


SOLENT
UNIVERSITY

SOUTHAMPTON



HEALTH
AND MEDICAL
SCIENCES

2022

A woman with long dark hair, wearing a white lab coat over a black and white patterned dress and a blue lanyard, is walking in a bright, modern hospital hallway. She is gesturing with her hands as if speaking. The hallway has large windows on the right side, showing green trees outside. The floor is highly reflective, showing a clear reflection of the woman. On the left side of the image, there is a red vertical bar and a faint silhouette of a person in a lab coat.

Make a difference and have a rewarding career supporting others

You want to make a difference to people's lives and care for people's health.

With the government's commitment to deliver 50,000 more nurses, there are many opportunities to carve out a career in care. And with the upturn in the growing importance of the use of exercise and nutrition as the foundation for wellbeing, there are many rewarding careers in public health.



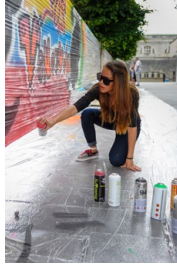
For nursing, you'll find openings in the NHS and private settings across primary and secondary care. And to make sure you're future-ready, you'll use facilities ranging from the standard professional workplace to nursing simulation suites.

At Solent you can specialise in the pathway of your choice when studying our Health, Nutrition and Exercise Science programme, so you can focus on either personal training – to help clients reach their exercise goals – or health – to work in a more clinical setting – each preparing you for the health and wellbeing sector.

With our Biomedical Science degree, you can be part of research that leads to new developments in treating illness and managing health. The skillset gained in this degree programme means you will be ready to work in a wide range of areas – from the NHS to the pharmaceutical or biotechnology industries – or to undertake further qualifications.

With health high on the agenda for the general population, you can be confident that you will be joining a community of academics at Solent who have a wealth of experience that puts you in the best place to start your professional career.





OUR GREAT CITY

With a population of almost 250,000 – including 46,000 students – Southampton is a thriving city that has recently had a £1.6 billion injection of investment. It's well served for healthcare and wellbeing, and the University Hospital Southampton NHS Foundation Trust provides services to 1.9 million people.

It enjoys Premier League football, international and county cricket and world-class sailing. Calshot Activity Centre hosts watersports, snowsports, rock climbing and the south's only indoor velodrome. The neighbouring New Forest is a major draw for cycling, running and riding. Solent University enjoys partnerships with many sports organisations, including the Southampton Sports Centre and Gleneagles Equestrian Centre.

Southampton is a city of live music. Renowned venue The Joiners has launched many bands, stadium acts come to the Ageas Bowl, the O2 Guildhall hosts the mainstream, and festivals and street music thrive.

The city has great shopping and independent and state-of-the-art cinemas and theatres.



REAL-WORLD EXPERIENCE

Thanks to our strong relationships with practitioners and our partnerships with the NHS and other health and social care providers, you'll enjoy top-quality placements and real-world experience.

Through the nursing and biomedical science programmes, you'll work with practitioners and other professionals to undertake a significant amount of clinical placement at every level of your course, including a final-year research and work-related laboratory project.



SPECIALIST FACILITIES AND EQUIPMENT

- A nursing simulation suite.
- The teaching team, made up of academics with extensive industry and research experience, will guide you as you apply your new-found research skills to a range of experiments and projects.
- Nutrition labs.
- Biomedical science labs.
- Health, Nutrition and Exercise Science students can gain a breadth of experience without even leaving campus on such activities as our personal training scheme, disease rehabilitation initiative, nutrition counselling service, strength and conditioning academy and many more, allowing you to deliver a range of health initiatives, improving life for the local community and University staff, and making you hugely employable on graduation.



KAREN ROBERTS

BSc (Hons) Adult Nursing Practice student



I chose to study at Solent because I loved the vibe that I felt when I was on campus. The equipment and facilities are superior here too. I live in Winchester, and find the location easy to travel to. I also love the people that I have met on this course. I have found the tutors friendly and approachable, and really easy to talk to. I have met some amazing fellow students who I know will stay friends for life.

So far I really enjoyed learning more about anatomy and physiology, and the tutor made learning the subject really interesting. I loved the quizzes that he gave us weekly, as they were funny and a real treat at the end of the university day.

I like the ethos and learning methods at Solent. I think it is a really lovely university to attend and I love telling people how much I enjoy my course. I love the vibrant red colour around campus – it's fun and inviting.



So far I have only had one placement, which was both interesting and fun. I was placed onto a complex discharge ward at the Royal Hampshire County Hospital where I was able to revisit my HCA ward-based skills. I have learnt a lot more about drugs and their contraindications. The hours are very long but rewarding.

I am a mature student who was unable to go to university before as my children were young. I was anxious about being so much older than most of my peers, but I would definitely encourage anyone who is thinking of retraining at an older age to come to an open day. My hope is to work as a diabetic adult nurse once I graduate.



KAS LIVINGSTONE

BSc (Hons) Adult Nursing Practice student

First of all, I am grateful to have had the opportunity to start my career at Solent University. My time here has been an experience in itself. The first year and half of the second year was the best time as we were not in a pandemic. During those years I reached out to the Student Hub to support me academically. They referred me to a learning support service which helped with extra support. When the pandemic hit, it affected me personally and again I was able to access support through the Student Hub.

We were the first cohort to use the new nursing lab which provides educational simulation through scenarios using simulation patients. We were able to practise skills with the state-of-the-art equipment. This enriched our learning further. The staff carried out major incident and cardiac arrest scenarios to prepare us for such real events. This gave us the confidence to carry out procedures during real-life events.

Additionally, the staff at Solent University have always been by my side for every single thing I've had to encounter, both academically and personally. The adult nursing team has always encouraged me to achieve my full potential. They have given me what it takes to become a nurse. I will be forever grateful for that.

My favourite thing that I've studied so far is definitely recognising deteriorating patients – it was really good and I enjoyed learning more about anatomy and the physiology of the human body. It was interesting to finally understand how to interpret ECGs as well as blood results. It was probably the first time I felt like a nurse.

The opportunities I've had have been endless. I was a course rep throughout my whole course and was involved in developing future courses for new adult nursing students. I was able to be part of the NMC course validation and meet the Chief Nurse of Health Education England at the opening of our new nursing simulation suite. I also won Clinical Apprentice of the Year, 2018–19, and took part in the launch of the new Solent University Nursing Society. My end goal is to become an advanced nurse practitioner. I enjoy the diagnostic part of nursing – it excites me.



“There is truly nothing that can stop you on this course. The possibilities are endless.”

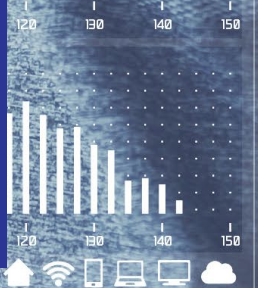
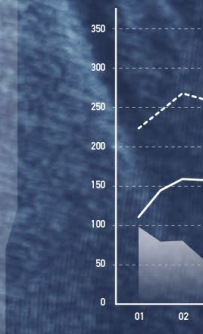
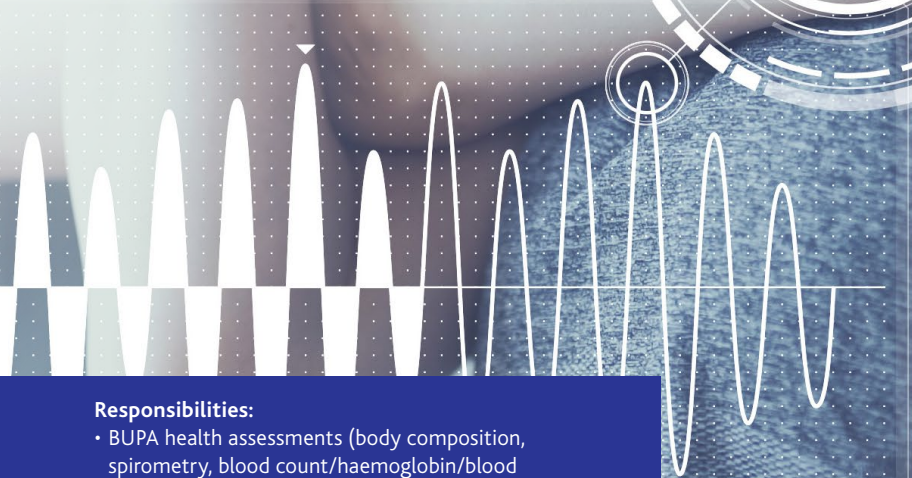




BETHANY FOSTER

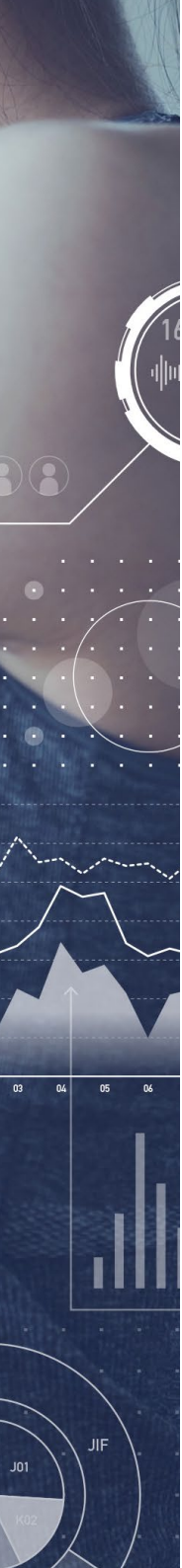
Health physiologist, Blackberry Clinic Milton Keynes
(private musculoskeletal clinic)

BSc (Hons) Health, Nutrition and Exercise Science, 2020



Responsibilities:

- BUPA health assessments (body composition, spirometry, blood count/haemoglobin/blood glucose testing, cardio-pulmonary testing, cholesterol profile, exercise capacity testing and ECGs).
- Behaviour change support to encourage healthier lifestyles.
- Working alongside GPs and physiotherapists to ensure clients are fully supported in all areas of their disease and sports injury rehabilitation.
- Creating individual lifestyle plans using motivational interviewing techniques to promote behaviour change.
- Nutrition advisor.



Within the BSc Health, Nutrition and Exercise Science course I explored a variety of different areas within the health, exercise and wellbeing sector. From fitness instructing, GP exercise referral and clinical exercise physiology to human nutrition, public health and health psychology, I was able to find those areas in which I excel and which I wanted to experience further. Spending time in the labs on the Applied Exercise Science module was invaluable for my job now as I carry out health and physiological tests that I learned on my course. The course gave me a breadth of knowledge and experience in all aspects of health, nutrition and exercise, which is great because I know that, although I love my job as a health physiologist, I can branch into nutrition, personal training or even massage therapy in the future, if I want to.

Having finished university in July 2020, I worked as a part-time fitness instructor alongside applying for full-time roles. This job role came in handy as I had already had some experience working as a fitness instructor at the University after finishing a level 2 gym instructing qualification during my first year. I actually had a paid job with Solent University while I was studying, running exercise classes for women (the 'Health for her' initiative). This gave me loads of confidence when I went for my first interview, as well as putting a few extra pounds in my pocket while I studied. It's so important to pin down that first job when you leave university, and gaining that experience at Solent – alongside the other initiatives I got involved in – was the dealmaker to get into my career.

When I came across a health physiologist role being advertised, I noticed that the job description included all of the areas I had studied within my course, as well as opportunities to expand my knowledge further. I have to admit I couldn't believe it when I got the job – it's like my dream job! I am working with physiotherapists and doctors in a clinical setting so, although I bring my own skills and knowledge to the team, I'm still learning so much from my colleagues.

Lastly, the course leader and lecturers were very supportive and always on hand to offer help and assistance if needed. I have to admit that I struggled a bit at first. It can be overwhelming at times to get used to a new institution and workload, but I could feel myself grow through the process, and they were amazing in the way they spotted areas where I needed help and knew exactly what to do to improve me. Those first few months soon became a distant memory, and I met loads of friends and had some memorable times at Solent.

All in all, this course has prepared me well for starting a career in the area that I knew I was passionate about when I started university, and has given me the confidence to immerse myself in a variety of different work environments. I now have my dream job and am excited about what I'll do in the future.



JACK BUCKLAND

Health and wellbeing coach, Help and Care

BSc (Hons) Health, Nutrition
and Exercise Science, 2020

I am a health and wellbeing coach for the non-profit organisation Help and Care, which works in partnership with the NHS to deliver free health services to the public.

My job is to help clients suffering from chronic health conditions such as obesity, diabetes, arthritis and the like to self-manage their conditions and take more control of their lives. I help clients identify what is important to them and facilitate setting SMART targets, which can vary from person to person. Examples include eating more vegetables, becoming more active, and so on.

The role encompasses a person-centred approach, which is the concept of the client having control over their healthcare decisions, a vision that is growing in the current health climate. Therefore, there will be a continued push for social prescribing roles such as mine, as the NHS looks for more cost-effective ways of providing healthcare, one of which is patient self-management.

My understanding of 'motivational interviewing' – which I learned during the Public Health and Health Promotion modules at university – helped me to secure my current job because my employers needed somebody who understood that clients already have the solutions to their problems and just need help discovering what they are. The fantastic in-house initiatives – such as Solent Nutrition and the exercise rehabilitation scheme – gave me this experience, so when I was interviewed for my job, I really did feel that I was the complete package and interviewed with confidence.

It is not just the content learned during my course that helped me get a job, but also my new ability to identify valid information from un-valid. We live in a world where anybody can be anybody on social media, for example, without there being any regulation of their content. Solent University taught me to identify which individuals and organisations are to be trusted, so that we can direct clients to the right services and the information that is most suitable for them.

Solent is a very modern and friendly place to study, with a real focus on employability, alongside academic success. My lecturers were always approachable and encouraged a critical eye, which made our relationships interesting and fun. Southampton as a city is great because almost everything is in walking distance. There is a vibrant city centre with buzzing nightlife, while only being a short walk from green spaces such as the parks and the common.

My advice to anyone considering a career in healthcare is to listen. The people we work with really do have their own solutions, and although we may know everything there is to know about diet, exercise and lifestyle, this will only be useful if it applies to their specific situation, which we will only understand if we listen to their story!

I now plan to gain more experience and pursue a career in public health by gathering a portfolio of evidence in order to become a registered public health practitioner with the UKPHR. I'm excited about my future and have my Solent Health, Nutrition and Exercise Science course to thank for getting me off to a great start.





AMY WOODFORD

Health and exercise development officer,
Solent University

BSc (Hons) Health, Exercise and Physical
Activity, 2017 (now known as BSc (Hons)
Health, Nutrition and Exercise Science)

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. I'm employed full-time as the health and exercise development officer for Solent University, in which role I've helped to generate, develop and deliver new business opportunities for the University. Through civic engagement, I have delivered physical activity and health interventions within the local community and also assisted with the running and development of the Solent exercise referral scheme. I am currently developing my portfolio to become a registered public health practitioner with UKPHR.

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

My role as health and exercise development officer is varied and involves working with lots of different communities within the sports complex and nutrition labs. Every day is different. Some days I will be delivering fitness classes or cook-and-eat sessions. Others I will be performing body MOTs and having one-to-ones with staff, students or members of the public to help them make healthy lifestyle changes. On occasion, I will be in the office writing funding applications and helping colleagues with research. I also help supervise the Solent exercise referral scheme through which students studying the BSc (Hons) Health, Nutrition and Exercise science course get to work with referred patients with medical conditions, and write and deliver an exercise rehabilitation programme for them. This also gives me the opportunity to continue to learn from the patients and amazing lecturers. It's weird that only a few years ago I was a student working on the referral scheme, and now I'm supervising and helping the students.

What's been your career highlight so far?

My career highlight so far is turning the health promotion project I designed on one of my modules into a permanent programme at the Solent Sports Complex, where it continues to grow. I find it very rewarding helping ladies from all backgrounds achieve their health and weight loss goals. I have written a case study about my project and am in the process of completing a chapter for a book, which will mark my first academic publication. My 'Ladies only' health and exercise intervention has definitely been my career highlight so far.

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 of working with all ranges 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, essays or being stuck in a lab. I took advantage of all the internal real-world learning opportunities that my course offered, and in the end the University employed me!

How has the BSc (Hons) Health, Nutrition and Exercise Science course helped you?

You cover each element of anatomy and physiology, exercise science and rehabilitation, public health, nutrition and psychology for three years, so you're not focusing on one thing and just touching on the others, like other courses I looked at. This was extremely confidence-building for me to know that I was being sufficiently educated in all aspects. When I started at university I didn't have a clue what I wanted to do after graduating, or what I would be in the future – just that I liked these subjects and wanted to be involved in helping people. This course gives you time to settle in and find your interests and strengths, so you know you're making wise, informed career decisions. I would never have guessed I would be the University's health and exercise development officer, but here I am!

COURSE LIST

COURSE	UCAS TARIFF POINTS	WORK PLACEMENT OPPORTUNITY	FOUNDATION YEAR AVAILABLE
BSc (Hons) Adult Nursing Practice	104–120	Y	Y
BSc (Hons) Biomedical Science	104–120		
BSc (Hons) Health, Nutrition and Exercise Science	104–120	Y	Y
Sport Foundation Year	48		
Social Sciences Foundation Year	48		

HOW TO APPLY

Solent University code name: **SOLNT**
Solent University UCAS code: **S30**
www.ucas.com



RESEARCH UNIVERSITIES
March – September

WORK ON YOUR UCAS APPLICATION
September – January



CHECK UCAS TRACK

This is where you'll see if you have an unconditional offer (the place is yours) or a conditional offer (based on exam results or other evidence), or if your application has been unsuccessful.



APPLY ONLINE VIA UCAS
By 26 January



REPLY TO YOUR OFFERS

Select your firm choice.
Select your insurance choice – this is a back-up choice in case you don't meet the conditions for your firm choice.
Decline your other offers.



FIND OUT IF YOU'VE GOT YOUR PLACE

You'll see in UCAS TRACK if your place is confirmed. BTEC results are published from July onwards and A-level results will be published in mid-August.



52 THINGS TO DO

Prepare for university in less than an hour each week with our tips, guides and quizzes.
www.solent.ac.uk/52-things

SOLENT UNIVERSITY

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