

Welcome 2021



BSc Sport and Exercise Science

Welcome to the University of Northampton

We would like to take this opportunity to welcome you to your studies at the University of Northampton. The purpose of this document is to help you prepare for coming to study with us and give you an opportunity to meet members of your programme team as well as other students who've chosen the same course. We want to make sure that you are inspired, anchored, prepared, and enabled to succeed.

Through engaging with our welcome and induction activities you will get to know your super-supportive tutors, have a chance to make new friends and be able to access what you need to know and do to start studying successfully. Ultimately, we want you to feel confident about how you will learn.

This Welcome Pack covers the following key areas:

- A welcome message from your Programme Leader
- Details of online Welcome and Induction sessions scheduled during the second half of August and the first three weeks in September
- Technical information to make joining these sessions as easy as possible
- What happens during Welcome and Induction Week – meeting with your Personal Tutor and other University-wide events

Welcome – Your Programme Leader

Hi all, my name is Saul Cuttell and I am the Programme Leader for Sport and Exercise Science at Northampton University. We are a super supportive team at the university and we truly want to help you get the degree you want and deserve. Therefore we have put on a few online sessions over the summer to try and help you ease into the process smoothly. But please read on as all will become clearer. I hope you are ready for the start of a very exciting course and year here at Northampton University. If you do have any questions, please do come back to me on Saul.Cuttell@northampton.ac.uk

Welcome and Induction Online Sessions

We would like to invite you to join members of your subject and programme team, and other students joining you at the University of Northampton this year for an online welcome and induction experience in the weeks leading up to the start of term. The details of your programme specific experience are as follows:

Getting to Know You Session 1	Date:	20 th September
	Time:	1pm – 2pm
	Link:	https://eu.bbcollab.com/guest/a16abd567a7c40dbb42181374690ced2
Introduction to Learning and Teaching on your Programme Session 2	Date:	21 st September
	Time:	1pm – 2pm
	Link:	https://eu.bbcollab.com/guest/7376f471d0c341cab6e5b8eae4c6a226
Supporting Your Success Session 3	Date:	22 nd September
	Time:	1pm – 2pm
	Link:	https://eu.bbcollab.com/guest/037a39e7a6b6426a9d66a8c1f2deb4fb

If you are a **Joint Honours student**, don't forget to check out both subject areas and join the different sessions for each subject.

Preparing you for Learning and Teaching at Northampton

Learning and teaching at the University of Northampton is designed to help you take control of your own learning, using small group teaching, team-working and one-to-one tutorials that allow learning to take place in face-to-face environments and using carefully crafted digital experiences. To help you prepare for this personalised approach to learning, our welcome and induction activities are designed to introduce you to our learning technologies so that you are ready to go for the start of term. Through engaging in some preparatory work before our live sessions, you can think about some of the questions you might have and have opportunities to explore the many ways in which you are supported. You can also meet the other students on your programme.

Technical Support

As part of our welcome and induction, we would like you to engage with us using our online tool, Blackboard Collaborate. It is broadly similar to using Skype or Zoom, which you may have come across before. You will be able to join your Welcome and Induction sessions as a guest, meaning that you do not need to create an account in order to participate.

Using Collaborate

- 1) [Test whether your browser will work with Collaborate](#)
- 2) Review the [student guide to using Collaborate](#)
- 3) Test Collaborate by visiting our test 'classroom' to address any technological challenges. This classroom will be available 24/7 from now until the end of September. You can [join the classroom now](#) and follow the instructions to test your audio and video functions.

If you are still experiencing difficulties, please call our on-site team for further help: +44 (0)1604 893333.

LinkedIn Learning

Once you become a student at the University of Northampton, you will also have access to a wealth of online technical support through [LinkedIn Learning](#) so you can improve your digital skills any time, any place.



What Happens in Welcome Week?

The first week of the semester is devoted to a range of activities that will help you to meet the rest of the students on your course, the people who will teach you and allow you to familiarise yourself with what you will be studying and the facilities you will use.

A separate timetable of events is provided for this week which will tell you where you need to be and at what time. There will also be plenty of other staff and student ambassadors around to make sure that you find your way to the right things.

Each student is allocated to a [Personal Tutor](#) (PT) and you will have an opportunity to meet with them during the first week. If you are a Joint Honours student, you will be in a tutor group with other students who share one of your subject areas. The PT meeting would be a good opportunity for you to discuss any questions you may have about personalised support if you haven't already contacted those teams directly. Please know that you can also get in touch with your Personal Tutor directly should you need to. Your PT will tell you more about how to do this.

At the University of Northampton, our Personal Tutors meet regularly and frequently with their tutees, both in group and in 1-to-1 sessions. They will help you to reflect on how your studies are going and explore actions you can take to maximise your chances of success.

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Welcome Week Timetable 27th September to 1st October 2021

(Subject to change. Please check Programme NILE site after enrolment for the latest version)

Time	Monday 27 th September	Tuesday 28 th September	Wednesday 29 th September	Thursday 30 th September	Friday 1 st October
10-11am				Sport & Exercise Science (SES) Team building activities. 4G Pitch and Sports Dome.	
11-12noon			Sport & Exercise Science (SES) Introduction to the course (Room TBC in online sessions on 20 th , 21 st and 22 nd Sept)	Sport & Exercise Science (SES) Team building activities. 4G Pitch and Sports Dome.	
12-1pm			Meet your personal tutor (PAT: Room TBC in online sessions on 20 th , 21 st and 22 nd Sept)	Meet your personal tutor (PAT: Room TBC in online sessions on 20 th , 21 st and 22 nd Sept)	
1-2pm					

Action points:

1. Please make a note of the date and time of the online sessions mentioned previously and please attend the online sessions 1, 2 and 3.

2. Please read the above welcome week timetable and make a note again of the date and time and where you need to be (room information will be relayed to you all in the online sessions).
3. If you have any questions, please get in touch with Saul Cuttell at Saul.Cuttell@northampton.ac.uk