


SOLENT
UNIVERSITY
SOUTHAMPTON



SPORT AND FITNESS

TEF Silver Teaching
Excellence
Framework



WANT TO MAKE
A CAREER OUT
OF SPORT?
WE'VE GOT THE
RIGHT COURSE
FOR YOU



YOU'RE KEEN, COMMITTED AND HAVE AN APTITUDE FOR SPORT AND FITNESS

Now you want the skills and qualifications to kick-start your career in this stimulating sector. With an international reputation and gold-standard facilities, we're in prime position to get you exactly where you need to be.

A CAREER IN SPORT AND FITNESS IS BOTH REWARDING AND SUSTAINABLE

That's because there's a growing prominence given to physical fitness within our communities, an increasing demand for physical discipline from our athletes and an international appetite for skills sharing.

OPPORTUNITIES ARE MANY

You could make an impact as a personal trainer, support and train professional athletes or coach a youth sports team.

YOU'RE PASSIONATE ABOUT FOOTBALL, BUT YOUR GOAL IS TO SUCCEED OFF-PITCH – WHERE DEMAND IS HUGE AND REWARDS ARE HIGH

Do you want Premier League experience and unrivalled opportunities? We're Southampton Football Club's official partner and we enjoy an international reputation for excellence in all our football subjects.

YOU'RE FASCINATED BY THE SCIENCE BEHIND SPORT

Sport scientists are very sought after by teams, healthcare organisations and community groups. Using industry-standard equipment, we'll teach you research methods, analysis and problem-solving skills. You'll explore physical and psychological behaviour under pressure and learn how to train the mind and body to improve performance.

We have strong and consistent links with industry through our consultancy projects, community and voluntary work, live projects, internships and part-time work opportunities. And we offer industry-recognised awards and accreditation pathways.

PURPOSE-BUILT SPORTS BUILDING OPENING IN
SUMMER 2019

SPECIALIST FACILITIES AND EQUIPMENT





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 a fully equipped, modern and BASES-accredited psychology lab, as well as psychology, biomechanics, and health and exercise laboratories.

Our new sports building will include two new sports halls, three fitness studios, a health and wellbeing gym, a strength and conditioning gym and further high-quality teaching facilities.





OUR GREAT CITY

Southampton High Street brings you all the familiar names, while Westquay shopping centre is one of the biggest in the country, with over 150 shops and a huge range of food choices.

The waterside city is famous for world-class sailing, with the Solent being the starting point for Olympians, round-the-world sailors and international racers alike. The Isle of Wight – which hosts the Cowes Week Regatta and Round-the-Island race – is a short ferry hop from campus.

Alternatively, the neighbouring New Forest National Park is a perfect outdoor playground, while venues like Calshot Activities Centre offer watersports, snowsports, rock climbing and the south's only indoor velodrome.

Southampton is also one of the greenest cities in the country, with five city-centre parks clustered around the main Solent campus. Plus there's Southampton Common, a massive 300 acres of open grass, woodland and peaceful lakes.



180+ PUBS, BARS
AND NIGHTCLUBS





LESS
THAN TWO
HOURS FROM
LONDON
BY TRAIN

Film lover? You'll be spoiled for choice, with the latest blockbusters at Showcase Cinema de Lux, Cineworld and Odeon, and a more arthouse experience at Harbour Lights Picturehouse.

Southampton has plenty of sporting action. Try Premier League football at Southampton FC's St Mary's Stadium, or county and international cricket at Hampshire's home ground, the Ageas Bowl.

Love music? There's something here for you. Oceana nightclub features three rooms of tunes, while Switch offers great student nights and visits from big stars such as Faithless, Jaguar Skills and Pendulum.

The O2 Guildhall is a regular stop on the UK tour circuit, and live venues are scattered across the city – everything from *NME* favourites The Joiners to the Orange Rooms' live DJs.

There's also Common People – a weekend-long festival that's brought Slaves, Fat Boy Slim, De La Soul, Band of Skulls, Grace Jones and more to Southampton in the last couple of years. Can't wait to see the 2019 line-up.



£1.6 BILLION
OF NEW CITY
INVESTMENT
COMMITTED
OR UNDERWAY





GREAT WORK EXPERIENCE
THROUGH EXCITING
SPORTS PARTNERSHIPS



WE ARE THE OFFICAL UNIVERSITY PARTNER OF SOUTHAMPTON FOOTBALL CLUB

As the official university partner of Southampton Football Club we offer a variety of opportunities for students across our courses.

From guest lectures by ex-players to working in the media pen on match day, our growing partnership with the club offers you the chance to gain real-life working experience with a Premier League club both on and off the pitch.

Our work with the club's charity arm, The Saints Foundation, offers a number of additional opportunities for you to grow and develop your skills for a sporting career. From supporting local people to live healthier lifestyles to peer mentoring (business start-up competitions), we offer a variety of volunteering opportunities that can help you stand out from the crowd following graduation.

It's not all hard work though – our partnership also offers a number of exclusive ticket promotions and competitions throughout the season, so you'll be able to take in all the sporting action.

SOLENT TEAMS UP WITH ENGLAND RUGBY

The Solent RFU programme is a prestigious England Rugby and Solent University partnership, opening up outstanding employment opportunities for graduates.

Through the programme – which has been running since 2013 – students take RFU qualifications and access continuing professional development (CPD), while also enjoying mentored placement support, CV development, networking and academic research opportunities.

For RFU Player Development Officer Ben Wills, the programme was key to landing him an enviable role in the field. "It gave me a platform to propel myself into a career with the RFU," he said. "I worked with a variety of stakeholders and developed the fundamental coaching skills that the RFU actively look for in its recruitment."

England Rugby Development Officer Ivan Torpey added: "The programme provides meaningful opportunities for students. It enriches student degrees and provides us with an extended, quality workforce, allowing the game to be developed for a wider section of the rugby community.

"Key to the success is the ongoing mentoring that the students receive from the community rugby coach (CRC) and the hands-on placements at our local clubs and educational establishments. Every year, it has led directly to Solent graduates being employed as England Rugby CRCs."

OUR SPORT AND FITNESS COURSES





TAUGHT BY PROFESSIONALS WITH EXTENSIVE SPORTING EXPERTISE

- We're home to the internationally renowned Lawrie McMenemy Centre for Football Research – just one reason why *The Times Good University Guide* called us a leader in football-related study.
- We are a leading provider of sport education, highly ranked in the UK for health, exercise and sport science degrees.
- Solent academics were invited to share their knowledge in Brazil ahead of the 2014 FIFA World Cup.
- We conduct research that impacts the Premier League.
- We are UK leaders in academic and competitive sports thanks to our professional-standard sport science labs.
- Our students and academics have worked with professional athletes from Southampton FC, the Team GB Olympic squad and many more.

YOU'LL GAIN REAL-WORLD EXPERIENCE

- You'll have the opportunity to practise your skills in our student-led therapy clinic, working with real-life patients.
- You'll have the chance to develop your own sport coaching project through our annual Coaching and Innovation Programme – more information on page 29.
- Work with and train a variety of clients – including older adults, exercise referral patients and disabled users – in our professional-standard health and exercise lab.
- You'll work in the community, with schools, elite athletes and people with special conditions, and you'll be able to gain hands-on lab and field experience in strength and conditioning, coaching, nutrition and performance analysis.
- Solent University's health promotion unit, Solent Health, provides students with real-world placements and projects, allowing you to deliver a range of health initiatives – improving life for University staff and making you hugely employable on graduation.

ACCREDITATIONS AND QUALIFICATIONS

- Our accredited courses are recognised by professional bodies and associations.
- You'll be able to access Register of Exercise Professionals (REPs) fitness qualifications and national governing body (NGB) coaching qualifications alongside your degree.
- Through our 15-week programme, Solent PT, you'll gain a professional personal training qualification. You'll also get invaluable experience through Solent Therapy, providing soft tissue massage on sports massage units. And you'll get to deliver health checks, advice and health improvement workshops, working with psychology students to improve mental wellbeing through psychological techniques.



TEAM SOLENT – GET INVOLVED

At Solent University you can join a range of teams and pursue your sport at your standard – from 'knockabout' to international and national level.

You'll be able to engage in team sports and activities ranging from hockey, football and rugby to wakeboarding and sub-aqua.

What's more, if there's enough interest in a new activity, we'll do our best to make it happen.





PERFORMANCE SPORT AT SOLENT

Do you have outstanding ability in a Sport England-recognised sport?

Are you already competing on the international or national stage? Can you show strong evidence of your sporting potential? Our Performance Sport Programme – offering financial support and one-to-one mentoring – will help you to thrive in your studies, excel in your sport and get the most out of university life.

To find out more about our Performance Sport Programme and to apply, visit www.solent.ac.uk/hpa

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CLINTON ELMES
BA (HONS) ADVENTURE AND OUTDOOR MANAGEMENT
GRADUATED 2016



How did university prepare you for your career?

It provided me with so many skills I need in my career paths, but also the persistence to succeed and a chance to grow up and become independent – to learn to take responsibility for myself.

Favourite Solent memory?

It has to be the people I have met and the clubs I have joined, rather than one specific memory. I joined clubs including trampolining, gymnastics, climbing, paintballing, boxing, kickboxing, wakeboarding and other water sports, to name but a few. The skills I have learnt and people I have met throughout my years here have been invaluable.

Tell us a little about your career story so far

During my years at Solent I have had a number of job roles. From working for Go Ape to being in the Army Reserve, I have tried to undertake as many varied experiences during my time at university as possible. I have just finished my master's at Solent so will be beginning my career this October as a financial recruitment consultant.

Tell us about what you are doing now and what it involves – a typical working day

I have just finished my master's, which involved a rather large amount of coursework! So, recently my typical day involved getting up, doing my dissertation and going back to bed. But of course being an ex-Outdoor Management degree student, all of my spare time goes into travelling and outdoor pursuits. For example, I am about to undertake

a three-week excursion to California to surf, climb mountains in Yosemite and travel around the coast. If you plan accordingly and get the work done early, there is plenty of time for the fun stuff too!

What's your career highlight so far?

It has to be staying in America for three months and instructing wakeboarding/water-skiing as a water sports technician. It's entirely possible for anyone with the drive to do something different!

What is your area of study to you?

Becoming more than just an instructor in the outdoor industry and providing transferable skills to enter any other industry.

What tips would you give to someone wanting a career in your industry?

Charisma, motivation, persistence, resilience, organisation and deadline management. All of these skills and characteristics will be developed if you choose this course and get involved with as much as possible within your time at university.



THIS COURSE IS FOR YOU IF YOU SEEK A DYNAMIC, CHALLENGING AND FUN COURSE THAT WILL PROVIDE YOU WITH A MULTITUDE OF TRANSFERABLE SKILLS TO SUCCEED IN MANY INDUSTRIES IN THE FUTURE."

JAMES DAVIES
BA (HONS) ADVENTURE AND OUTDOOR MANAGEMENT
GRADUATED 2017



How did university prepare you for your career?

University not only equipped me with a large skill and knowledge base to work from but also provided me with industry-recognised national governing body qualifications including RYA Powerboat Instructor and RYA Keelboat Endorsement.

Favourite Solent memory?

I have had many favourite memories from my time at Solent including the course residential trip to Skerne Lodge in Devon, a wakeboarding trip to the Philippines and a skiing trip to the French Alps.

Tell us a little about your career story so far

I have completed five seasons working for PGL, Windermere International Summer School and Minorca Sailing. Since starting out in the watersports industry at the age of 18 I have gained multiple NGB qualifications in sailing, windsurfing, powerboating, personal watercraft, canoeing and kayaking.

Tell us about what you are doing now and what it involves

Morning meeting. Morning session teaching RYA courses in sailing or windsurfing to clients. Lunch with free sailing time. Afternoon session of RYA Tuition. Personal tuition/afternoon regatta. Evening mainly freesailing.

What's your career highlight so far?

My career highlight so far was becoming an RYA senior dinghy instructor at the age of just 20 and working around Europe in France, Spain and Menorca.

What is your area of study to you?

Adventure and extreme sport management is the safe management of the inherent risk associated with adventurous and extreme sports while effectively using them to develop and inspire individuals from a wide range of abilities, backgrounds, religions and nationalities.

What tips would you give to someone wanting a career in your industry?

- Get a degree in an area you love.
- Gain all the qualifications you can while you are young and able.
- Work your way around the world to diversify and improve your skillset.
- Show your skills off - someone will love them.
- Quit dreaming and do it!



THIS COURSE IS FOR YOU IF YOU ARE PASSIONATE ABOUT FULFILLING AN ADVENTUROUS CAREER IN THE GREAT OUTDOORS, WHETHER ON THE WATER, IN THE MOUNTAINS OR IN THE AIR!"

KELLY SIMM
BSC (HONS) APPLIED SPORT SCIENCE
STUDENT AND PERFORMANCE SPORT SCHOLAR



COMMONWEALTH GAMES 2014

Team Gold

WORLD UNIVERSITY GAMES 2015

All Around Gold, Vault Silver, Floor Bronze

WORLD CHAMPIONSHIPS 2015

Team Bronze

BRITISH CHAMPIONSHIPS 2018

All Around Gold, Bars Gold, Beam Bronze

COMMONWEALTH GAMES 2018

Team Silver, Beam Bronze

EUROPEAN CHAMPIONSHIPS 2018

Bars Finalist

What attracted you to Solent?

Finding out about the High Performance Academy (HPA) programme, seeing how supportive the staff are and being encouraged to do my sport alongside my studies really encouraged me to come here.

Briefly describe a typical day on your course

For me, because I fit the course around my gymnastics training, my classes are typically bunched together to allow me to go off to training in the afternoon and evening. I might have lectures, seminars or practicals from 9am to 12pm and then would be done for the day to go to training between 1pm and 8pm. This means I sometimes jump between a few different classes, but it allows me to still attend as many lessons as possible without missing too much.

Best and worst bits of the course?

The best bit for me is the wide variety within the course. I enjoy all the units, but especially psychology because it is so relatable to my experiences within elite sport. The worst bits are probably deadlines and presentations!

What has surprised you about the course?

How much there is to learn! The more you learn, the more you realise how much you don't know!





THIS COURSE IS FOR YOU IF YOU ARE INTERESTED IN A RANGE OF AREAS WITHIN SPORT OR ARE LOOKING FOR A JOB IN THE SPORTS INDUSTRY."

What is your area of study to you?

Sport science involves several different areas of exercise and performance including biomechanics, psychology and physiology, along with additional units. I think it's a good qualification if you want a job within sport but aren't completely sure what area you want to specialise in.

How are you managing to balance your sporting and study demands?

I am extremely lucky to be at a university which is so understanding and enthusiastic about sport. I have had messages from so many people after recent competitions and a lot of the time when I'm around university people ask me how things are going, which is lovely!

Solent highlight so far?

Getting to meet new friends on the course and be a part of the High Performance Programme, and getting to represent Solent in Korea at the World University Games in 2015 and win the All Around competition.

So far, what has been your sporting success highlight?

I have had a lot of incredible experiences but probably one of my highlights so far would be the Commonwealth Games. I have got three medals now (Gold, Silver and Bronze) from two different Commonwealth Games (Glasgow 2014 and the Gold Coast 2018), so that's a really big achievement for me. Also, winning the British All Around title this year was a massive achievement and came as a bit of a surprise following a few years of injury.

What's your career aspiration and how's Solent helping your prepare for it?

After university, I definitely want to stay in the sporting industry but I'm not completely sure in what area yet. Solent have been very supportive in helping me manage my current gymnastics career around my degree, and also by encouraging me to think about the route I might go down after my degree is complete and gaining some experience while I am studying here.

KERRY LINES
BSC (HONS) FITNESS AND PERSONAL TRAINING
STUDENT



Briefly describe a typical day on your course

Every day is so different which is what makes it so interesting and engaging: one day you could have hours of practical in the gym or the therapy suite, getting hands-on with clients; the next day you're in a lecture discovering how to build your own training business. The mix of both practical and academic is giving you experience while the knowledge you are gaining is putting you above people within the same career without a degree.

What has surprised you about the course?

Before I came to university I have had relatives and friends at huge universities across the country who told me such things as "Lectures won't really help you – they have 200 people in one room" or "My lecturer doesn't even know my name". This really scared me as I am the type of person that needs hands-on guidance – I panic when I am set something without direction. This is not true for my course. I cannot express enough how helpful the lecturers are, not just through emails but they know who you are personally, as it is such a small course – you can really build up a good relationship. You can knock on their door anytime, send them work to proofread – they are always happy to help which came as, a huge surprise as coming from, a large sixth form I have never really experienced that. If you really put your all in for them you will get the same back.

Solent highlight so far?

A huge highlight for me was what I achieved with one of my clients, who came to me with depression and high blood pressure in the 'exercise referral unit'. In the last session we reviewed her fitness and psychological tests from when we started. The 12-week transformation in her, not just physically but mentally, made me so proud that I could help someone just through exercise. For her to have to take less medication and enjoy exercise was so rewarding for her. I don't think it really sunk in what a difference I could make until that day she left my last session as a different person.

How is Solent helping you prepare for a career?

The amount of hands-on experience you get is so useful – from the Solent PT scheme, where you are actually hands-on training real clients, to guest lecturers who are successful in the industry.

What is your area of study to you?

Fitness and personal training is to guiding someone so that physically they can be the best they can possibly be.



THIS COURSE IS FOR YOU IF YOU WANT TO GET HANDS-ON EXPERIENCE TRAINING REAL CLIENTS AND MAKE A DIFFERENCE THROUGH EXERCISE."

NICKOLAS WILLEMS PAYNTER
BA (HONS) FOOTBALL STUDIES AND BUSINESS
NOW BA (HONS) FOOTBALL BUSINESS MANAGEMENT
GRADUATED 2017



How did university prepare you for your career?

The University prepared me mostly through the volunteering opportunities, such as being course representative for the Football Studies and Business unit, being part of the administrative support team of the 'Football as Inclusive Leisure' conference and working with their partners such as Hampshire FA on multiple events, Aldershot Community Trust as a community coach and Chapter1 – Equal1ty FC as league coordinator. However, the academic content that has been delivered is equally important as the practical experience.

Favourite Solent memory?

It has to be when I was awarded Volunteer of the Year 2017 by Chapter1- Equal1ty FC. Also when I was informed that I was nominated and would be awarded the Ede & Ravenscroft Photography Prize by Solent University – knowing that you have been recognised for the work you put into your university career speaks volumes.

Tell us a little about your career story so far

The journey started in the autumn of 2007 in Norway when I took my Norwegian FA Level 1 in football coaching, followed by being appointed as the U13 head coach for a Norwegian football team at the beginning of 2008. At the end of the season I decided to continue my journey at University College of Southeast Norway (HSN) studying sports science in sport management and administration. During my time there, I gained further experience as a football

mentor, an internship at the Norwegian FA, the Norwegian FA Level 2 in football coaching as an academy and U19 coach, as a guest speaker about leadership and during a year studying abroad at Franklin College (USA). After graduating from HSN in 2012 I continued the journey as a U14 head coach for another Norwegian team and took the Norwegian FA Level 3 (UEFA B) in football coaching. Finally, I decided to continue my journey in England to add more knowledge, both culturally and academically, and to gain further experience within the football and sports industry.

Tell us about what you are doing now and what it involves

I was appointed as Community Project Coordinator at Pompey in the Community in late March 2017 when I was still in my final year at the University, something I am grateful for. The job involves overseeing the citywide Raise Your Game (RYG) project in Portsmouth, where the goal is to use sport as a tool to reach out to the community and engage children and adolescents (age 9–16) who might be in danger of becoming exposed or already are exposed to drugs and alcohol. A programme that offers various activities in blocks throughout the year is something we hope to achieve, as well as some workshops and volunteering opportunities.

What's your career highlight so far?

Creating and promoting the Eat Sleep Move event for the RYG project at Pompey in the Community.

What tips would you give to someone wanting a career in your industry?

The tips would be to volunteer as much as you can, even if it is short-term/long-term or over short or long distances, get work experience, be open to anything, take as many coaching and sport courses as you can, learn a new language, travel abroad and constantly look to improve your intrapersonal and interpersonal skills.



THIS COURSE IS FOR YOU IF YOU ARE MOTIVATED, OPEN-MINDED, DETERMINED, A TEAM PLAYER, LIKE CHALLENGES AND ARE WILLING TO LEARN MORE THAN JUST WHAT IS REQUIRED."

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

Marlon Fahy, scouting department,
Chelsea FC

LAWRIE MCMENEMY CENTRE FOR FOOTBALL RESEARCH

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, sociology 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 LMCFR was hailed as 'world class' by former Minister for Sport Gerry Sutcliffe, and is widely 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/lmcftr



INSTITUTE OF FOOTBALL
MANAGEMENT & ADMINISTRATION

LMA
LEAGUE MANAGERS
ASSOCIATION



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. These are just some of the clubs where Solent alumni have been making an impact:

PREMIER LEAGUE



CHAMPIONSHIP



LEAGUE ONE



LEAGUE TWO



NATIONAL LEAGUE



DAN JANOWSKI

BSC (HONS) SPORT COACHING

NOW BSC (HONS) SPORT PERFORMANCE
COACHING

GRADUATED 2014



How did university prepare you for your career?

Well, it isn't handed to you on a plate, so just your degree alone will not guarantee you employment. However, it WILL present you with various opportunities to volunteer within your chosen industry, working with industry professionals at the highest levels, and allow you to research and understand the theories and underpinning knowledge to give you the solid foundations of an accomplished sports coach.

Favourite Solent memory?

Day one, we were asked a very simple question: "Who is here to graduate with a first class degree?" I thought, absolutely no chance, not me, but what the heck and stuck my hand up anyway. Only two of us in the entire class did this. Needless to say, we both graduated with first class degrees. Self-prophecy perhaps, or just hard work?

Tell us a little about your career story so far

I started my company, Active8 Minds, in 2014 on a budget of £5,000 with my neighbour (a former IBM employee). We essentially offer sports education and childcare for children age 3–16 throughout Hampshire and the surrounds. On average we see 2,000 children every week. We have nine full-time employees and 14 part-time members of staff. Our current turnover is in excess of £350,000, showing a healthy profit. We are on target to hit £500,000 turnover by 2019.

Tell us about what you are doing now and what it involves

My current role as the company director varies, from the day-to-day running of the business, staff salaries and finances to marketing, sales, business development and HR (something I had no experience in at all).

What's your career highlight so far?

I do not have a particular highlight, as there are many small ones. Being able to provide a good life for my family is very important to me, as is providing an exceptional service to children and schools throughout Hampshire.

What is your area of study to you?

Sports coaching is the capacity to inspire and educate anyone through the medium of sport.

What tips would you give to someone wanting a career in your industry?

Don't give up when the going gets tough. Attend every seminar, practical and lab session. Volunteer and help out as much as you can – 'Look smart, be smart'.



THIS COURSE IS FOR YOU IF YOU WANT TO CHALLENGE YOURSELF, IF YOU WANT TO LEARN FROM SOME OF THE BEST PROFESSIONALS IN THE INDUSTRY AND, MOST IMPORTANTLY, IF YOU WANT TO MAKE YOURSELF EMPLOYABLE ON COMPLETION OF YOUR DEGREE. DO NOT CHOOSE THIS COURSE JUST BECAUSE YOU ENJOY SPORT. SPORTS COACHING IS ABOUT EDUCATING AND INSPIRING OTHERS."

CONNOR WILLISHER
BA (HONS) SPORT COACHING AND SPORT DEVELOPMENT
STUDENT



Briefly describe a typical day on your course

A typical day on my course involves attending lectures and seminars but also working on group projects with my friends in the library.

Best bits of the course?

The best part about the course is everyone has a common interest in sport so it's very easy to make new friends and easily form new groups for certain tasks.

What has surprised you about the course?

What's surprised me most about the course is how much theory is actually behind coaching – I never knew that politics and sociology had such a big part to play in sport.

Solent highlight so far?

The highlight of my time at Solent so far is having the opportunity to coach in China for a month – it was such an amazing experience and something I'll always be grateful for!

How is Solent helping you prepare for a career?

Solent has a very strong link with Southampton FC which has helped me gain a role within The Saints Foundation, coaching within the community – having that on my CV will help me so much to pursue my future career.

What is your area of study to you?

This area of study is less about just coaching and more about using sport as a tool to help improve social ills within a community or a disadvantaged group of people.



THIS COURSE IS FOR YOU IF YOU
ENJOY HELPING OTHERS AND
WORKING AS PART OF A TEAM!"

THE SOUTHAMPTON SCHOOL SPORT PARTNERSHIP

The Southampton School Sport Partnership gives you the chance to deliver PE and sports programmes to schools across the community, giving you real-world learning and the chance to make a real difference to local people.

The partnership – which has been providing PE and sports in schools since 2004 – works with key organisations such as Southampton City Council, Hampshire County Council and national governing bodies of Sport.

Through it, you'll get the chance to take up paid or voluntary posts in a variety of programmes, including leadership and volunteering for young leaders, young sports ambassadors and school games competitions.

Working in these projects has helped make our students highly employable, enabling them to achieve real career success in the field.

“THIS EXPERIENCE BUILT MY CONFIDENCE UP AS A COACH AND AS A PERSON. THE SCHOOL'S TEAM PROVIDED GUIDANCE AND SUPPORT, AS WELL AS THE TRANSPORT, WHICH ALLOWED ME TO EXPERIENCE DIFFERENT COACHING AND ENVIRONMENTS.”

Danielle Warnes, graduated 2013

DEMI WATTS
BA (HONS) SPORT COACHING AND SPORT DEVELOPMENT
STUDENT



Briefly describe a typical day on your course

My course is very social – typically a day will involve going to lectures and seminars with course friends, doing groups projects on sports politics and looking at social issues in sport such as racism. Then for the later part of the day we are out in the community, doing coaching in schools and volunteering with organisations like Your School Games.

Best and worst bits of the course?

The best thing about my course is the practical element – studying sport means I can try out session plans and practise coaching on my peers – but also the unique partnership with The Saints Foundation in the first year means we get the real coaching experience. The worse bit would have to be the essays – I enjoy more practical assessments. I find sitting still and writing boring – however, picking interesting topics to research helps.

What has surprised you about the course?

Since studying at Solent I've been surprised at how experienced our lecturing team is – they not only have knowledge of their subject area, but a wide range of experience in the community. This means that they have the contacts to help with getting work experience through a range of organisations in the Southampton area.

Solent highlight so far?

The highlight of my degree so far has to be last summer when my course did a trip to Chongdu in China for a month of coaching and teaching Chinese students. This highlighted the importance of coaching for me and taught me valuable transferable skills, such as being mindful of language barriers but to adapt and

include everyone anyway. Also, how sport can be a tool to get everyone working together and having fun – even though they may not be able to have a conversation, they can be laughing and having fun through sport.

How is Solent helping you prepare for a career?

Preparing for my career, I have a wide range of knowledge in my field of study – we are aware of how sport is changing and that just turning up with equipment and a whistle isn't enough to pull off an excellent session. It is the knowledge of the people you are working with and being able to adapt that will make that session great for everyone. We are not just shown this through literature but through real-life experience preparing us for the real world.

What is your area of study to you?

Sport coaching and development is taking any coaching situation and being able to deal with it. It's about looking into the community you are working with, trying to tackle social issues through sport and understanding how this process can work but also fail.



THIS COURSE IS FOR YOU IF YOU ARE PASSIONATE ABOUT HOW COACHING CAN HELP US DEAL WITH AND UNDERSTAND SOCIAL ISSUES IN A COMMUNITY, AND HOW, THROUGH SPORTS COACHING, YOU CAN BRING COMMUNITIES TOGETHER AND HELP THEM IN A WIDE VARIETIES OF WAYS, NOT JUST TO GET BIGGER/STRONGER AT A SPORT."



AMY WOODFORD

BSC (HONS) HEALTH, EXERCISE AND PHYSICAL ACTIVITY

NOW BSC (HONS) HEALTH, NUTRITION AND EXERCISE SCIENCE

GRADUATED 2017



How did university prepare you for your career?

Solent University has prepared me for my career by providing me with real-world experience. This not only boosted my CV and employability for when I graduated but also increased my confidence and helped me define my career path.

Favourite Solent memory?

My favourite Solent memory is the weight loss intervention I ran with two other students as part of the Coaching Innovation Programme. It was very rewarding helping a group of South Asian ladies achieve their weight loss goals and improve their quality of life.

Tell us a little about your career story so far

During my final year of study, I was awarded a grant to turn my Coaching Innovation Programme into a business. I ran the business full-time over the summer and have since moved to running it part-time while I worked as a graduate intern at Southampton Healthy Living. I am now employed as the Healthy Living Project coordinator.

Tell us about what you are doing now and what it involves – a typical working day

Every day is different. Some days I will be out of the office having meetings with various different public health organisations, discussing how we can improve the health and wellbeing of Southampton residents. Others I will spend visiting community projects to see how they deliver their projects and help support them in their delivery. Other days

I will be on the front line delivering classes and brief health interventions. I am soon going to be working on Solent Exercise Referral, supervising students of the BSc (Hons) Health, Nutrition and Exercise Science working with their referred patients in exercise rehabilitation – I am very excited about this.

What's your career highlight so far?

My career highlight so far is being asked to appear on a local radio show to talk about public health. I was selected due to how knowledgeable, professional and engaging I was when conducting body MOTs at a wellbeing event on behalf of Solent Health.

What is your area of study to you?

Health and exercise is a very important part of life. You need to exercise and eat right to keep your body and mind in good condition, which will lead to a happier and healthier life while relieving the burden of long-term disease on the NHS.

What tips would you give to someone wanting a career in your industry?

Work hard, never stop learning and get as much experience as possible working with all kinds of people. Working in public health means you will come into contact with people from all walks of life, so it's an advantage if you can talk confidently to anyone and everyone. You only get that experience on a course which offers real experiences with real people, not just case studies and essays.



THIS COURSE IS FOR YOU IF YOU LOVE HEALTH PROMOTION, NUTRITION AND CLINICAL EXERCISE SCIENCE."

STEPHEN MARK KETTERINGHAM

BA (HONS) SPORT COACHING AND SPORT DEVELOPMENT

GRADUATED 2017



Briefly describe a typical day on your course

With the course comprising 50 per cent sport coaching and 50 per cent sport development, a typical day on the course would involve one or two interactive lectures and/or seminars followed by a practical coaching session. The course also allows appropriate free time each day to allow for independent study, when students can go to the library. Depending on what unit of the course is being studied, there is an abundance of opportunities for practical coaching and development within the community.

Best bits of the course?

The staff operate an 'open door' policy, making it very easy to approach them with any queries on either an academic or on a personal level.

The course believes in giving students the best opportunity to gain practical experience within the community, whereby students are able to work with community organisations who are hugely responsible for sports coaching and development provision within Southampton, significantly enhancing their employability prospects.

Solent highlight so far?

Joining the badminton team and being part of a sports society has definitely been one of the highlights of my time at Solent. Making friends for life who you do everything with has definitely made my time at Solent as good as ever.

How is Solent helping you prepare for a career?

Aside from the 'real-life' opportunities presented by the course, Solent offers an abundance of support for all students who wish to access career or employment support. I feel that, through the course, I have networked with an abundance of potential employers, who I now have enhanced relationships with before applying for jobs.

What is your area of study to you?

Sport coaching and sport development is a holistic course that focuses not only on coaching a range of different sports at grass-root through to elite levels, but also on using sport as a tool to address social issues within communities, such as anti-social behaviour, drug misuse, disadvantaged ethnic groups and a lack of female participation, to name just a few.



THIS COURSE IS FOR YOU IF YOU ARE A HANDS-ON LEARNER WHO ENJOYS GETTING INVOLVED IN PRACTICAL COACHING AND DEVELOPMENT OPPORTUNITIES AND ARE PREPARED TO STEP OUT OF YOUR COMFORT ZONE AT TIMES IF YOU WISH TO BETTER YOURSELF WITHIN THIS COMPREHENSIVE FIELD."



THE COACHING INNOVATION PROGRAMME

Solent University's Coaching Innovation Programme (CIP) is the only one of its kind in the UK. Join up and you'll gain unrivalled practical and academic experience, as you design, deliver and evaluate a project, transforming lives within the local community.

Through the programme – compulsory for BA (Hons) Sport Coaching and Sport Development students and optional for others – you'll work with industry partners and sports development providers to create a 'sport for social change' project.

By identifying social issues and working innovatively to offer solutions, you'll develop sports and activities that respond to real community needs, tackling areas ranging from anti-social behaviour and academic attainment to obesity and disability.

Twelve weeks into the project, you'll carry out an evaluation and report your findings to the Coaching Innovation Symposium. Projects are taken up and developed by industry partners, so that they can benefit the community in the long term.

The CIP is one of Southampton's most significant sports development providers, working with more than 1,000 local people in 100 projects. As well as providing life-changing opportunities for people, you'll develop the practical and academic skills you need to make you industry-ready and employable in the sport development field.

HOW TO APPLY

Solent University code name: **SOLNT**

Solent University UCAS code: **S30**

www.ucas.com



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



PREPARE FOR UNIVERSITY IN LESS THAN AN HOUR EACH WEEK WITH OUR TIPS, GUIDES AND QUIZZES.

www.solent.ac.uk/52-things



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

SPORT AND FITNESSSS

UCAS
tariff
points

Work
placement
opportunity

Foundation route
available

UNDERGRADUATE COURSES

BA (Hons) Adventure and Outdoor Management	112		
BSc (Hons) Applied Sport Science	112		
BSc (Hons) Fitness and Personal Training	112		
BA (Hons) Football Business Management	112		
MSci Football Science	128		
BA (Hons) Football Studies	112		
BA (Hons) Health and Fitness Management	112		
BSc (Hons) Health, Nutrition and Exercise Science	112		
BA (Hons) Physical Education	112		
BSc (Hons) Sport and Exercise Psychology	112		
BSc (Hons) Sport and Exercise Therapy	112		
BA (Hons) Sport Coaching and Sport Development	112		
BA (Hons) Sport Management	112		
BSc (Hons) Sport Performance Coaching	112		

FOUNDATION PROGRAMMES

Football Foundation

Sport Foundation

Sport, Health and Exercise Science Foundation

POSTGRADUATE

MA Football, Development and Business Management

MA Sport Development and Management

MSc Sport Science and Performance Coaching

MA Youth Sport and Physical Education

PGCert Football Development

PGCert Sport Development

PGCert Youth Sport and Physical Education



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