



East Park Terrace
Southampton
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Tel: +44(0)23 8201 3000
www.solent.ac.uk

BSC (HONS) HEALTH, NUTRITION AND EXERCISE SCIENCE

“We produce confident, skilled professionals who excel in the field of health, nutrition, personal training, and clinical rehabilitation.”

May I firstly congratulate you on securing a place on the BSc (Hons) Health, Nutrition and Exercise Science degree at Southampton Solent University and wish you a warm welcome to the Department of Sport and Health. The course team hope you have a rewarding and memorable time whilst studying with us. This letter should provide you with all the information on the requirements for your course in advance, so you arrive ready and fully prepared.

Your Welcome Week will begin on **Monday 21 September at 9am** and consists of a series of compulsory sessions designed to prepare you for the degree ahead. You will also have opportunities to meet and interact with your fellow students, members of staff who teach on the course, as well as to finalise any necessary administrative tasks.

Timetabled sessions will run throughout the week so you should ensure you are available to attend all of these. Your Welcome Week timetable will be made available to you so please ensure you pay attention to it and give yourself plenty of time to arrive at each event.

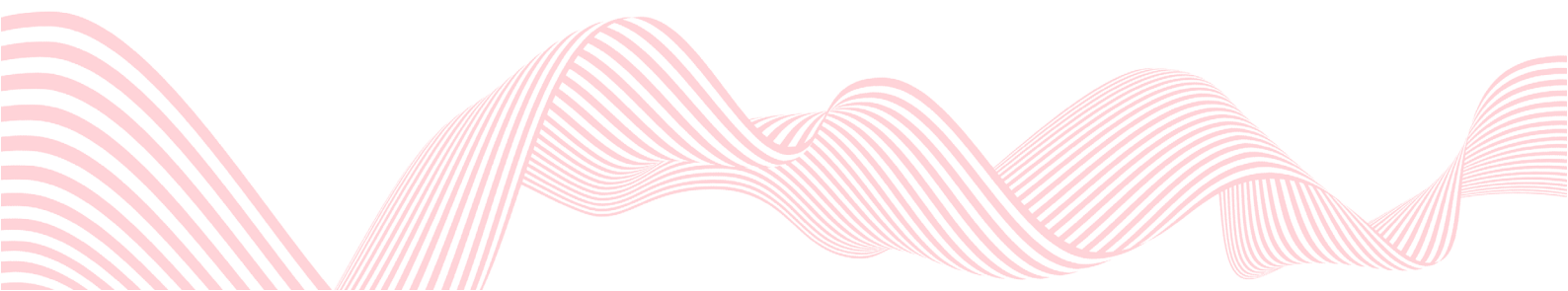
ADDITIONAL INFORMATION

During your first year you will undertake the professional qualification in Gym Instruction endorsed by the Chartered Institute for The Management of Sport and Physical Activity (CIMSPA). This certification is needed for you to progress through your course and essential for gaining employment within the industry and we have secured this qualification for you free of charge (if you already hold the qualification, please ensure you bring along the relevant certificate as you may be exempt from certain assessments).

Please note that you are expected to wear appropriate and clean sportswear for all your gym practical sessions to maintain professional standards. This year I am pleased to announce that Solent University will buy your kit for you! That's right, as you are a new student we will provide you with an initial free kit bundle from i-TEX.

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.





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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.

STUDY TIPS AND INDEPENDENT LEARNING

It can be daunting making the transition from Further Education to Higher Education. Students find that much more independent learning is required compared with their previous studies. Many students are also faced with the additional pressures of living alone for the first time or moving to a new country.

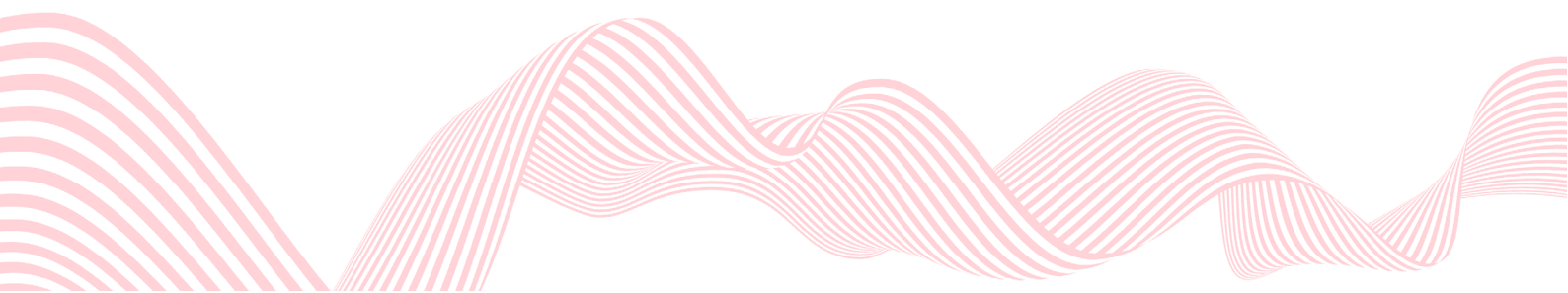
The key to making this transition smoother is preparation. Once you have received your Solent Online Learning (SOL) log-in details in August, we would like you to take some time to read up on the study skills required for life at university. The [Succeed@Solent](#) pages on Solent Online Learning cover a range of useful topics, including time management, referencing, planning and structuring assignments, revision planning and academic writing.

For this course it is expected that all students should spend two hours on independent and guided study for each contact hour or as directed by academic staff. Contact teaching includes all scheduled lessons and tutorials with your course team.

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.





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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-YWKAKWC9

Access Code

Sports1234

Email

☐ I'm not a robot

reCAPTCHA
Privacy - Terms

Next

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

Please use your course link to start the DBS process: [BSc \(Hons\) Health, Nutrition & Exercise Science - DBS](#)

Organisation ID: ORG-YWKAKWC9

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 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](#).

ANY QUESTIONS?

Coming to university will be a busy time for you and you may have a variety of questions about the university, the course, or life as a student. You can contact the Student Hub at any point during the academic year. They are based in "The Spark" building but can also be contacted on 023 8201 5200 or via student.hub@solent.ac.uk. You might also wish to refer to our [Frequently Asked Questions page](#).

I would like to wish you every success in achieving the best result you possibly can, as well as an enjoyable time whilst studying at Solent University.



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Yours sincerely,

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