



# SPORT AND FITNESS



Teaching  
Excellence  
Framework

**SOLENT**  
UNIVERSITY  
SOUTHAMPTON



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 THE PITCH, WHERE DEMAND IS HUGE AND THE 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.

# 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.

#### **SOLENT SPORTS COMPLEX**

Part of the University's recent £100 million spend on modernising its East Park Terrace campus, Solent's new sports complex offers an array of specialist industry-standard equipment and spaces. The building has been designed to achieve BREEAM excellence, as well as comply with Southampton City Council's Core Strategy Policy – tackling and adapting climate change.

#### **Its main features are:**

- two sports halls: one is a dedicated performance basketball arena to FIBA Level 2 with seating for 500; the second is a multi purpose hall for basketball, netball, volleyball, futsal, wheelchair rugby and badminton, plus two fitness studios and a spin studio
- a general-purpose gym (accessible by the public)
- a strength and conditioning high-performance gym
- a 15-station group cycling studio with virtual instructor technology
- health and fitness, and personal training teaching gyms
- a sports and exercise therapy clinical space.

For further details on the sports complex, visit [sportscomplex.solent.ac.uk](https://sportscomplex.solent.ac.uk)





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.

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.

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



A photograph of two young boys sitting on a red slide. The slide is part of a wooden play structure and has the words "SOLENT UNIVERSITY" printed in white capital letters at the top. The boy on the left is wearing a dark blue jacket over a red and white patterned shirt. The boy on the right is wearing a white hoodie with a red pattern and black leggings. They are both smiling and looking towards the right. The background is a red brick wall.

SOLENT  
UNIVERSITY

GREAT WORK EXPERIENCE  
THROUGH EXCITING  
SPORTS PARTNERSHIPS





### WE ARE THE OFFICIAL 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 Community Rugby Coach Rupert Deane, the programme was key to him landing an enviable role in the field. "It gave me the opportunity to network and learn from a range of people in the rugby world which helped me gain a career with the RFU. I gained experience not just in coaching but also in working with many different stakeholders in schools, clubs and university environments. It also linked nicely with my Sports Coaching BSc (Hons) course, as I was allowed to use the work I was doing with the RFU to support my assignments in coaching and performance analysis."

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 all our local clubs and establishments. Every year, it has led directly to Solent graduates being employed as England Rugby CRCs or within other rugby-related/teacher training roles."

# 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 Community 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 including: the British Association of Sport and Exercise Sciences (BASES), the Chartered Institute of Management in Sport and Physical Activity (CIMSPA) and the Society of Sports Therapists (SST).
- You'll be able to access the Register of Exercise Professionals (REPs), fitness qualifications and national governing body (NGB) coaching qualifications alongside your degree.
- Through our 15-week Solent PT programme, you'll gain a professional personal training qualification.
- You'll get invaluable experience through Solent Therapy, providing soft tissue massage on sports massage units.
- You'll deliver health checks, advice and health improvement workshops, working with psychology students to improve mental wellbeing through psychological techniques.



# BE ON OUR TEAM

Love playing sport? No matter what level you play at, or if you just want to play for fun, you'll find a sport for you with our teams and clubs. More than 1,200 Solent students compete in sports with us each year, from American football to windsurfing.

If you want to play high-level competitive sport, Team Solent competes in a number of local and national leagues and competitions in football, cricket, basketball and wheelchair rugby. Like being part of a team? Our 30-plus sports clubs – covering everything from hockey to equestrian to squash – regularly compete in BUCS competitions. Many of them also compete in the annual Varsity against Bournemouth University. And if it's recreational sport you're after, there are many different sports to try, from netball to futsal to badminton. Most mainstream sports are covered – all you need to do is turn up and play.



Team Solent is the competitive sporting arm of Solent Sport. Team Solent Basketball, Football, Cricket and Wheelchair Rugby currently compete at the highest levels locally and nationally.



If you have a passion for team sports and want to join a team that represents Solent University locally and nationally, you'll have plenty of choice! With over 50 sports teams and clubs, you'll find a team to suit you.



If you're looking to play for fun and make new friends at university, our recreational sports programme is for you. We cover most mainstream sports, as well as original activities chosen by our students.



# 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](http://www.solent.ac.uk/hpa)

T. +44 (0)23 8201 3929

E. [sports.scholarship@solent.ac.uk](mailto:sports.scholarship@solent.ac.uk)

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 during 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  
PERFORMANCE SPORT SCHOLAR  
GRADUATED 2019



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

2019 BRITISH CHAMPIONSHIPS  
all-around silver

**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 had to fit the course around my gymnastics training, my classes were 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 meant I sometimes jumped between a few different classes, but it allowed 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 was the wide variety within the course. I enjoyed all the units, but especially psychology because it was so relatable to my experiences within elite sport. The worst bits were probably deadlines and presentations!

**What surprised you about the course?**

How much there was 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 did you manage to balance your sporting and study demands?**

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

**Solent highlight?**

Getting to meet new friends on the course and be a part of the High Performance Programme, and getting to represent Solent at the World University Games in Korea 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 in 2018 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 did Solent help you 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 was very supportive in helping me manage my current gymnastics career around my degree, and also encouraged me to think about the route I might go down after my degree was complete and to gain some experience while I was studying here.

KERRY LINES  
BSC (HONS) FITNESS AND PERSONAL TRAINING  
GRADUATED 2018



**Briefly describe a typical day on your course.**

Every day was so different which is what made 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 were in a lecture discovering how to build your own training business. The mix of both practical and academic gave you experience while the knowledge you were gaining put you above people within the same career without a degree.

**What surprised you about the course?**

Before I came to university I 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 was not true for my course. I cannot express enough how helpful the lecturers were, not just through emails but they knew who you were personally, as it is such a small course – you could really build up a good relationship. You could knock on their door anytime, send them work to proofread – they were always happy to help which came as a huge surprise as coming from a large sixth form I had never really experienced that. If you really put your all in for them you will get the same back.

**Solent highlight?**

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 did Solent help you prepare for your 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 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 course, 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 was delivered was 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, doing an internship

at the Norwegian FA, achieving 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 an 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 city-wide 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, loan player analyst,  
Scouting department,  
Chelsea FC

# LAWRIE MCMENEMY CENTRE FOR FOOTBALL RESEARCH

## A HUB OF EXPERTISE IN THE BEAUTIFUL GAME

For over 10 years the Lawrie McMenemy Centre for Football Research (LMCFR) has been bringing 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/lmcf](http://www.solent.ac.uk/lmcf)



IFMA  
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

---



Arsenal



Brighton and Hove Albion



Chelsea



Crystal Palace



Fulham



Leeds United



Leicester City



Liverpool



Manchester City



Manchester United



Newcastle United



Southampton



Tottenham Hotspur



West Bromwich Albion



West Ham United



Wolverhampton Wanderers

### CHAMPIONSHIP

---



Barnsley



Bournemouth



Birmingham City



Brentford



Cardiff City



Coventry City



Huddersfield Town



Millwall



Norwich City



Reading



Sheffield Wednesday



Watford

### LEAGUE ONE

---



AFC Wimbledon



Bristol Rovers



Charlton Athletic



MK Dons



Oxford United



Northampton Town



Plymouth Argyle



Portsmouth

### LEAGUE TWO

---



Colchester United



Crawley Town



Exeter City



Grimsby Town



Southend United

### CONFERENCE PREMIER

---



Aldershot Town



Barnet



Dagenham and Redbridge



Wrexham

DAN JANOWSKI  
BSC (HONS) SPORT COACHING

NOW KNOWN AS 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  
GRADUATED 2019



**How did university prepare you for your career?**

University opened so many new doors for me – through my assessments I was able to build a lot of partnerships with industry professionals and future employers. This helped me a lot when leaving as I had a lot of connections.

**Favourite Solent memory?**

I was selected by Solent to travel to China for a month during my studies to teach English and sport.

**Tell us a little about your career story so far.**

I am currently employed by Solent University as the Community Innovation Programme coordinator and I also work casually for Southampton FC.

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

My role involves supporting students to plan, deliver and evaluate their own sport for social change project within the community.

**What is your area of study to you?**

I graduated with a first class degree in sport coaching and sport development. I find the area of study very challenging but exciting. You can use sport to affect the lives of so many people and make a real difference.

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

The sport industry is very competitive and you need to ensure your CV stands out. Start saying yes to opportunities given to you and step out of your comfort zone.



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

# THE SOUTHAMPTON SCHOOL SPORT PARTNERSHIP

The Solent School Sport Partnership provides you with opportunities to deliver PE and School Sport to local primary and secondary schools in the local community, giving you real-world learning and the chance to make a real difference to local people.

The Partnership was formed in 2004, as well as engaging with 80 % of the schools in Southampton, we also work with key organisations, including; Southampton City Council, Hampshire County Council, Energise Me County Sports Partnership, Youth Sports Trust and many Governing Bodies of Sport.

Through working with us, you will also get the chance to take up paid or voluntary work posts in a variety of programmes, including leadership and volunteering, School Games and after school clubs.

Working with us in the Partnership helps our students highly employable, enabling them to achieve real career success in the field.

“SOLENT UNIVERSITY’S HARD WORK AND PIONEERING TOWARDS PROVIDING EMPLOYMENT AND VOLUNTEERING OPPORTUNITIES ENABLES STUDENTS TO POSITION THEMSELVES IN POLE POSITION WITHIN AN OVERCROWDED SPORTING SECTOR.”

**Liam Botcherby**

Sport Development Manager at Places for People Leisure  
BA (Hons) Sports coaching and Development, graduated 2017







**Briefly describe a typical day on your course.**

My course was very social – typically a day would 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 would be 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 was the practical element – studying sport meant I could try out session plans and practise coaching on my peers – but also the unique partnership with The Saints Foundation in the first year meant we got the real coaching experience. The worse bit would have to be the essays – I enjoyed more practical assessments. I found sitting still and writing boring – however, picking interesting topics to research helped.

**What surprised you about the course?**

I was surprised at how experienced our lecturing team was – they not only had knowledge of their subject area, but a wide range of experience in the community. This meant that they had the contacts to help with getting work experience through a range of organisations in the Southampton area.

**Solent highlight?**

The highlight of my degree had to be 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 did Solent help you prepare for your 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 were 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 SPORT 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 KNOWN AS BSC (HONS) HEALTH, NUTRITION AND EXERCISE SCIENCE

GRADUATED 2017



**How did university prepare you for your career?**

Solent University 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 to help 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 co-ordinator.

**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. Or I might spend the day 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 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 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 was definitely one of the highlights of my time at Solent. Making friends for life who you do everything with definitely made my time at Solent as good as ever.

**How did Solent help 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 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-roots 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 COMMUNITY INNOVATION PROGRAMME

Solent University's Community Innovation Programme (CIP) is an integral and compulsory part of the BA (Hons) Sports Coaching and Sport Development course and an optional unit on BSc (Hons) Health, Nutrition and Exercise Science and BA (Hons) Physical Education.

The CIP allows students to collaborate with industry personnel to design, deliver and evaluate their own sport for development within the local demographic. Each initiative will utilise sport and physical activity as a tool to address 'social issues' that have been identified within local communities through extensive research, allowing students to gain invaluable practical experience.

CIP initiatives target a diverse range of identified social issues, such as anti-social behaviour, academic attainment, obesity, physical inactivity, disabled populations and drug-related issues. Given the limited resources that the city has to meet these needs, the CIP is one of the most significant sports development providers within the city of Southampton.

To put this into perspective, the CIP advocates around 25 projects per annum, depending on student enrolment, engaging with roughly 20 people per project. To date, the CIP has mobilised over 150 different programmes involving 2,500 participants within the local setting. As a result, it has impacted on many lives from a diverse range of cultural, religious and economically disadvantaged backgrounds.



# HOW TO APPLY

Solent University code name: **SOLNT**

Solent University UCAS code: **S30**

[www.ucas.com](http://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 prevent you from gaining a higher education. For more information, visit [www.solent.ac.uk/finance](http://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](http://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](http://www.solent.ac.uk/accommodation)

## SPORT AND FITNESS

UCAS  
tariff points

Work  
placement  
opportunity

Foundation  
route available

### UNDERGRADUATE COURSES

BA (Hons) Football Studies	96–112		
BSc (Hons) Health, Nutrition and Exercise Science	96–112		
BA (Hons) Physical Education	96–112		
BSc (Hons) Sport and Exercise Science	104–120		
BSc (Hons) Sport and Exercise Therapy	104–120		
BA (Hons) Sport Coaching and Physical Education (Top-up)			
BSc (Hons) Sport Coaching	104–120		
BSc (Hons) Sport Management	104–120		

### FOUNDATION PROGRAMMES

Sport Foundation

### POSTGRADUATE COURSES

MSc Football Science

MA Physical Education and School Sport

MA Sport Management

MSc Sport Science and Performance Coaching



Solent University  
East Park Terrace  
Southampton  
SO14 0YN

T. +44 (0)23 8201 3039  
E. [ask@solent.ac.uk](mailto:ask@solent.ac.uk)

[www.solent.ac.uk](http://www.solent.ac.uk)

 [solentuniversity](https://www.facebook.com/solentuniversity)

 [@solentuni](https://twitter.com/solentuni)

 [@solentuniversity](https://www.instagram.com/solentuniversity)

 [solentuni](https://www.youtube.com/solentuni)