SPORTS
A natural part of Chalmers life

How we aim to lower stress, improve study results and increase student health.
Studying at Chalmers can be hard.

It is regarded one of Sweden’s best universities with its world class education. That is why physical activities are vital for learning and recreation.

Photo: CFFC
Illustration: Mikael Oskarsson
PHYSICAL ACTIVITY INCREASES...

- General circulation
- Blood flow to the brain
- Levels of endorphins and noradrenaline

POSITIVE EFFECTS FROM EXERCISE

Regular exercise can result in decreased stress and mood levels and more efficient learning, which are three essential pillars to manage your studies in the best possible way. Chalmers is a national sports university and need to develop as such in order to become the obvious choice for students who exercise.
DURING THEIR TIME AT CHALMERS, WE WANT ALL MEMBERS TO BE ABLE TO...

➤ Combine exercise with studies
➤ Discover new sports
➤ Access to physical activities on campus
➤ Become inspired to exercise

Chalmers should be the evident choice if you are a student and athlete.
ASSIGNED WORK-OUT TIME AND ONSITE SPORTS

As a student at Chalmers, physical activities are as native as the educational programs. All students have allocated time for exercise in their schedule to engage in sports activities so as to make exercise a priority.

Creating healthy habits
During the reception, all freshmen receive a membership in our student owned facility Fysiken during their first year. In the same way that you get into a study routine, you will get into a workout routine. This creates a healthy study and recreational balance and is a good foundation for managing your studies.

A sense of community
After class, Emilia and Emil can choose to watch the Chalmers Championship in handball at the brand new campus gym hall at Mossen, meet up Chalmers Studentkårs Idrottsällskap CIS, for a good interval workout on the track and field arena or just a quick swim in the union pool.
When Emilia was to choose a university, Chalmers was the given choice. She did not want to quit football just because she was to pursue becoming an engineer.

Chalmers championship in soccer
After her class, Emilia sets out for the union football field at Mossen to practice with her team. They are preparing for the Chalmers championship that will take place soon.

Gala dinner
Emilias team is aiming for gold in the finals and the stands will be filled with spectators at the arena. She and her team will receive their prize at the annual sports gala, where all Chalmers championships efforts will be commended. It is a grand event with representatives from the industry, inspirational speakers and a finishing grand banquet.
FULL SIZE HALL
2029

Tournaments, more sports, and players simultaneously. A full-size hall will provide more options for students to choose health and be part of the community that sports offer. A hall on campus reduces unnecessary travels and costs for bookings at other facilities and increase the chances of more people doing sports.

In the hall, sports can be united with research and studies. A TrainingLab for world class sports research can be incorporated and student can choose TRACKS courses with laboratory activities here. This would make Chalmers the obvious choice for students who are passionate about sports.

If Chalmers had scheduled physical activity, would you use it to exercise?

71% ja
29% nej
At Chalmers, physical activities are a natural part of student life.