

**UNNC Sport:  
Activity Matrix**

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Key		'Making sport work for everyone, ensuring an enjoyable experience for lifelong participation'		
Offered	✓			
Not offered	✗			
In the process of developing	?			
Name of Activity / Sport (in alphabetical order)	ENGAGE (recreational programmes and one-off events aimed at beginners, or those who want less of an informal commitment to sport/exercise)	CLUB (aimed at those seeking more social and regular structured sport and/or informal competitions)	EXCEL (representative sport for those student athletes selected to compete at city, provincial and national levels for UNNC)	PE (compulsory programme for all Year 1 and 2 mainland Chinese students, as stipulated by the Ministry of Education)
Aikido	✓	✗	✗	✗
Animal Flow	✓	✗	✗	✗
Archery	✓	?	?	✓
Athletics	✗	✗	✓	✗
Badminton	✓	✓	✓	✓
Ballet	✓	✗	✗	✗
Barre Fitness	✓	✗	✗	✗
Basketball	✓	✓	✓	✓
Bin Dao	✗	✗	✗	✓
Boxercise	✓	✗	✗	✗
Boxing	✗	✓	✗	✓
Brazilian Jiu Jitsu	✓	✓	✗	✗
Canoe Polo	✓	✗	✗	✗
Caving	✓	✗	✗	✗
Canyoning	✓	✗	✗	✗
Chess	✗	✓	✓	✗
Chinese Classic Dance	✓	✗	✗	✗
Circuit Training	✓	✗	✗	✗
Climbing/Bouldering	✓	✓	✓	✓
Climbing(Outdoor)	✗	✓	✓	✗
Cycling (Indoor)	✓	✓	✗	✓
Cycling (Outdoor)	✗	✓	✗	✗
Cycling & Running Fitness	✓	✗	✗	✗
Fencing	✓	✗	?	✓
Football	✓	✓	✓	✓
Golf	?	✗	✗	✗
Happy Dance	✓	✗	✗	✗
HIT	✓	✗	✗	✗
Hiking	✓	✓	✗	✗
Ice climbing (Outdoor)	✗	✓	✓	✗
Karate	✗	✓	✗	✗
Kendo	✗	✓	✗	✗
Kettlebell	✓	✗	✗	✗
Kung Fu	✓	✗	✗	✗
Mountaineering	✗	✓	✗	✗
Pilates	✓	✗	✗	✗
Paragliding	?	✗	✗	✗
Pump It Up!	✓	✗	✗	✗
Rollerblading	✗	✓	✗	✗
Rowing (Indoor)	✓	✓	✓	✓
Rowing (Outdoor)	✓	✓	✓	✗
Rugby	✓	✓	✗	✓
Running	✓	✗	✗	✗
Sailing	✓	✗	✗	✗
Sanda	✗	✗	✗	✓
Self Defence	✓	✗	✗	✗
Skateboarding	✗	✓	✗	✗
Skating/Snowboarding	✓	✗	✗	✗
Spinning	✓	✗	✗	✗
Squash	✗	✓	✓	✓
SUP (Stand Up Paddleboarding)	✓	✗	✗	✗
Surfing	✓	✗	✗	✗
Table Tennis	✓	✓	✓	✓
Taekwondo	✗	✓	✗	✗
Tai Chi	✓	✗	✗	✓
Thai Boxing	✓	✗	✗	✓
Tennis	?	✓	✓	✓
TRX Suspension Training	✓	✗	✗	✗
Ultimate Frisbee	✗	✓	✓	✓
Volleyball	✗	✓	✓	✓
Via Ferrata	✓	✗	✗	✗
Woodhall	✗	✗	✓	✓
Wakeboarding	?	✗	✗	✗
White Water Kayaking	✓	✗	✗	✗
Wind Surfing	?	✗	✗	✗
Yoga	✓	✗	✗	✓