



East Park Terrace
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www.solent.ac.uk

BSC (HONS) SPORT AND EXERCISE SCIENCE

Hello and welcome to Southampton Solent University!

The Sport and Exercise Science team at Solent University are delighted to take this opportunity to welcome you to the course. They hope you have a rewarding and memorable time whilst studying with us. This letter will provide helpful information on this year's Welcome (Induction) Week activities, ranging from statutory kit to DBS checks and from timetables to tasks. This will enable you to arrive ready and fully prepared.

WHEN IS WELCOME WEEK?

This year's Welcome Week runs from 9am on Monday 21st September 2026, until 5pm on Friday 25th September 2025. Semester one teaching begins on Monday 22nd September 2025. Your first Welcome Week session will be the course introductory meeting at **9am on Monday 21st September**. This session will start promptly at 9am in SB2002 (2nd floor of Sports Complex), so please ensure that you arrive on time, as there is a lot of information to cover. You will have the opportunity to meet the rest of your course cohort and some of the key staff running the course and find crucial information regarding the rest of the week and the forthcoming semester.

WHAT HAPPENS DURING WELCOME WEEK?



Your welcome week timetable will show what your planned activities are. Some will be on campus, in person, while others will occur online. This format will reflect the approach taken by most of your semester one module. The activities will include a series of independent and group academic tasks (e.g., essay writing and presentations), allowing the teaching team to gauge your current ability level and gain insight into the expectations of studying at university. In addition to the academic tasks, you will participate in a series of 'team building' activities designed to help you interact with other cohort members and develop a

sense of course and university identity. Some of these sessions will be led by our second and third-year students, which will allow you to ask questions about the course and life as a student. Finally, several 'central' activities (e.g., Student Services Introduction, virtual library tour, etc.) will occur online and should be completed throughout your first week. These will help you understand the resources and services available to you at the university.



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WHAT DO YOU NEED TO DO IN PREPARATION FOR WELCOME WEEK?

In preparation for this year's Welcome Week, you will need to complete the following:

- Log onto the university system and ensure you pre-enrol (your pre-registration details will be sent to you via a separate email once this has been completed).
- View the Sport and Exercise Science course Solent Online Learning (SOL) page and review the resources posted on it (see the IT log-in details from the university)
- Complete the DBS process (see the details below).
- Order the statutory sports kit (see the details below).
- Ensure that you can take notes – pen and paper, iPad, etc.
- Download the MS Outlook and MS Teams Apps to your phone and laptop.
- Attend with a positive attitude, in sports kit and get stuck in from day one.
- Check out the course Instagram page @solent_sport_exercise_science



ACCESSING YOUR TIMETABLE FOR WELCOME WEEK

You can access your Welcome Week timetable after completing your pre-registration online and gaining access to **Solent Online Learning (SOL)**. When you arrive, we will provide a more detailed Welcome Week timetable with information on the week's activities. In addition, you will be directed to the student handbook and meet members of staff who teach the course. Furthermore, you will meet some second and third-year students who will be able to share their experiences and give you an insight into student life at Solent.

Timetabled sessions are scheduled throughout the week, and you are expected to attend them. Please ensure you are available between 9:00 and 17:00. The timetable has been designed to reflect a typical teaching day. The more 'socialised' into university life, the greater the likelihood of higher attendance, engagement, and attainment.



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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-007YWC70

Access Code
Science

Email

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

Please use your course link to start the DBS process:

[BSc \(Hons\) Sport & Exercise Science – click here](#)

Organisation ID: **ORG-KHD6C50Z**

Access code: **Science**

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, then enter your personal email address.

Once you have completed your online application you will need to print out the barcoded sheet and take this along with your documents to a Crown Post Office. 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



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documents are valid in support of your DBS application in line with 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](#).

IT EQUIPMENT

Some of you may purchase a new laptop before starting university. If you do, please **DO NOT buy a Chromebook**, as these are incompatible with some of the software you will use while at university. A Windows-based laptop or a MacBook would allow you to download the required software. If you have any questions, please get in touch.

GET INVOLVED, NOT SIMPLY A DEGREE!



Sport and Exercise Science is one of the most popular degree areas to study within the UK. The competition for jobs upon graduation is challenging. Therefore, to increase your employability, it is essential that you gain experience as well as a degree. School visit days, athlete testing, and training are one way to improve your experience. An alternative approach is to volunteer for staff and student research projects. Therefore, all first-year students can volunteer as participants in research projects. This is a perfect way to begin engaging with the research process at an early stage, enabling you to hone your research skills as you develop. By volunteering for research projects, you can gain insight into designing and conducting research to help you prepare for your final-year research project. The final-year students will be asking for volunteers throughout the year, and we encourage you to volunteer to help support their research.



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Please do not hesitate to contact me with any other questions regarding the course or induction requirements. In the meantime, Dr Francesca Gwynne (Course Leader) and I look forward to welcoming you to the University in September.

Best wishes,

Lee

Dr Lee Bridgeman

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