

# SDG #3: GOOD HEALTH AND WELL-BEING

## 3.3.3. Shared Sports Facilities

### 1. Shared Sports Facilities

#### Unit of Athletics

The Office of Student Life's Athletics Unit hosts various sports activities and programs, enhancing students' skills under expert guidance. They can utilize a modern sports complex, including indoor lounges, a pool, and a gym. The unit prioritizes health awareness, creating an environment that complements education and sporting aspirations. Moreover, the university offers free access to multiple community organizations, partner schools, and government entities. Additionally, university staff's family members can enjoy complimentary access to sports facilities on weekends.

<https://www.ajman.ac.ae/en/student-life/office-of-student-life/athletics>



#### Alumni access to AU Sports Complex

As part of our commitment to the good health and well-being of our students, alums, and community, the Office of Development has collaborated with the Unit of Athletics to provide free access to its sports complex during the designated hours.

<https://alumni.ajman.ac.ae/page/services>



## Winter Fest 2022

As part of Ajman University's Winter Fest 2022, 'Bringing you closer to the Community,' the Athletics Unit organized sports activities for two groups of junior and senior students belonging to schools in Ajman and other Emirates in the UAE. The sports activities were held from December 19 - 21, 2022.

<https://www.ajman.ac.ae/en/news/2023/encouraging-athleticism-in-the-community-at-au-winter-fest-2022>



## 2. Sports Facilities at Ajman University Campus

### Indoor football court



### Outdoor Football ground



### Table Tennis corner



## Cricket Ground



## Fully Equipped Gymnasium – Male and Female



## Basketball Court



## Swimming Pool



## Multi-Purpose Hall



### 3. Sports activities and Physical Health initiatives at Ajman University

#### Winner of the 'Healthy Sports Campus' Competition by the Arab University Sports Federation

In January 2022, Ajman University was awarded the bronze level by the Arab University Sports Federation (Arab USF) in its 'Healthy Sports Campus' competition. The award emphasizes the importance of integrating physical health and well-being through sports in all aspects of a university's campus to improve the lifestyle of students and the surrounding community.

<https://www.ajman.ac.ae/en/news/ajman-university-is-a-proud-winner-in-healthy-sports-campus-competition-by-arab-university-sports-federation>



#### Ajman University Holds Series of Interviews with Sports Stars

The Unit of Athletics in the Office of Student Life at Ajman University (AU) held a session as part of the Student Athlete Series, featuring student athlete Humaid Hassan Al Matroshi. The aim of the event was to promote the importance of sports, encourage student participation and enhance sports at the university.

<https://www.ajman.ac.ae/en/news/2022/ajman-university-holds-series-of-interviews-with-sports-stars>



## Ajman University Hosts ‘The Best Exercises for Senior Emiratis’ Event

20 local seniors gathered for an hour of fitness session that included several exercises and healthy living conversations organized by the Unit of Athletics under the Office of Student Life at Ajman University (AU). The event aims to promote positivity and mental health throughout the sessions.

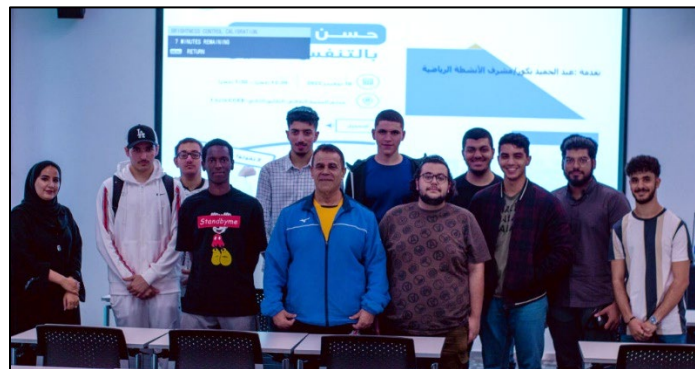
<https://www.ajman.ac.ae/en/news/2022/ajman-university-hosts-the-best-exercises-for-senior-emiratis-event>



## Ajman University Hosts “Improve Your Health with Deep Breathing” Workshop for Its Students

The Unit of Athletics under the Office of Student Life at Ajman University (AU) organized a deep breathing exercise session on campus, led by Mr. AbdulHamid Bakour, Sports Activities Supervisor at AU. The session was aimed at promoting the behavioral and physical health of the participants. 40 students learned deep breathing techniques for stress reduction and relaxation. It will teach them to incorporate breathing exercises into their daily lives.

<https://www.ajman.ac.ae/en/news/2022/ajman-university-hosts-improve-your-health-with-deep-breathing-workshop-for-its-students>



## Online Aerobics Session for Hostel Students

The Student Housing Office in coordination with the Office of Student Life organized an online aerotensity class for hostel occupants during the mid-term examinations period. The aim of this online activity was to minimize any stress experienced by students and to play an active role in keeping them physically fit and active.

<https://www.ajman.ac.ae/en/activity/2022/online-aerobics-session-2021-2022>

<https://www.ajman.ac.ae/en/activity/2023/sports-day-and-salad-making-competition>

