



East Park Terrace
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www.solent.ac.uk

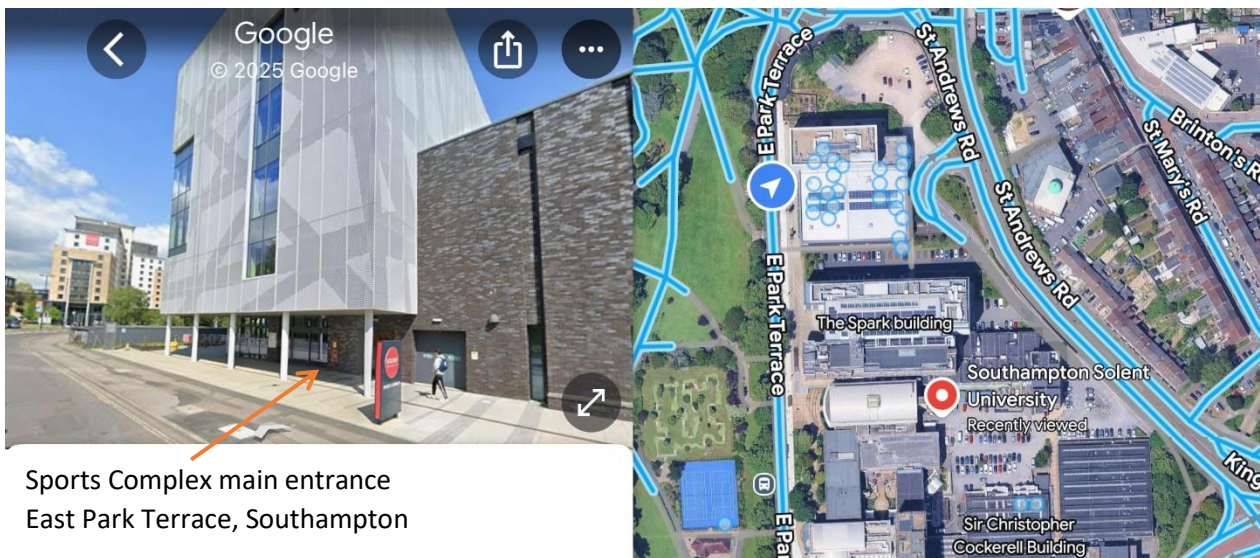
MSC STRENGTH AND CONDITIONING

Hello Solent MSc S&C Student!

Sounds good, doesn't it? You are about to embark on a fantastic journey of postgraduate education to become a Master of Science. I want to take this opportunity to welcome you to the MSc Strength and Conditioning course here at Southampton Solent University. The entire postgraduate course team and I really hope that this will be an exciting, challenging and valuable chapter in your development. This letter will provide you with some information to help you arrive ready.

POSTGRADUATE WELCOME DAY – FRI 19 SEP 2025 – WELCOMING YOU IN SEPTEMBER

Starting on **Friday 19 September 2025** we have a day of activities to help you get settled into university life. This Welcome Day will begin on Friday 9:00am for the initial welcome talk and course induction, located in the Sports Complex (entrance to Sports Complex on East Park Terrace; What3Words location **///fetch.cling.sports**). Meet in the reception entrance at 8:50am and we will go up to the 3rd floor biomechanics lab for 9am.



Sports Complex main entrance
East Park Terrace, Southampton

Throughout the day there will be talks and activities for you to get involved with to really help you settle in. Make sure you bring some **training kit** as we will be doing a practical session!



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KEY DATES FOR THIS ACADEMIC YEAR

Postgraduate Welcome Day: Friday 19 September 2025 – intro sessions to help you prepare

Start of Semester 1: Monday 22 September 2025 – Your MSc lessons begin on Friday 26 Sep

Winter Break: Final day of term – Friday 12 December 2025

Winter Assessment Period: Monday 5 to Friday 16 January 2026

Start of Semester 2: Monday 19 January 2026 – Your MSc lessons begin Friday 23 Jan

Spring Break: Monday 30 March until Friday 10 April 2026

Spring Assessment Period: Monday 27 April to Friday 15 May 2026

Start of Semester 3: Monday 18 May 2026 – summer semester modules begin, but no lessons

Summer Assessment Period: Monday 10 August to Friday 28 August 2026

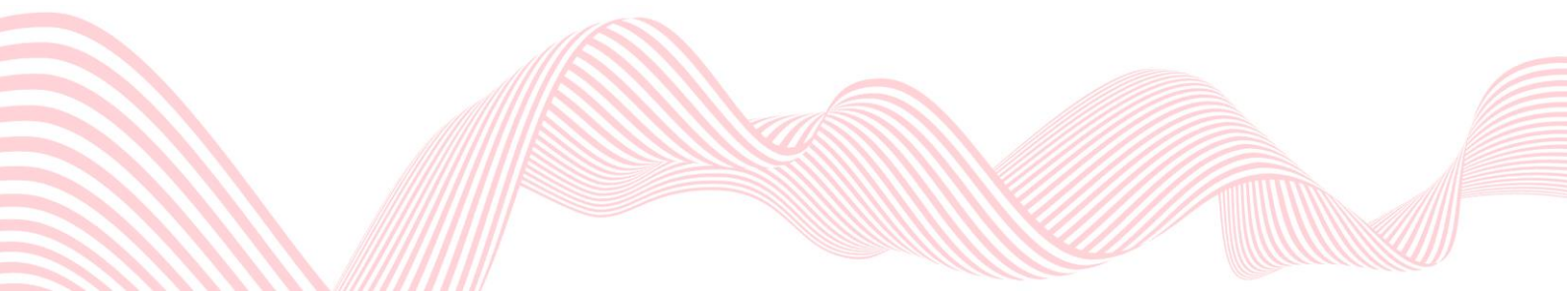
Graduation: 2nd week of July 2027 for full-time students, July 2028 for part-time students

TO DO BEFORE YOUR SEPTEMBER START

Before you begin in September, there are some course-specific actions you should take regarding organising placements and ordering Solent branded sports kit.

PLACEMENTS

As part of your postgraduate degree, you are required to complete a placement module. In addition, we believe that applying knowledge is the best way to learn so we want our students to be coaching S&C as much as possible. To support you, we can offer everyone placement hours with our Sport Excellence Programme athletes who are Solent students that are performing at national or international standard. You can lead the sessions if you feel comfortable or assist if you are less confident or experienced. We also have opportunities to support our BUCS teams and athletes, as well as a number of external clubs that we have connections with. However, we would also like you to start trying to find your own external placements. Start now by listing what experience you are looking for, what sports you would like to work with? Then list who you know, or who they might know. Most placements are not advertised officially and often go to people who ask at the right time or happen to know someone who can recommend them. We will of course help but see what you can find too!





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SOLENT SPORTS KIT

As you will be representing the University during placement and community events, we negotiated special rates with our partners at Serious Sport. You can click [solent-sport-courses](#) to order and pay for your kit directly on the website - consider a top (shirt/polo) as a minimum.

Please note there is a lead time; it would be ideal to place your order before Sunday, 23 August 2026 to have your kit ready for your arrival during welcome week.

DBS

Due to the nature of the work that you will carry out as part of your studies, a Disclosure and Barring Service (DBS) check is a mandatory requirement for your course. Even if you have undertaken one previously you still require a new one before starting your course.

Please follow the instructions below and ensure you have completed the process before you begin your course (please note that the online process may take 8-10 weeks to complete, so it is advised to start this early).

Self Registration

You can register to access our online application service if you have been given an Organisation ID and Access Code.

Organisation ID

ORG-CNQ1QPGS

Access Code

Sports1234

Email



I'm not a robot



reCAPTCHA
Privacy • Terms

Requirements: You must have an active and accessible email address.

Please use your course link to start the DBS process: [MSc Strength and Conditioning - DBS](#)

Organisation ID: ORG-CNQ1QPGS

Access code: Sports1234

When you click on the link, your screen should look like this. Please add in the 'Organisation ID' and 'Access Code' listed above if they are missing. You can then continue by adding your email address and clicking next.

Once you have completed your online application you will be advised on next steps. The verification process means you must present your chosen documents to an appointed verifier at the Post Office. They will need to certify that these documents are valid in support of your DBS application in line with



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the DBS code of practice (please note there will be a small administration charge for this which you will need to pay for, however, the University will cover the cost of the DBS).

You can find your nearest Post Office providing this service by visiting the [Post Office website](#).

WE LOOK FORWARD TO MEETING YOU!

Thank you for choosing to come to Solent University and to study MSc Strength and Conditioning, I am sure you will enjoy the experiences that will last with you for the rest of your life! If you have any questions, please do not hesitate to contact us.

