

Welcome to BSc (Hons) Sport and Exercise Science



Welcome Letter

Congratulations on receiving an offer to study with us! The information contained in this welcome letter is designed to give you a brief flavour of the content of the Sport and Exercise Science degree you have chosen to study, and the preparation that you can undertake to get ready for your studies. Have a browse and if you have **any** questions about your studies with us, please get in touch.

Saul Cuttell - Course Leader for BSc (Hons) Sport & Exercise Science:
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Course overview

The Sport and Exercise Science degree has been designed to introduce you to the study of sport from a multidisciplinary perspective. The course focuses on key study areas throughout each year – you will study modules related to: physiology, sport psychology, anatomy, biomechanics, fitness training, research methods, and nutrition. We place a particular emphasis on understanding the factors that contribute to optimum sport performance.

An important feature of our degree is the way we utilise our strong relationships with local sport/exercise organisations to help you to study sport and exercise science in a 'real world' context and not just in the classroom. You will be regularly asked to consider how you can shape your studies towards your preferred career pathway. We will work with you to help develop your employability skills and your voluntary experience, so you will be excellently placed to progress into a relevant career once you graduate.

Pre-arrival activity

A key strength of our course is how we develop knowledge and technical skills relevant to supporting performance athletes/teams. To help prepare for the course have a look at organisations involved in supporting high-performance athletes/teams (e.g. English Institute of Sport: <https://www.eis2win.co.uk/>). You could then consider the following:

- What does the organisation do? Who do they support? How do they go about supporting athletes? Who do they employ?
- Does the organisation have development or work placement opportunities that you would be interested in, for the future?
- Many of these types of organisations offer support services for athletes/teams – have a browse of: <https://www.eis2win.co.uk/resources/> to see the types of support offered to current athletes/teams.

Materials required – what you will need

To make the most of your studies, you'll find it much easier if you have a laptop/tablet to use in class. You may have elected to receive a free one of these as part of your induction package. You will increasingly be expected to use such devices as part of the learning process. For example, you may be asked to search for information online as part of class activities or you may be asked to complete work prior to a class and then discuss your findings with your tutor and fellow students. If you don't have access to a laptop/tablet, then don't worry. The University has a stock of laptops available for students to borrow.

A central part of our course involves practical/laboratory sessions that help you develop your understanding of important issues discussed in class – particularly related to the scientific measurement and analysis of key performance variables. We offer Sport departmental kit that you are able to purchase soon after you arrive and although this is optional we would recommend you buy at least one piece of kit for practicals or external visits. All practicals require you to wear suitable sports kit.

Finally, we will be in touch again before September with further information and a couple of things for you to do before you arrive. In the meantime, enjoy the summer and please don't hesitate to get in touch with me if you have any questions.

Saul Cuttell

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2018 Welcome Week Timetable - BSc Sport & Exercise Science

You will be advised when your 10 minute 1:1 tutorial will be during welcome week by your Personal Tutor (PT)

Time	Monday 24 th September	Tuesday 25 th September	Wednesday 26 th September	Thursday 27 th September	Friday 28 th September
9am			Subject orientation		
10am		<p>Expectations of University Life</p> <p>Group 5 - 10.30 – 11am Senate (SN) 101 Student academic support & TBA</p>	<p>Group 1 - 9am – 12pm Senate (SN) 203 Saul Cuttell</p> <p>Group 2 - 9am – 12pm Senate (SN) 202 Mark Antrobus</p> <p>Group 3 - 9am – 12pm Senate (SN) 303 Brendon Skinner</p> <p>Group 4 - 9am – 12pm Senate (SN) 214</p>		
11am		<p>Expectations of University Life</p> <p>Group 4 - 11.30 – 12pm Senate (SN) 208 Student academic support & Rob Lyon</p>			<p>Are you ready? Senate (SN) 101</p> <p>Group 1 - 11am – 11.30am Saul Cuttell</p> <p>Group 2 - 11am – 11.30am Mark Antrobus</p>

			<p>Rob Lyon</p> <p>Group 5 - 9am – 12pm Senate (SN) 305 TBA</p>		<p>Senate (SN) 101</p> <p>Group 3 - 11.30 – 12pm Brendon Skinner</p> <p>Group 4 - 11.30 – 12pm Rob Lyon</p> <p>Group 5 - 11.30 – 12pm TBA</p>
12pm					
1pm					
2pm		<p>Expectations of University Life</p> <p>Group 1 - 2pm – 2.30pm Senate (SN) 101 Student academic support & Saul Cuttell</p> <p>Group 2 - 2pm – 2.30pm Senate (SN) 101 Student academic support & Mark Antrobus</p>			<p>Academic, digital and employability skills</p> <p>Group 1 - 1pm – 4pm Senate (SN) 110 Learning Library Services, Changemaker team & Saul Cuttell</p> <p>Group 2 - 1pm – 4pm Senate (SN) 105</p>

		<p>Group 3 - 2.30pm - 3pm Senate (SN) 101 Student academic support & Brendon Skinner</p>			<p>Learning Library Services, Changemaker team & Mark Antrobus</p>
3pm				<p>Induction, Social belonging, Team building</p> <p>Group 1 - 3pm – 6pm Senate (SN) 205 Saul Cuttell</p> <p>Group 2 - 3pm – 6pm Learning Hub (LH) 323 Mark Antrobus</p> <p>Group 3 - 3pm – 6pm Senate (SN) 310 Brendon Skinner</p> <p>Group 4 - 3pm – 6pm Senate (SN) 306 Rob Lyon</p>	<p>Group 3 – 1pm – 4pm Learning Hub (LH) 115 Learning Library Services, Changemaker team & Brendon Skinner</p> <p>Group 4 – 1pm – 4pm Learning Hub (LH) 113 Learning Library Services, Changemaker team & Rob Lyon</p> <p>Group 5 – 1pm – 4pm Learning Hub (LH) 128 Learning Library Services, Changemaker team & TBA</p>
4pm					
5pm				<p>Group 5 - 3pm – 6pm Learning Hub (LH) 125</p>	

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