 3.1** Develop programs, activities and spaces that promote connections and interaction through sport.
- 3.2** Support Monash University as an employer of choice by delivering programs and services designed specifically to benefit the health and wellbeing of our staff.
- 3.3** Celebrate the contribution, leadership and sporting success of our community of students, staff and alumni.
- 3.4** Foster meaningful and long-term connections with the University through participation in sports and sporting clubs.
- 3.5** Explore opportunities to engage with our international campus network through sporting activity and events.
- 3.6** Foster relationships with local community groups that are aligned to our vision and goals for sport and physical activity.

4. ENHANCING OUR IMPACT

Goal: Enhance collaborations through sport-related education, research and thought leadership.

Sport plays an important role in our national culture, fostering a sense of identity. In addition to health, wellbeing and social benefits, sport also contributes to economic growth and international connections. It intersects with a wide range of the opportunities and challenges we face nationally and globally, such as epidemics in obesity and mental health; to social issues related to equality, equity and diversity; and with developments in technology.

As a leading university, we are ideally placed to contribute to and help address these issues. Where we have unique strengths in education and research, and in sport and physical activity, we can make a substantial impact in specific areas.

WE WILL:

4.1 Develop connections and promote opportunities to collaborate with sport and physical activity-related research in areas where the University is uniquely placed to drive impact.

4.2 Partner with faculties and departments to support co-curricular programs and events through the inclusion of sport and physical activity.

4.3 Collaborate with other universities and strategic community partners to share best practices in sport and physical activity management and governance.



ENABLERS

Our plan is supported by five enablers.



1. PLANNING AND GOVERNANCE

Effective planning and governance underpin how we focus our effort in ways that maximise the value of sport and physical activity across the Monash University community. In planning what we do, we aim to effectively and efficiently provide opportunities for members of the University community to engage in sport and physical activities in ways that best meet their interests and needs.

This plan supports the *Monash Student Experience Plan 2025-2028* by offering students opportunities to engage in campus life and fostering meaningful connections through sport and physical activity.

In addition, it aligns with the University's *Impact 2030* strategic outcome of creating an immersive student experience and has been created to work alongside other University initiatives, including the:

- *Sport at Monash Equity, Diversity and Inclusion Action Plan*
- *Aboriginal and Torres Strait Islander Framework*
- *External Community Engagement and Impact Framework*

These initiatives will help contribute to the delivery of a vibrant, inclusive and connected sport and physical activity experience at Monash, as well as contributing broader community benefits, congruent with the *National Sport Strategy 2024-2034*.



2. MONITORING AND EVALUATION

We adopt data-informed approaches to help focus effort and investment in ways that maximise our impact. We use a variety of data sources to monitor and evaluate our programs and facilities, and ensure that what we provide is valued and useful, and is aligned with University community needs and preferences.



3. FACILITIES AND ASSETS

We recognise that developing and maintaining facilities and spaces for sport and physical activity is important for campus life and the University community. We also recognise that, as a university, our overarching objective is to deliver impact through our education and research.

We will seek to balance our investment in sport facilities, spaces and equipment in ways that best align with and support our broader ambitions as a world-leading university. As we continue to expand and evolve as an institution, we will seek ways to best enable our community to engage in sports and physical activity, including through targeted investment in facilities and infrastructure, and through leveraging the facilities and assets on and around our campuses.



4. COMMUNITY INPUT

We seek input from across the University community on their perspectives, needs and preferences in sport and physical activity. We do this in a variety of ways, including in person and through digital channels, drawing on a breadth of views to inform what we do and how we do it. We actively seek feedback and use this as the basis for continuous improvement in how we work.



5. KNOWLEDGE SHARING

We work to develop and share knowledge about sport and physical activity to enable awareness and foster collaboration. Through networks across the University and beyond, we look to increase the impact we have within our community and across society.

MONASH UNIVERSITY SPORT AND PHYSICAL ACTIVITY PLAN 2025-2030

Vision	<p>A future where sport and physical activity serve as a catalyst for personal growth, academic success and community development, empowering Monash University students, staff and our local community to lead healthy and fulfilling lives.</p>			
Strategic Pillars	<p>1. A Physically Active Monash</p>	<p>2. Diverse and Inclusive Communities</p>	<p>3. A Connected University</p>	<p>4. Enhancing Our Impact</p>
Goals	<p>Increase participation in sport and physical activity.</p>	<p>Create positive, inclusive experiences through sport and physical activity.</p>	<p>Build connectedness and belonging through sport and physical activity.</p>	<p>Enhance collaborations through sport-related education, research and thought leadership.</p>
Actions	<p>1.1 Foster an institutional culture of physical activity. 1.2 Provide sport and physical activity programs that encourage participation, individually and at scale. 1.3 Inspire a network of supporters, advocates and influencers to encourage participation in sport and physical activity. 1.4 Integrate opportunities for physical activity across our campuses. 1.5 Ensure sport and physical activity opportunities are included in campus master plans, and regular needs assessments are undertaken to ensure sport and physical activity facilities meet current and future demands. 1.6 Connect and integrate sport and physical activity with other health, wellbeing and academic supports and services.</p>	<p>2.1 Fulfill actions as outlined in the <i>Sport at Monash Equity, Diversity and Inclusion Action Plan 2025-2027</i>. 2.2 Reflect the diversity of our community through the sport and physical activity programs we provide, particularly for women, the LGBTQIA+ community and persons with disability. 2.3 Ensure sport and physical activity facilities, services and events are safe, inclusive and accessible. 2.4 Seek input from across our community to bring diverse perspectives to the development and renewal of sport and physical activity programs and facilities. 2.5 Through volunteering, internships and employment in the delivery of our sport and activity programs and services, provide training and skill development opportunities to our current students and staff. 2.6 Foster engagement opportunities with the local communities where Monash campuses are located by supporting the <i>Monash External Community Engagement Framework 2025-2030</i>.</p>	<p>3.1 Develop programs, activities and spaces that promote connections and interaction through sport. 3.2 Support Monash University as an employer of choice by delivering programs and services designed specifically to benefit the health and wellbeing of our staff. 3.3 Celebrate the contribution, leadership and sporting success of our community of students, staff and alumni. 3.4 Foster meaningful and long-term connections with the University through participation in sports and sporting clubs. 3.5 Explore opportunities to engage with our international campus network through sporting activity and events. 3.6 Foster relationships with local community groups that are aligned to our vision and goals for sport and physical activity.</p>	<p>4.1 Develop connections and promote opportunities to collaborate with sport and physical activity-related research in areas where the University is uniquely placed to drive impact. 4.2 Partner with faculties and departments to support co-curricular programs and events through the inclusion of sport and physical activity. 4.3 Collaborate with other universities and strategic community partners to share best practices in sport and physical activity management and governance.</p>
Enablers	<p>1. Planning and governance 2. Monitoring and evaluation 3. Facilities and assets 4. Community input 5. Knowledge sharing</p>			



Uni Nationals Varsity Rowing team, 2024

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