

SPORT, HEALTH AND SOCIAL SCIENCES

INDUSTRY-FOCUSED COURSES AT
SOUTHAMPTON SOLENT UNIVERSITY

www.solent.ac.uk







WELCOME

Based in the heart of Southampton on the UK's south coast, Solent is an open, friendly and inclusive university with around 12,000 staff and students.

We were voted one of the UK's most creative universities in the *Which? University* 2013 and 2014 student polls, and we have a strong focus on allowing our students to explore the boundaries of professional practice.

As for Southampton, it's a vibrant and modern city with something to offer everyone, and at our city-centre East Park Terrace campus you'll be right in the middle of it. We're surrounded by spacious parks – ideal for everything from a kick-about to stretching out in the sun.

With around 36,000 students living in the city, there's always something going on. Big name DJs, the latest bands and West End theatre productions all come here.

And if you're into sports, Southampton offers both Premier League football

and cricket at county and international level. The city's also home to a whole host of sports facilities, including Solent's own St Mary's Leisure Centre.

We're currently in the middle of an exciting period of development, with our latest multi-million-pound building project – the Spark building – now completed. As well as great new teaching facilities, the new building provides students with an exciting, modern and environmentally friendly space for social events, teaching, exhibitions and shows.

Our new sports building is due to open in summer 2019, adding two new sports halls, three fitness studios, a health and wellbeing gym, a strength and conditioning gym and further high-quality teaching facilities to the campus.

All the best of Southampton is within easy walking distance of campus and our student residences – restaurants, bars, nightclubs and one of the biggest shopping centres in the south are just minutes away. If you prefer something more cultured, there are countless museums, galleries and theatres. And when you want something different, the beautiful New Forest, Isle of Wight, south-coast beaches and even France are all within easy reach.

Just 75 miles from London, Southampton has excellent transport links by road, rail and air. Visitors from overseas or major UK cities can fly directly into Southampton International Airport, while London is just 90 minutes away by car or train.



NEW £28 MILLION PURPOSE-
BUILT SPORTS BUILDING
OPENING IN SUMMER 2019





HEALTH AND SOCIAL SCIENCES

- Biomedical sciences labs
- Nursing simulation suite
- Nutrition labs
- Psychology labs – as you learn, you'll benefit from access to Solent's dedicated psychophysiological recording equipment, eye-tracking facilities and psychology labs.



SPECIALIST FACILITIES AND EQUIPMENT

SPORT AND FITNESS

- You'll have access to our multi-million-pound Test Park football centre and FA coaching venue, which boasts a multi-purpose, all-weather, full-size 3G sports pitch, Wessex League floodlit football stadium and six football and rugby pitches.
- We have invested £1.3 million in sport and exercise facilities, including fully equipped modern and BASES-accredited physiology lab as well as psychology, biomechanics, and health and exercise laboratories.





“

I love the opportunity to help children develop life skills through coaching and education. ”

Matthew, BA (Hons) Sport and Physical Education student



NGB coaching awards, REPs registration and other qualifications available alongside your studies



High-performance support for elite student athletes – see page 8 for more details



Specialist sport science labs, including a **BASES-accredited physiology lab**



Great opportunities for **work experience**, including working in community, school and high-performance environments



Accredited courses recognised by professional bodies and associations



SPORT AND FITNESS

Sport and fitness are playing an ever more important role in people's lives, from recreational participation to international sporting events.

Maybe you're interested in understanding how to motivate and support others, empowering people to improve their lives through exercise in order to keep fit and achieve their goals. Perhaps you could work one-to-one as a personal trainer, support and train a professional athlete or coach a youth sports team.

If you're fascinated by the science behind the sport, you might want to explore how the human mind and body behave under pressure or learn how they can be trained to improve performance. The ability to conduct research, analyse complex data and suggest practical applications for your findings can open many doors.

Perhaps you live your life for football and want to build your career around the beautiful game. Solent is Southampton FC's official partner and a haven for football enthusiasts – enjoying an international reputation for excellence in football subjects.

Solent's sports, fitness and science facilities are second to none, too. As a student you can have access to industry-standard biomechanics and psychology labs that are fully equipped for professional-level research and experimental work, a specialist training gym where you can work with real-world clients, and our BASES-accredited physiology lab.

You can also benefit from the University's links with industry through consultancy projects, community and voluntary work, live projects, internships and part-time work opportunities. We also offer a range of industry-recognised awards and accreditation to work towards, complementing your studies and really helping your CV stand out from the crowd.

THE HIGH PERFORMANCE ACADEMY

Indulge your passion for sport while advancing in your academic career.

The Solent Sport High Performance Academy supports high-level sporting students who want to balance their university studies with their sporting careers. Eligible students must have outstanding ability in a Sport England-recognised sport. You will already be competing on an international/national stage or show strong evidence of your potential. The programme provides financial support and one-to-one mentoring.

To find out more about the High Performance Academy, including the different levels of support, benefits, eligible sports and how to apply, go to www.solent.ac.uk/sport

You can download an application form from the Solent website or contact the high-performance manager.

Tel: +44 (0)23 8201 3277

Email: high.performance@solent.ac.uk





Kelly Simm, BSc (Hons) Applied Sport Science student, High Performance Academy, Team GB gymnast

Commonwealth Games gold medallist Kelly Simm joined Southampton Solent University in 2014, studying BSc (Hons) Applied Sport Science. Part of Southampton Solent's High Performance Academy (HPA), Kelly represented Team GB at the World Gymnastics Championships in Glasgow in October 2015, where the team won its first ever world team medal. After the team's superb performance at Glasgow, Kelly and the Team GB girls were then able to attend trials for Rio 2016.

"I've been involved in sport from a young age – I can't remember my life without it, so it's always been such

a massive part of my life," said Kelly. "And sport science is something I'd always thought about doing. I applied to Southampton Solent because the course and facilities looked great, and the lecturers and staff seemed really helpful and supportive about my sport.

"The High Performance Academy definitely made my decision about coming here easier. After hearing about it I felt I would be able to cope with the demands of both training and uni with its help. The HPA gives so much support to athletes – all the staff are so good at what they do and are so passionate about trying to help us all.

"They help in so many different ways – financially, with study support, with soft tissue treatment and physio. They are always here if you need anything, and they have been amazing at helping communicate with lecturers and adjusting my timetable so I am still able to keep up 30 hours of training a week.

"Sport is seen to be really important at Solent and everyone is really supportive of each other. I love being an HPA athlete. It's nice to have those people who are going through the same kind of thing as you are in terms of having to balance training and university."



Paul Laslett, director of Brightside Personal Training, employs graduate Alex Yates

Alex Yates, Brightside Personal Training – BSc (Hons) Fitness and Personal Training graduate

"Alex was very proactive. That's a big thing, to show initiative and make yourself stand out from all the other graduates. When I first met Alex, I could tell we were going to get on. Not only was he very knowledgeable but he was really passionate about personal training. It shows commitment to study for three years."

"The course gave me all the tools I needed for personal training. It was a great way to build the practical side, as well as the knowledge that underpins what you're doing and why you're doing it. Working with clients on a one-to-one basis in a professional setting in the gym gives you a really good idea of what it's going to be like in the industry."



Daniel Feist, head of cricket operations,
Essex Cricket – BA (Hons) Sports Studies
graduate

"My studies at Southampton Solent University were built around the needs of employers in the sports industry. Learning was driven by real-life examples and live briefs from within the industry itself, and we were able to put the coaching qualifications we earned into practice straight away through the University's links with the local community.

"After graduating, the network of contacts that my tutors encouraged me to build helped me to secure work at Essex County Cricket Club, where I am now head of cricket operations. This is a dream role for me, as I get to help shape the future of one of my favourite sports and work alongside players who compete at the highest level."



I am honoured to be able to put my name, and lend my experience, to a research centre which offers a wealth of knowledge and expertise which, both now and in the future, will benefit the football industry enormously.

Lawrie McMenemy MBE
Centre President

LAWRIE MCMENEMY CENTRE FOR FOOTBALL RESEARCH

Solent – a hub of expertise in the beautiful game

The Lawrie McMenemy Centre for Football Research (LMCFR) brings together academics with expertise in areas as diverse as business and management, coaching and psychology. Working in conjunction with the League Managers Association, the centre provides training for major names in the game including FIFA, the Football Association, the Premier League, the Football League and many of the 92 professional clubs. The centre has been hailed as 'world class' by the Minister for Sport and is recognised as a major centre for football research and consultancy services in the UK.

More information about the LMCFR can be found at www.solent.ac.uk/lmcf

"The football studies degree has given me the perfect exposure to work in football and has helped me prepare to work in a wonderful industry."

Marlon Fahy, scouting department, Chelsea FC

"My degree at Solent without doubt helped me to get this job. I gained a better knowledge of what was needed to work within a professional football club and an understanding of what I wanted to do after I graduated."

Mark Gamble, football education officer, Southampton FC

"The football studies degree gave me exposure to a range of opportunities. From internship connections to guest lectures, the course helped me achieve a better understanding of what working within football entailed. It drove me to work hard to develop my practical and theoretical knowledge of football."

Sam Hall, analyst, Manchester United FC



Lawrie McMenemy Centre for Football Research




INSTITUTE OF FOOTBALL
MANAGEMENT & ADMINISTRATION


SOLENT'S FOOTBALL FOOTPRINT

Since the first graduates of Solent's football courses left the university in 2006, they've found roles at top clubs all around the UK. Here are just some of the clubs where Solent alumni have been making an impact:


PREMIER LEAGUE




Arsenal




Bournemouth




Brighton and Hove Albion




Chelsea




Crystal Palace




Huddersfield Town




Leicester City




Liverpool




Manchester City




Manchester United




Newcastle United




Southampton




Tottenham Hotspur



Watford



West Bromwich Albion



West Ham United

CHAMPIONSHIP



Barnsley



Birmingham City



Brentford



Cardiff City



Fulham



Leeds United



Millwall



Norwich City



Reading




Sheffield Wednesday




Wolverhampton Wanderers


LEAGUE ONE




AFC Wimbledon




Bristol Rovers




Charlton Athletic




MK Dons




Northampton Town




Oxford United



Plymouth Argyle



Portsmouth



Southend United

LEAGUE TWO



Barnet



Crawley Town

NATIONAL LEAGUE



Aldershot Town



Dagenham and Redbridge



Wrexham



“

My lecturers are very helpful and nice, easy to talk to – and they’re always trying to make the lectures as fun and engaging as possible. ”

Mark, BSc (Hons) Psychology (Counselling) student



Work shadowing and volunteering opportunities in the criminal justice system



Regular optional **study visits**, including to US criminal justice agencies



Dedicated **psychology labs**



Practical learning placement opportunities with local councils



HEALTH AND SOCIAL SCIENCES

Discover what makes people behave and think the way they do with this exciting range of interdisciplinary courses.

You have the aptitude for a career in health or social sciences and you're keen to learn the skills for the job.

With great employment prospects, you're making a good call. The NHS, social services, police force and probation services are all major employers of health and social science graduates.

You'll find openings in community, not-for-profit and private enterprises, in areas ranging from sports and wellbeing promotion to performance support for athletes.

There's also an interesting and rewarding career path within biomedical science and the study of human disease.

We'll make sure you're exactly what the sector is looking for. You'll use industry-standard facilities, ranging from nursing simulation suites and experimental cubicles to cutting-edge sport science laboratories.

Our academic teams have vast industry and teaching experience, and thanks to our close industry links and guest lectures, your teaching will always be informed and current.

Many of our courses are accredited by bodies such as the British Psychological Society, which means you'll be able to gain additional professional qualifications alongside your degree.

Be confident about your career prospects. You'll be a graduate in demand. Two thirds of new psychology graduates are employed within six months. And the Royal College of Nursing and Royal College of Midwives say that the UK needs 20,000 extra nursing staff and 3,500 more midwives.



PC Jeanette Denton, Southampton Solent University
Engagement Officer, Hampshire Constabulary –
BA (Hons) Criminology graduate

"The variety of modules, flexibility of learning experience and lecturer knowledge in the field was amazing.

"My course gave me a good grounding and insight into criminology-related subjects at work.

"Uni life was a great experience all round. Studying certainly makes you feel more confident in completing CVs and applications.

"The main focus of my job is geared towards crime prevention in the local community, raising awareness of

certain issues, identifying patterns of criminal behaviour and responding to them. I also work with the partner agencies to ensure that we are engaging with the local community. I enjoy my job – every day is different."



Sonya, BA (Hons) Social Work student

"I chose to study at Southampton Solent because the University is right in the heart of a vibrant, student-friendly city.

"The course was rated highly in comparison to those offered by other universities, and I found the interview process to be far friendlier and more relaxed than others that I had been to. The tutors were approachable and enthusiastic, which made me feel really positive about accepting my place here.

"I have thoroughly enjoyed the last two years; I have had two placements

within the mental health field, which at first I felt apprehensive about because I had no experience at all, but now I can't think of another area of social work that I would like to work in more. Through my placements I have met some amazing and inspiring people, and working with service users and other professionals has been an invaluable learning experience.

"My time on campus has also been positive; we have had the opportunity to interact with guest speakers and professionals, which has contributed to our learning.

"I've also had time to settle into student life and get to know my peers, who are now some of my best friends.

"I would recommend the social work course at Southampton Solent University as it has made me view society from a range of perspectives, and it has given me some invaluable and positive experiences. Although it is often very challenging, I have realised how rewarding it is to help vulnerable people live their lives as happily and as independently as they can."



OUR COURSES

HEALTH AND SOCIAL SCIENCES	UCAS tariff points	Work placement opportunity	Foundation route available
UNDERGRADUATE			
BSc (Hons) Adult Nursing Practice	112	Y	
BSc (Hons) Applied Human Nutrition	112	Y	Y
BSc (Hons) Biomedical Science	112	Y	
BA (Hons) Criminal Investigation with Psychology	112	Y	Y
BA (Hons) Criminology	112	Y	Y
BA (Hons) Criminology and Psychology	112	Y	Y
BA (Hons) Health and Fitness Management	112	Y	Y
BSc (Hons) Health, Nutrition and Exercise Science	112	Y	Y
MSci Mental Health and Psychological Wellbeing	128	Y	
BSc (Hons) Psychology	112	Y	
BSc (Hons) Psychology (Child Development and Education)	112	Y	
BSc (Hons) Psychology (Counselling and Mental Health)	112	Y	
BSc (Hons) Psychology (Forensic and Psychopathology)	112	Y	
BA (Hons) Social Work	112	Y	
BSc (Hons) Sport and Exercise Psychology	112	Y	Y
POSTGRADUATE			
MSc Criminology and Criminal Justice	*		
MA Human Resource Management	*		
MA Personnel and Development	*		
PgD Personnel and Development	*		





SPORT AND FITNESS	UCAS tariff points	Work placement opportunity	Foundation route available
UNDERGRADUATE			
BA (Hons) Adventure and Outdoor Management	112	Y	Y
BSc (Hons) Applied Sport Science	112	Y	Y
BSc (Hons) Fitness and Personal Training	112	Y	Y
BA (Hons) Football Business Management	112	Y	Y
BA (Hons) Football Studies	112	Y	Y
MSci Football Science	128	Y	Y
BA (Hons) Health and Fitness Management	112	Y	Y
BSc (Hons) Health, Nutrition and Exercise Science	112	Y	Y
BA (Hons) Physical Education	112	Y	Y
BSc (Hons) Sport and Exercise Psychology	112	Y	Y
BSc (Hons) Sport and Exercise Therapy	112	Y	Y
BA (Hons) Sport Coaching and Sport Development	112	Y	Y
BA (Hons) Sport Management	112	Y	Y
BSc (Hons) Sport Performance Coaching	112	Y	Y
POSTGRADUATE			
MSc Athletic Development and Peak Performance	*		
MA Football, Development and Business Management	*		
MA Sport Development and Management	*		
MA Youth Sport and Physical Education	*		
PGCert Football Development	*		
PGCert Sport Development	*		
PGCert Youth Sport and Physical Education	*		

* Refer to admissions for entry requirements

HOW TO APPLY

Southampton Solent University code name: **SOLNT**

Southampton Solent University UCAS code: **S30**

www.ucas.com





EXTRAS

OUR STUDENT RESIDENCES

We have well-equipped student residences with fantastic study bedrooms, right in the city centre and only a short walk from the main campus. For more information, visit www.solent.ac.uk/accommodation

FEES AND FINANCE

Worried about the cost of going to university? There's plenty of support on offer to ensure that financial circumstances don't stop you from gaining a higher education. For more information, visit www.solent.ac.uk/finance

52 THINGS

Prepare for university in less than an hour each week with our tips, guides and quizzes.





For more information, visit www.solent.ac.uk/52-things



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