



CHALMERS  
STUDENTKÅR

# 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 edu-  
cation. That is why physi-  
cal activities are vital for  
learning and recreation.***

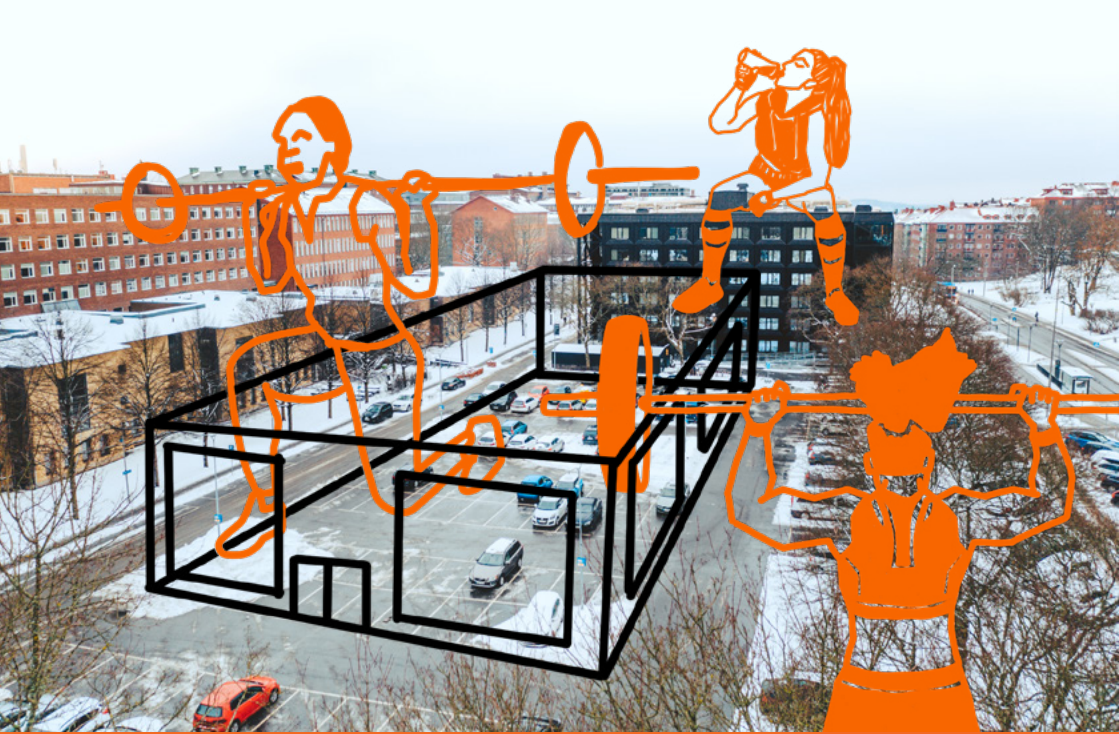


## **PHYSICAL ACTIVITY INCREASES...**

- 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.***

# the Vision



## **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 Idrottssällskap CIS, for a good interval workout on the track and field arena or just a quick swim in the union pool.





## ***TRAINING MAKES CHALMERS THE NATURAL CHOICE***

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.

29%



71%

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



climbing yoga races  
running training  
teams camps  
accessible outdoor  
information basketball gym  
cross country skiing



*Vision*

***At Chalmers, physical activities are a natural part of student life.***