

SOUTHAMPTON

SPORT AND FITNESS

You're keen, committed and have an aptitude for sport and fitness

Now you want the skills and qualifications to kickstart 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 university 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 problemsolving 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.

DLEN versity

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. 1.64

1.72

11.04

0.2

11.04

30.2

1.64

1.72

24

1.05

6

55.4

We have invested £1.3 million in sport and exercise facilities, including a fully equipped, modern and BASES-accredited physiology 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 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
- a general-purpose gym (accessible by the public)
- a strength and conditioning high-performance gym
- · a personal training teaching gym
- a 15-station group cycling studio with virtual instructor technology
- a sports and exercise therapy clinical space.

For further details on the sports complex, visit **www.sportscomplex.solent.ac.uk**



TAUGHT BY PROFESSIONALS WITH EXTENSIVE SPORTING EXPERTISE

- We're home to an internationally renowned football research group – 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.
- We have conducted research that impacts the Premier League.
- We are UK leaders in academic and competitive sports, thanks to our professionalstandard 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 though our annual Community Innovation Programme – more information on page 20.
- Work with and train a variety of clients including older adults, exercise referral patients and disabled users – in our professionalstandard 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 handson lab and field experience in strength and conditioning, coaching, nutrition and performance analysis.



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 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 (only available to students on BSc (Hons) Health, Nutrition and Exercise Science).
- 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.

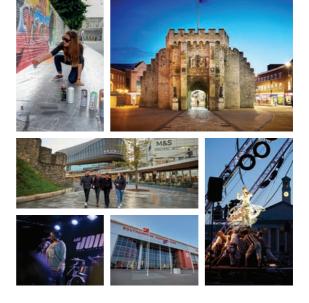
GREAT WORK EXPERIENCE THROUGH EXCITING SPORTS PARTNERSHIPS – WE ARE THE OFFICIAL UNIVERSITY PARTNER OF SOUTHAMPTON FOOTBALL CLUB

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 or working in the media pen on match day, to our growing partnership with the club which 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.







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 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.





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.

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'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.

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.





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 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 or email sports.scholarship@solent.ac.uk









KELLY SIMM

BSc (Hons) Applied Sport Science, 2019 – now BSc (Hons) Sport and Exercise Science

Performance Sport Scholar

MSc Sport Science and Performance Coaching student

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

British Championships, 2019 All Around Silver

How has Solent supported you in your sport?

The High Performance Academy (HPA) has been a big support for me in my sport through my undergraduate studies and currently during my master's degree. The regular physiotherapy that they provide has been invaluable to me going through my career and they have been able to communicate with my physiotherapists within the English Institute of Sport to make sure everyone is on the same page. In the past I have also been able to do rehab and strength and conditioning sessions in the gym between lectures, as well as have regular meetings with my academic supervisor who has provided support for a wide range of different things throughout my career.

Briefly describe a typical day on your undergraduate 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 I 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.

How has Solent supported you to study?

Solent has always been supportive of my commitments outside of university, which has enabled me to combine my sporting career with study. I completed my undergraduate degree over five years, which allowed me to pursue a degree without compromising any aspect of my training. This year, going into the master's, it has been predominantly online for me, and with it just being one day a week of delivery, it has worked well, and I have been able to do the course full-time alongside training. The lecturers understand performance sport brilliantly and the demands and pressures that I am under at certain points, and they are very supportive and easy to communicate with when needed.

Do you have advice for students looking to study the courses you have done and/or other students also doing high-level sport?

There was a lot of concern at first from people around me that pursing a degree alongside my sport could be a distraction and would cause too much stress. However, it has been the complete opposite and I would recommend anyone interested in studying a degree to consider it alongside a career in high-level sport. It isn't always easy but as an athlete you have developed the skills to be organised and prioritise, and I found university and sport complemented each other so well.

My advice would be: if you can show the lecturers that you are willing to work hard and are committed to your studies, then they will always be there to give you their support. I would also say: try to communicate with the lecturers and support team around you and find out what support and flexibility they are able to offer you. Whenever I had to be away for training camps or competitions (which was sometimes months at a time), communication was vital to know what I needed to do and what I would be missing, as it was my responsibility to stay on track. However, the lecturers were always so understanding, and we were always able to plan and work around these times.

What is your 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.

How has Solent helped you prepare for a career?

This master's has felt like a big shift towards high-performance sport, and we have constantly been encouraged to apply what we are studying to our real-life situations in our individual sports or in roles we might be aspiring to go into. The lecturers have worked in many different fields and sports, which is great as they each bring different experiences and expertise to sessions, so there is always a good balance of learning the theory and discussions around real-life practice. We have also had a few assessments this year which have involved us running sessions or workshops for different athletes remotely, so that helps to apply your knowledge, feel more confident and prepare you for a career.

Do you have any plans for the future?

Right now, I'm just really focusing on training and on completing my master's degree – and trying to get the most out of both of those things. There are so many things I love about sport and would love to start exploring!

What have been your highlights?

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. I also got to represent Solent at the World University Games in Korea in 2015 and win the All Around competition.

It was also a huge honour to co-open the new sports complex alongside Helena Lucas MBE in 2019. The sports complex had been a long time coming and it was so exciting when we finally got to go inside! It is crazy now that every time I go in I see my name on the plaque in the entrance to the building – but such a huge honour!

Graduation in 2019 was very special for me, being able to celebrate that achievement with my family.

EMTLY HAWORTH

BA (Hons) Physical Education, 2019

The Physical Education course is a great start for getting into the teaching world. Over the three years you get to know the great lecturers, who are all passionate about physical education, as well as always being there to give you a helping hand with any work you may feel less confident about.

Another reason why I loved my time on this course is the lectures and seminars. The lectures are always enjoyable due to the broad subjects and topics that the lecturers know so well, which are then discussed in further detail in smaller seminar groups, which is very helpful due to the face-to-face contact with the lecturer.

Additionally, the course provides wonderful practical lessons and opportunities for school placements. This is such a great experience as you use the theoretical skills from lectures and seminars and transfer this knowledge into real work situations. This is excellent as it enables you to understand what it's really like to work in a school, as well as improving your confidence as a teacher. It has driven me to pursue my career in teaching, as all the schools we are placed in have great teaching staff and students alike. As well as this, the course provides NGB awards. These are very beneficial as they provide us with training of specific skills, such as communication and organisation in a sport-specific context.

RUGB

Overall, the BA (Hons) Physical Education course provides the essential exposure to and experience of what it is to be an effective teacher and aids employability in the future. By the end of the course, the knowledge of practical skills in PE, coaching and child development is substantial and prepares you for any future positions such as PGCE and School Direct teaching training. With the great team of lecturers and friends, this course has been fun and a great learning experience, and I encourage anyone with a passion for teaching to choose this course.



SOUTHAMPTON SCHOOL SPORT EDUCATION PARTNERSHIP

The Sport Education Partnership is here to support students through the provision of extracurricular activities, all of which are designed to provide a platform for real-world learning opportunities.

The team works with a wide range of national governing bodies and accredited centres to provide students with an extensive range of continuing professional development (CPD) opportunities in sport, health and wellbeing, allowing you to gain additional qualifications that enhance your employment potential, while also providing the opportunity to network with colleagues and industry professionals alike.

If you want to gain experience of working within a school environment, then the combination of our School Games Organisers and Schools Development Officer can provide you with a wide range of possibilities to do so. We work with schools at all levels in and around the city of Southampton, providing voluntary and paid roles at events, roadshows, after-school provision and much more. All of this is in addition to the support that is provided for academic placements.

The team is here to enhance your student experience, providing you with opportunities outside of your degree that will enhance your graduate employment potential. We look forward to meeting you.

THE CENTRE FOR FOOTBALL RESEARCH

A hub of expertise in the beautiful game

For more than ten years, The Centre for Football Research has been home to academics with expertise in areas as diverse as business management, coaching, development, political economy, sociology, and psychology.

It has worked closely with many of football's leading governing bodies including FIFA, the Football Association, the Premier League, the Football League, and many professional clubs to deliver research, consultancy, and training across all levels of the game.

As well as publishing research widely, academics working at the Centre frequently appear in the media to discuss the most pressing issues facing football, and have provided evidence at Parliamentary Select Committees and other government inquiries.

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.

Our graduates have entered a wide range of roles across the game. These include:

- elite-level coaching
- youth and academy coaching
- performance analysis
- talent identification and recruitment
- football development
- football business and administration
- commercial operations
- research and education.



CHARLIE WILSON

BSc (Hons) Football Studies student

I first knew I wanted to apply to the Football Studies course at Solent when speaking to several people at Oxford United who had studied the course, while I was there on work experience. Given that I was enamored with the environment, and some of the people I was working with had taken the football studies path, it felt like a perfect fit – so much so that it was my only university application.

Having hopefully gained a strong degree, I am looking to begin my career in football at the Oxford United academy, whether in an analyst role or working in one of the other departments, such as academy recruitment or player welfare. In the long term, I would love to have a role within the FA that can aid the development of the game in this country as a whole. On the flip side, working in football's developing nations – such as India or the USA – would also be of great interest. I would say the main benefit of the degree is the exposure to, and exploration of, elements of the game which many, including me, had not considered. I found this humbling and it has encouraged me to become an even more avid student of the game. The range of academic resources directly surrounding football has also been a huge eye-opener as well, and being pointed in the direction of many of them has been a highlight.

The course has been challenging yet enjoyable, the assessments as a whole have been engaging and felt like they incorporated what we had learned throughout the modules.

Working online has been challenging at times, especially when working with students who are apprehensive when communicating over MS Teams. Overall, however, I have still been able to make friends and engage academically with the majority of students.

SAM COOK

BSc (Hons) Sport and Exercise Science student

Why did you choose to study at Solent?

The applied nature of the course really appealed to me as I enjoy learning practically. During the open days the great facilities that we were shown, particularly those in the physiology laboratory, helped me to make my decision to study at Solent.

What do you like about the course?

I've found the modules and assessments interesting and applicable to working in the sports industry. The guidance from all my tutors has been excellent, not only with regards to coursework but also in arranging external placements alongside my studies and helping me to plan for my next steps after leaving Solent.

What is your favourite university experience so far?

I've been fortunate enough to have a variety of work placements alongside my studies and Solent has helped me to secure these. Working with Weymouth FC in the National League has been a brilliant experience that I thoroughly enjoyed and learnt a lot from!

What do you hope to do when you graduate?

I plan to continue my studies into a master's degree in strength and conditioning, with the aim of working in elite sport as a strength and conditioning coach.





CHARLIE GOODRUM

Sports therapist, CHG Sports Therapy BSc (Hons) Sport and Exercise Therapy, 2020

What have you been doing since graduation?

I currently work as a graduate sports therapist and run my own company, based within a local gym. CHG Sports Therapy focuses on identifying and treating injuries – whether it's sporting injuries or general aches and pains. I use the skills and knowledge I acquired during my time at university on a dayto-day basis, which ensures I give the best advice and treatment possible. Almost every day, while treating clients, I will hear the voices of my lecturers in my head – which confirms I am doing the correct thing.

What is your career highlight so far?

So far the most exciting experience for me has been locating and working out of my own clinic, and meeting a variety of people and injuries each week.

Why did you choose to study at Solent?

I chose to study at Solent because not only was it local, which allowed me to continue working as the assistant manager of my local gym, but also I was aware of the impressive sports science facilities that the University had to offer – as well as the new sports complex which was being built and was completed in time for my final year.

How has Solent helped prepare you for a career?

The University provided me with not only the knowledge required to excel in my career but also confidence in what I was doing and support that ensured I would not be alone, even after leaving the University. Even though I work alone currently, I always have connections with previous students and current lecturers who happily provide help and advice, should it be needed.

What are your top tips for someone wanting a career in your field?

To be confident in everything you do and to take every opportunity that comes your way. Confidence isn't something that used to come naturally to me, but it grew with each experience I had. If I felt worried, I knew that it meant more work was needed. Having an awareness of what you are not confident about is important for improvement. Don't fear not knowing something – just make sure you work on it and approach the subject with honesty (especially if you are with a patient).

What's next for you?

My current plan is to continue building up my reputation and my business. I would love to open up a few different locations and have a team of graduate sports therapists working for me.

C O M M U N I T Y I N N O V A T I O N P R O G R A M M E (C I P)

Making a difference in the community

Solent University's Community Innovation Programme (CIP) is an integral and compulsory part of many sport and fitness courses.

The CIP allows students to collaborate with industry personnel to design, deliver and evaluate their own sportfor-development project 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, low academic attainment, obesity, physical inactivity, disabled populations, under-representation in sport 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.





DAN JANOWSKI

Company director, Active8 Minds BSc (Hons) Sport Coaching, 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 to become 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.

My neighbour (a former IBM employee) and I started our company, Active8 Minds, in 2014 on a budget of £5,000. We essentially offer sports education and childcare for children age 3-16throughout 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.

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 been 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."



ANIKET KATTIKULAM

Associate – Sponsorship and Sales, ITW Consulting BA (Hons) Sports Studies and Business, 2020 – now known as BSc (Hons) Sport Management

Why did you choose to study at Solent?

I always wanted to play football professionally and I thought if I went to the UK, I would have more opportunities. I was always intrigued by going to a foreign country and living independently while studying at a proper sport university.

How has Solent helped prepare you for a career?

I can't thank Solent enough for what it has done to help me with my career. Before joining Solent, I was completely unaware that such a huge sport sponsorship market ever existed. Solent made me fall in love with the business side of sport. Additionally, the knowledge I consumed from my course leader and my lecturers was exceptional and I guess that is what made Solent a really distinguished university for me.

Tell us a little bit about your current role.

Currently I'm working as a sponsorship, marketing and branding professional with a renowned sports marketing company, with day-to-day responsibilities including facilitating partnerships between brands, TV broadcasters and over-the-top (OTT) platforms such as Hotstar and SonyLIV, and major sport leagues such as the Indian Premier League.

I also work with those brands to ideate, strategise and execute an array of campaigns throughout the year, across various different sports, liaise with them to ensure they like the campaign, and see if we can do anything further to assure them of a good return on investment.

How did you get where you are today?

During my studies, I did various paid and unpaid internships, and right after I graduated, I interned for another global sports marketing company whereby I used to look at their PR (Indian Super League players' interviews), controversy management, sponsorship, player contracts, content development, and so on. I also freelanced with an Indian agent, helping him with a few player profiles for players in the Indian Super League. I have been able to apply all my learnings in my new role and have managed to work well with brands while handling sport events throughout the world.

Career highlight so far?

My career highlight so far was my first deal that I was able to crack after joining the company. I still remember the day I closed the deal – I was speechless about the fact that I had contributed to orchestrating a partnership with a brand during an international cricket series. It was an adrenaline rush and one of the most satisfying feelings ever!

What are your top tips for someone wanting a career in your field?

My main advice for someone wanting a career in the sport industry is that it is vital to network, socialise and attend networking events. Keep exploring different roles – try and do volunteer roles, internships and jobs alongside your studies at university. Networking is key in the sport industry. So make a good LinkedIn profile, and try to connect with like-minded individuals. It is always good to have healthy discussions, debates and exchange of ideas with people in the sport industry. This will not only prepare you for your sporting career, but also your entire life after university.



COURSE LIST

COURSE	UCAS TARIFF POINTS	WORK Placement Opportunity	FOUNDATION YEAR AVAILABLE
BSc (Hons) Football Studies	96–112	Υ	Y
BSc (Hons) Health, Nutrition and Exercise Science	104–120	Υ	Y
BA (Hons) Physical Education	96–112	Υ	Y
BSc (Hons) Sport and Exercise Science	104–120	Υ	Y
BSc (Hons) Sport and Exercise Therapy	104–120	Υ	Y
BSc (Hons) Sport Coaching	104–120	Υ	Y
BA (Hons) Sport Coaching and Physical Education (Top-up)	104–120	Υ	Y
BSc (Hons) Sport Management	104–120	Y	Y
Sport Foundation Year	48		

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HOW TO APPLY Solent University code name: SOLNT Solent University UCAS code: \$30 **RESEARCH UNIVERSITIES** www.ucas.com March – September September – January By 26 January CHECK UCAS TRACK This is where you'll see if you have an unconditional offer (the place is yours) 4 or a conditional offer (based on exam results or other evidence), or if **REPLY TO YOUR OFFERS** your application has been Select your firm choice. unsuccessful. Select your insurance choice this is a back-up choice in case you don't meet the conditions for your firm choice. FIND OUT IF YOU'VE Decline your other offers. GOT YOUR PLACE You'll see in UCAS TRACK if your place is confirmed. BTEC results are published

52 THINGS TO DO

from July onwards and A-level results will be published in mid-August.

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



SOUTHAMPTON



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