



Welcome Week September 2026

BSc (Hons) Health, Nutrition and Exercise Science

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	09:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00
Monday 21st September 2026	Welcome Talk	Head of School Welcome Talk	Campus Tour		Expectations and Life as an Undergrad		1 to 1 with course leader	Course Social (meet your new friends)
	TS201	Performance Sports Hall - SB1020	TS009		TS210		TS009	Location TBC 4pm til late!
Tuesday 22nd September 2026	Using AI in academia	5 Ways to Wellbeing Session	1 to 1 with course leader			Clinical Exercise Lab Introduction		Enrolment and Campus Card Issue
	TS212	TS212	TS009			SB3002A		TS111
Wednesday 23rd September 2026				Life as an International Student in Southampton				
				Palmerston Lecture Theatre (International students)				
Thursday 24th September 2026		Solent Wellbeing	Gym/Nutrition Session		Freshers Fair		NHS Registration	
		In house work experience and job opportunities TS210	SB4002 / SB4003		Sports Building		TS101	
Friday 25th September 2026			Learning Technologies Induction	Student Visa Advice and Compliance Talk	Library Induction	Consent & Bystander Training	Support Services	
			Click Here	LT1 (International students)	Click Here	Click Here	Click Here	

A - Michael Andrews building	LT - Lecture Theatre in Michael Andrews building
CC - Sir Christopher Cockerell building	RM - Reginald Mitchell building
HC - Herbert Collins building	SB - Solent Sports Complex
JM - Sir John Everett Millais building	TS - The Spark building
Colour Key:	On-campus activities Online activities (mandatory) Optional

Optional Activities:	
NHS Meningococcal B Vaccination Pop-Up Clinic TS008 Monday 21st & Wednesday 23rd 9:00 - 17:00	Welcome BBQ The Quad Tuesday 22nd 12:30pm - 2:30pm