

**Welcome 2021**



**BSc Sport Coaching**

# 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



Welcome to the Sport Coaching degree. We are delighted to have you with us and hope that you will have a fantastic three years with us. My name is Dr Emma Buxton and I am the Sport Coaching Lecturer here at Northampton as well as the Programme Leader for the course. My team and I are looking forward to welcoming you to Northampton and we have some fun activities planned for welcome week. In this booklet you will find the information you need to prepare for your degree and for welcome week. I have included a timetable of events running up to Welcome week and a Timetable of events that will happen during Welcome week. At the back of the booklet you will find some tasks that you can do prior to arriving at Northampton if you would like to.

## 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:

<b>Getting to Know You: Introduction to Learning and Teaching on your Programme</b> Session 1	Date:	Thursday 9 <sup>th</sup> September
	Time:	4-5pm
	Link:	<a href="#">Click here to join the session</a>
<b>Supporting Your Success</b> Session 2	Date:	Thursday 16 <sup>th</sup> September
	Time:	12-1pm
	Link:	<a href="#">Click here to join the session</a>

## 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.

## **Here are some tasks for you to have a go at...**

### **Getting ready for university:**

Use our New Students web page <https://www.northampton.ac.uk/student-life/new-students/> here you will find lots of information that you need to start with us. Your task is to work through the pre- arrival check list to support you with everything you need for your arrival. <https://www.northampton.ac.uk/student-life/new-students/before-you-arrive/>

### **Course Welcome Padlet:**

A Padlet is a little bit like a notice board with post it notes on. But online. We often use Padlets in our teaching sessions to start discussions, share ideas and build on topics as we research. Have a look at the course welcome Padlet and feel free to add some comments before our first welcome meeting as we learn a little more about each other. <https://uon1.padlet.org/emmabuxton/m4m5okzd53sv51hx>

### **An Introduction to Sport Coaching:**

<https://www.ukcoaching.org/resources/topics/expert-opinions/old-school-maybe-they-had-it-right-and-we-should-g>

Have a look at this article from UK coaching written by Sports Psychologist who reflects on the pandemic and how it has affected our coaching styles and relationships with athletes. Reflect upon your own experiences during the last year and think about whether you agree or disagree with him?

### **Sport and Exercise Psychology**

Have a look at these resources as an introduction to sport and exercise psychology.

<https://www.thinglink.com/scene/1331585662708613122>

[Rebranding sport and exercise psychology for the 21st century \(thinkperformance.org\)](https://www.thinkperformance.org)

[#103 Gareth J Mole - The Future of Sport Psychology – The Sport Psych Show – Podcast – Podtail](#)

## **The Social Context of Sport and Exercise**

Please click on the link to the resource below which introduces the sociology of sport. Reflect on why you think studying the sociology of sport could be an important component to excel in a future career as a sports coach working in the community?

<https://www.thinglink.com/scene/1322860833532805123>



## 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.

## Sport Coaching

Welcome Week Timetable 27<sup>th</sup> September to 1<sup>st</sup> October 2021

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

Time	Monday 27 <sup>th</sup> September	Tuesday 28 <sup>th</sup> September	Wednesday 29 <sup>th</sup> September	Thursday 30 <sup>th</sup> September	Friday 1 <sup>st</sup> October
10-11 am	Central activities all day	Central activities all day		Sport Coaching – Meet Your Personal Tutor <b>Room - TBC</b> A group session where we meet as a programme to get ready for next week: - Enrolment - Nile access - Timetables - Where am I going?	
11-12 noon					Online Personal Tutor Sessions – Meet the second and third years. Session Link: <a href="#">Join Here</a>
12-1pm				Team activities on the 4G Pitch and in the Sports Dome- Sports kit advised	
1-2pm					
2-4pm					