




Sport and fitness

2023 undergraduate courses



www.solent.ac.uk

**MAKE
WAVES**



A sporting career for life

**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.**





Solent Sports Complex

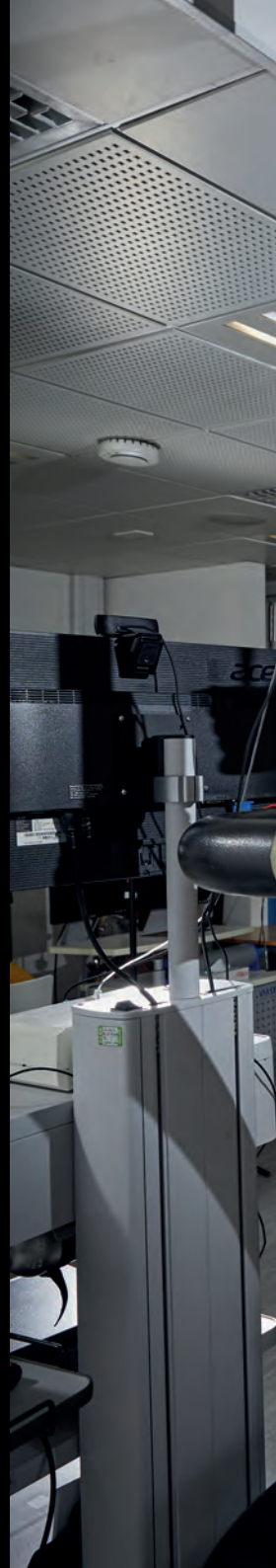
Our state-of-the-art sports complex offers sport and physical activity facilities – and flexible, affordable gym memberships – to all students and staff at Solent, with dedicated teaching spaces for sport-focused students.

Facilities include:

- A dedicated basketball arena – to FIBA Level 2 with seating for 500.
- A multi-purpose hall for everything from basketball and netball to volleyball, futsal and even wheelchair rugby.
- A general-purpose gym.
- A strength and conditioning gym for high-performance athletes.
- A teaching gym.
- Two fitness studios.
- A spin studio with virtual instructor technology.
- Sport therapy suites (sport and exercise therapy students included, to help with those aches and pains).

For a closer look, visit
www.solent.ac.uk/virtual-tour





Sport is more than science

It's a passion. And that comes from knowledge and the latest technology.

Physiology Laboratory

Being accredited by the British Association of Sport and Exercise Sciences (BASES) – the professional body for sport and exercise sciences – makes this lab part of an elite group in the UK.

The Solent Physiology lab is also used by professional sports teams such as Southampton FC, GB Wheelchair Rugby and Salisbury Triathlon Club.

Biomechanics Laboratory

For the study of human movement, the next generation of sport scientists use a state-of-the-art Vicon 3D motion capture system in conjunction with force data captured from three embedded force plates and a portable EMG system.





Test Park

A multi-million-pound football centre and FA coaching venue, Test Park includes an all-weather, full-size 3G sports pitch, a Wessex League floodlit football stadium and six football and rugby pitches.





Sport Therapy Suites

In this dedicated clinical space, our sport therapists not only learn human anatomy, sports injuries, sports massage and rehabilitation, but can take in anyone as patients to help with aches and pains. This is the perfect training environment.





Official University Partner of Southampton Football Club

Solent University and Southampton FC have a long history of working together, enabling student success and developing work-ready, world-ready, future-ready graduates. Located a stone's throw from St Mary's Stadium, the home of the Saints, Solent is proud to be the club's official university partner.

Great work experience through exciting sports partnerships

Through the Saints, the next generation of talent can gain real-life working experience with a Premier League club, both on and off the pitch.

There's a variety of opportunities for students: professional coaching and development from Premier League coaching staff, high-profile guest lectures, or working in the media pen on match day.





Real experience for the real world

At the heart of Solent's teaching is ensuring students gain the skills needed to be ready for industry. Sport courses at Solent embed work experience and placements at every level.

- Sport therapists have the opportunity to practise their skills in our student-led therapy clinic, working with real-life patients.
- Students have the chance to develop their own sport coaching project through our annual Community Innovation Programme – more information on pages 12–13.



Accreditations

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)
- the Society of Sports Therapists (SST)
- associated partner with the Association for Physical Education (afPE).

Extra qualifications

Alongside their degree, students may be able to gain extra qualifications including national governing body (NGB) coaching qualifications.

Through our 12-week Solent PT programme, students can gain a professional personal training qualification (only available to students on BSc (Hons) Health, Nutrition and Exercise Science and BSc (Hons) Sport and Exercise Therapy).

Sport science students will be encouraged to prepare for BASES and UK Strength and Conditioning Association (UKSCA) professional accreditation.

- Sport, health and exercise science students work with a variety of clients – including older adults, exercise referral patients and disabled users – in our teaching gym.
- Sport scientists and coaches can work in the community – with schools, elite athletes and people with special conditions – to gain hands-on field experience in strength and conditioning, coaching, nutrition and performance analysis.



Sport for everyone

Sport is not just for elite professionals but is also embedded in the community at grassroots level. The Community Innovation Programme (CIP) gives students with bright ideas the opportunity to work with communities in Southampton and beyond, using sport for development. This could be creating a programme to find the next female football talent or helping deprived communities enhance their opportunities – and you could create positive change, using sport as a way to achieve it.



CIP in action 'Mums on the Move'

'Mums on the Move' was a community-based project that aimed to increase awareness of physical activity for single mums aged 16 to 25.

Initially the project ran for 10 weeks in 2016 and focused on activities including Zumba and kick boxing, as well as healthy eating. On top of the outcomes of the fitness programmes – such as health benefits and more energy – the participants learnt other day-to-day skills, such as developing their language skills and also expanding their resources, whether that was for their children or themselves.

'Mums on the Move' activities were cheap, which made the classes extremely affordable for the mums, whereas previously becoming healthy was always deemed to be an expensive practice.

Around 20 mums accessed the programme, which improved their self-esteem and confidence, and provided an improved way of living for two generations, with many health benefits from the fitness programme.

Over six years later, 'Mums on the Move' is still going strong and open to all new mums. It is helping lots of families across the community, with Solent students still involved and supporting this local project.





Southampton – home from home

**You want to make the most of your time at university,
and you can make Southampton your own.**

It's a hub of sport and culture, offering Premier League football, county and international cricket, climbing and bouldering not far from campus. Plus watersports on the Solent, made world-famous for sailing during the 2012 Olympics.

For lovers of natural scenery, the neighbouring New Forest is not only excellent for picnics, but perfect for cycling, running and riding.

Southampton is great for night owls – a city renowned for live music, from big acts at the O2 Guildhall, to bands at The Joiners or raves at Switch. Not to mention all the street music and summer festivals.

For rest days, Southampton is great for meeting your mates for a coffee and shopping at WestQuay, followed by a trip to the cinema at Showcase Cinema de Lux – the first cinema in the UK to have laser projection with Dolby Atmos™ audio and fully customisable electric recliners in every screen.



Be on our team

Love playing sport? No matter what level you play at, you'll find a sport for you at university. Take it to the next level or try something new.

With 30-plus sports clubs – covering everything from snow sports, sailing and squash to American football and windsurfing – more than 1,200 Solent students compete in sports each year.

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

All you need to do is turn up and play.





Our industry-focused courses

BSc (Hons) Football Studies

Solent University has been at the forefront of football education for nearly two decades and this degree can provide you with the skills you will need to thrive in a variety of roles across the football industry, from coaching, football development, psychology and performance analysis to scouting and critical research.

BSc (Hons) Health, Nutrition and Exercise Science

With your interests spanning health and fitness, physiology, exercise science and nutrition, this course offers two pathway options to focus on – either fitness and personal training, or health and exercise science – to help people overcome their health challenges.

BA (Hons) Physical Education

Specifically developed to help prepare you for a career in teaching, the Southampton School Sports Partnership gives students access to around 93 education providers, to help you put theory into practice.

BSc (Hons) Sport and Exercise Science

Endorsed by the British Association of Sport and Exercise Sciences (BASES), this degree is founded upon the underlying principles of physiology, psychology and biomechanics. Through professional placements and applied practice, you will gain first-hand experience of working with teams and athletes in high-performance environments.



BSc (Hons) Sport and Exercise Therapy

This degree will help provide you with the essential professional skills and musculoskeletal expertise you will need to secure an exciting career working with athletes, sports teams and everyday clients. There are opportunities to gain an industry-accredited gym instructor award, or NGB coaching awards.

BSc (Hons) Sport Coaching

This course will progress your skills to involve you in delivering coaching sessions to local athletes and community groups. You can focus on one of two pathways – either the science of coaching (physiology, biomechanics and the psychology of coaching), or sport development (sport policy, sport development and project delivery).

BSc (Hons) Sport Management

This degree is for those interested in the business of sport. With a combination of management topics – including marketing, business start-up and human resources – as well as event organisation, sport governance, social and cultural issues and health and safety, the pathways offered are either outdoor adventure studies or football business.



Kelly Simm

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

Performance Sport Scholar

MSc Sport Science and Performance Coaching, 2022

Commonwealth Games, 2014 and 2022
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 it provides has been invaluable to me going through my career and the HPA has 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 pursuing 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 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.



Emily 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.

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 or 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 PE to choose it.



Southampton School Sport Education Partnership

The Sport Education Partnership supports 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.



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 enamoured 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 liaising 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?

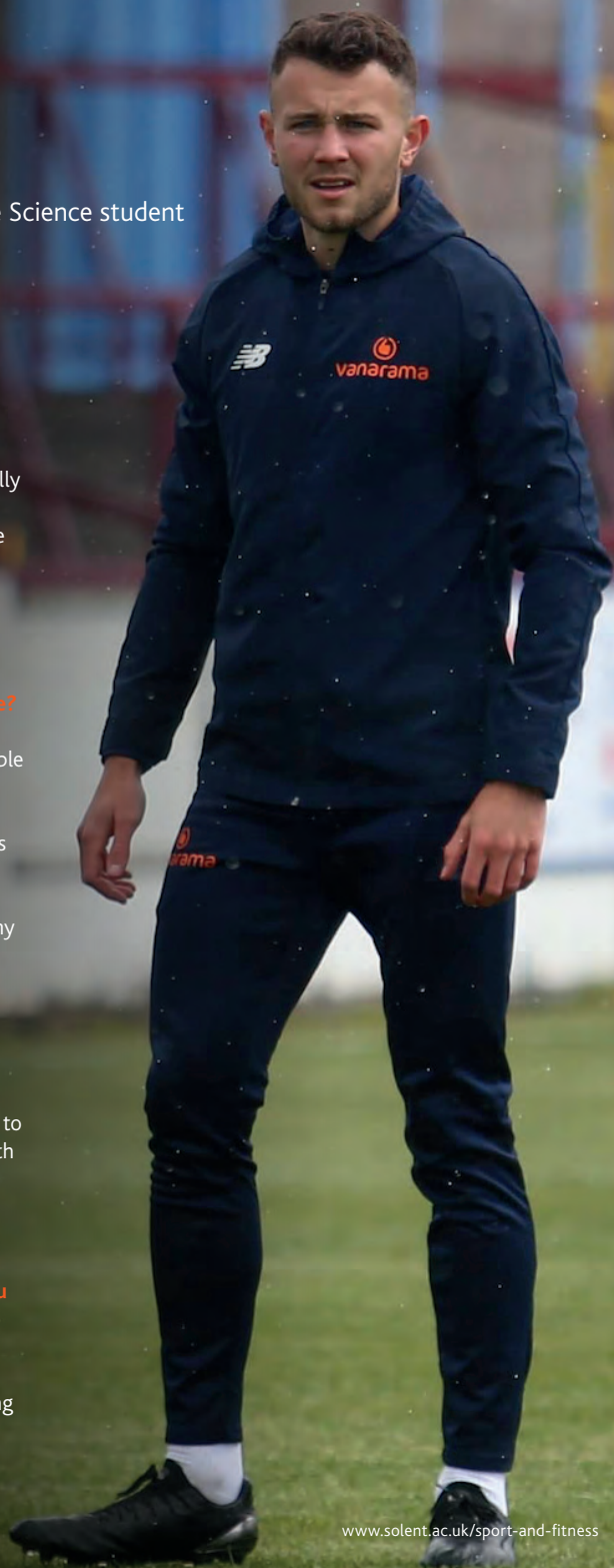
I've found the modules and assessments interesting and applicable to working in the sports industry. The guidance from all my tutors has been excellent, not only with regards to coursework but also in arranging external placements alongside my studies and helping me to plan for my next steps after leaving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



Bethany Foster


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

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

**“I now have my dream job
and am excited about what
I’ll do in the future.”**

Responsibilities:

- BUPA health assessments (body composition, spirometry, blood count/haemoglobin/blood glucose testing, cardiopulmonary 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.

A vertical sidebar on the left side of the page featuring a dark blue background with various white and light blue data visualizations. At the top, there's a circular gauge with a needle pointing to '16'. Below it, a line graph with multiple data series is visible. Further down, a bar chart with four bars of increasing height is shown. At the bottom, there are circular diagrams, one of which is labeled 'J01' and 'JIF'.

Within the BSc (Hons) 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 the same health and physiological tests that I learned on my course. My studies 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.



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 3–16 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.

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 of 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 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, 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 the 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 exchanges 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	104–120	Y	Y
BSc (Hons) Health, Nutrition and Exercise Science	112–128	Y	Y
BA (Hons) Physical Education	104–120	Y	Y
BSc (Hons) Sport and Exercise Science	112–128	Y	Y
BSc (Hons) Sport and Exercise Therapy	112–128	Y	Y
BSc (Hons) Sport Coaching	104–120	Y	Y
BA (Hons) Sport Coaching and Physical Education (Top-up)	104–120	Y	Y
BSc (Hons) Sport Management	104–120	Y	Y
Sport Foundation Year	48		

How to apply

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



1

Research universities
March – September



2

Work on your UCAS application
September – January



3

Apply online via UCAS
By 26 January



4

Check UCAS Hub
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.



5

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.

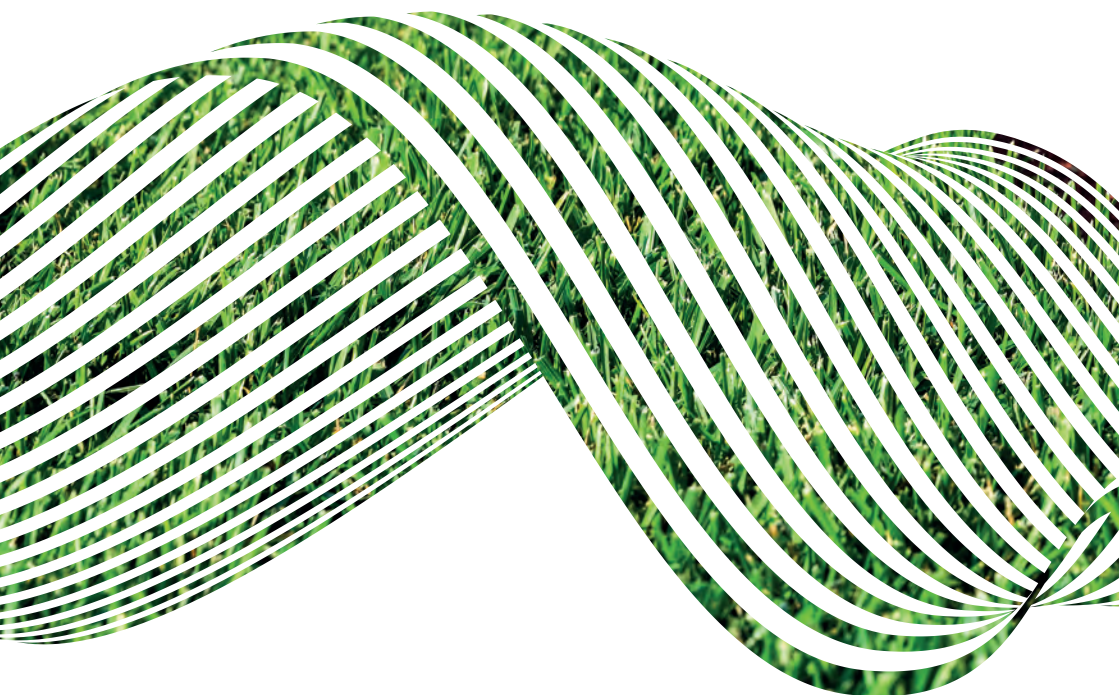


6

Find out if you've got your place
You'll see in UCAS Hub 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, East Park Terrace, Southampton SO14 0YN

Course enquiries: +44 (0)23 8201 3039

Main switchboard: +44 (0)23 8201 3000

Email: admissions@solent.ac.uk

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)
-  [Solent University](https://www.linkedin.com/company/Solent-University)
-  [@solentuniofficial](https://www.tiktok.com/@solentuniofficial)