

Welcome 2021



**BSc (Hons) Sport Rehabilitation and
Conditioning**

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

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 Rehabilitation and Conditioning degree you have chosen to study, and the preparation that you can undertake to get ready for your studies. I am **Brendon Skinner - Programme Leader for BSc (Hons) Sport Rehabilitations and Conditioning**

If you have any queries prior to starting with us feel free to contact me via

Email: brendon.skinner@northampton.ac.uk

Alternatively you can find out more about the course and begin to network with our existing students by following our course Instagram page **@uon_sportrehab**

We are really excited by the way our degree is developing as we look to develop you as sports rehabilitators from a multidisciplinary and multi-skilled perspective. The course focuses on key study areas throughout each year – including modules related to: anatomy, physiology, sport massage and mobilisation, injury assessment and treatments, athlete screening, injury prevention, strength and conditioning, research methods and performance enhancement. An important feature of our degree is the way we utilise our strong relationships with industry to help you to study in a 'real world' context and not just in the classroom. We will work with you

to help develop your employability skills and your voluntary experience (**you are required to accrue a minimum of 400-hours during the course**), so you will be excellently placed to progress into a relevant career once you graduate.

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:

Session 1 Advice for maximising your summer What to expect on this course	Date:	12 th August 2021
	Time:	11am-12pm
	Link:	Session 1 online portal link
Introduction to Learning and Teaching on your Programme Session 2 What will my teaching and learning look like	Date:	6 th September 2021
	Time:	11am-12pm
	Link:	Session 2 online portal link
Late Arrivals / final Q's Session 3 A catch up session for those unable to attend 1 or 2; joined late through clearing or have last min Q's	Date:	10 th September 2021
	Time:	11am-12pm
	Link:	Session 3 online portal link

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.

What can I do to be ready over the summer?

Many students worry about the step up to University level of study – there is no need to, we are here to help and strive to make sure you are supported as best as you can be. Some really useful resources for you to look at in preparation for this course are listed and linked below. We don't expect you to know all of this content, but it is there to help you familiarise yourself with subjects you will be covering in your first term, and help you hit the ground running.

1. [Get Body Smart](#) - an interactive anatomy site (take a look at the Skeletal, Muscular and Muscle Physiology sections)
2. [Physio Tutors](#) – this YouTube channel has lots of brilliant videos covering many injury assessment techniques we will teach you
3. [Sports Injuries](#) – this website has some really good information on how to identify the different types of injuries you will learn about

Looking at these for just 1-hour a week could be really helpful for you!

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?

Welcome Week is **REALLY IMPORTANT** and your attendance is expected. 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)

Monday 27 th September	Tuesday 28 th September	Wednesday 29 th September	Thursday 30 th September	Friday 1 st October
Central activities all day	Central activities all day	10am-12pm – Room Creative Hub 210 Group 1 CH210 Meet the team & each other Are you ready for next week? - Enrolment - Nile access - Timetables Where am I going?	9am-11am Meet your PAT - Allocated 1to 1 session to meet your personal tutor - Times and locations to be confirmed	
			11am-12pm Team Building / Getting to know you activities - Sports Hall - 4G	
Central activities all day	Central activities all day	1pm-3pm – Room Creative Hub 210 Group 2 CH210 Meet the team & each other Are you ready for next week? - Enrolment - Nile access - Timetables - Where am I going?	1pm-3pm Meet your PAT - Allocated 1to 1 session to meet your personal tutor Times and locations to be confirmed	