



Welcome Week September 2026

BSc (Hons) Sport 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	Course Led Activity			Course Led Activity	DBS Issues	
	SB2002	Performance Sports Hall - SB1020	SB2002			SB2002	SB3002B	
Tuesday 22nd September 2026	Team Building Exercise		NHS Registration		Meeting			
	Sports Hall 1+2		TS101		SB2002			
Wednesday 23rd September 2026	Enrolment and Campus Card Issue	1-1 with Tutors			Library Induction	Debrief	Support Services	
	TS111	1-1 session will be arranged with tutors during Tuesday debrief			Click Here	Click Here	Click Here	
			International Students - Life in Southampton Palmerston Lecture Theatre					
Thursday 24th September 2026	Course Lead Activity		Course Led Activity	Freshers Fair		Learning Technologies Induction	Debrief	
	SB2002		LT2	Sports Building		Click Here	Click Here	
Friday 19th September 2025	Drop In Session	Consent Bystander Training		Student Visa Advice and Compliance Talk	Course Social Task			
	SB3002B	Click Here		LT1	Details will be confirmed on Monday 15th Sept			

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
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