

SOLENT
UNIVERSITY
SOUTHAMPTON

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24



Health and medical sciences

2024 undergraduate courses



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Make a difference and have a rewarding career

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 growing importance of exercise and nutrition as the foundation for wellbeing, there are many other rewarding careers in the public health and wellness sectors.

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 high-spec nursing simulation suites that mirror the professional workplace.

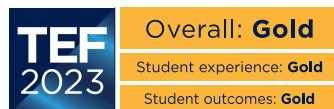
When studying our health, nutrition and exercise science programme, you can specialise in the pathway of your choice: either personal training (to help clients reach their exercise goals) or health (to work in a more clinical setting), each preparing you for the health and wellbeing sector.

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.

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.

And Solent's focus on practical knowledge and employment opportunities is just one of the reasons we're rated gold in the latest Teaching Excellence Framework (TEF) review from the UK government Office for Students.

TEF recognises excellence in teaching, learning and achieving positive outcomes for students - with gold status awarded only to universities offering outstanding student experience and career outcomes.



Teaching Excellence Framework



Why Solent?

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 programmes, you'll work with practitioners and other professionals to undertake a significant amount of clinical placement at every level of your course, across community, primary care and hospital settings under appropriate supervision.

For health, nutrition and exercise science, we have a wealth of in-house health and wellbeing initiatives for you to get involved with including a personal training scheme, a strength and conditioning academy, an exercise rehabilitation clinic and a nutrition counselling service, so you can gain all the real-world learning you need, or plan your research in a real-world context. And there are also plenty of external partnerships available if you do want to go out on placement.

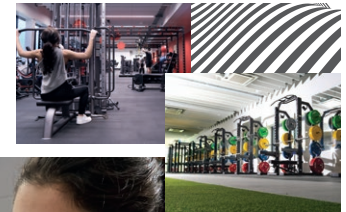
For biomedical science, you can build lab experience in our specialist teaching labs while working with biomedical science practitioners and other professionals throughout the course, including a final-year research and work-related laboratory project.

Specialist facilities and equipment

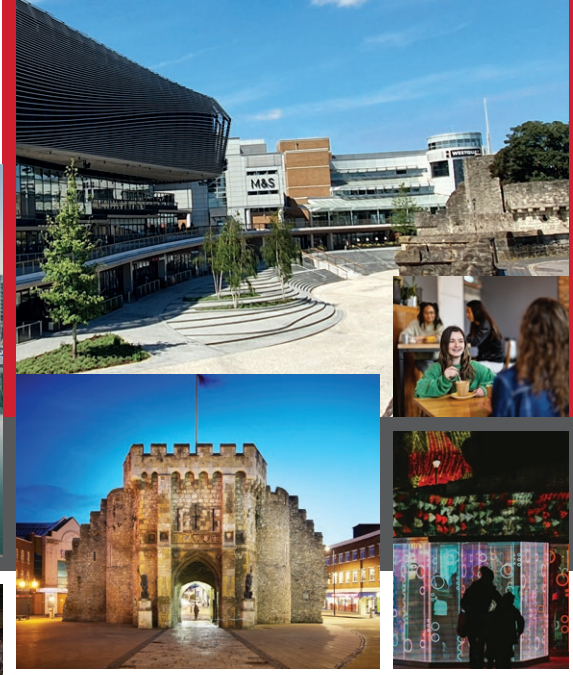
- Our six-bed simulated nursing ward, bathroom and kitchen reflects acute patient care in a clinical environment. In addition, our community facility includes a waiting room, a GP consultation room, a treatment room and a care home room.
- The teaching team, made up of academics with extensive industry and research experience, will guide you as you apply your new-found research skills to a range of experiments and projects.
- Our specially designed nutrition teaching facilities allow students to gain hands-on experience in a teaching kitchen.
- Our two teaching laboratories are comprehensively equipped and include laminar flow hoods and incubators for microbiological work, spectrophotometers for analytical biochemistry, PCR and gel electrophoresis running/imaging systems for molecular biology, and a range of microscopes for cell biology and pathology.



- Our ultra-modern sports complex features a multi-use sports hall and separate performance sports hall with seating for 500 people; a community health and fitness gym; BASES-accredited physiology and biomechanics laboratories; a sport and exercise psychology lab; a bespoke strength and conditioning and high-performance gym, topped off with our sport and exercise therapy floor with three bespoke clinic spaces.



Our great city



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- **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 Championship 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 also has great shopping as well as a range of cinemas and theatres.

With a vibrant and diverse student population of around 40,000, in a city of over 250,000, it's a great place to budget and live as a student.

BSc (Hons)

Adult Nursing Practice

UCAS tariff: 112-128

Course page and UCAS code: www.solent.ac.uk/ANP1



Our NMC-accredited adult nursing practice degree will give you the skills to qualify as a confident and caring nurse.

- Learn using specialist nursing facilities including a nursing simulation suite, nutrition laboratories and biomedical science laboratories.
- With a case-based approach to teaching and learning, the course combines three strands of learning: applied theory, nursing simulation and action learning, and nursing practice.
- As part of your studies you will have the opportunity to undertake a work experience placement.
- You will be supervised by a team of practice supervisors and assessed by a practice assessor.
- In the UK's top 25 for assessment and feedback (NSS 2023).
- If you're not quite ready for a full undergraduate degree, you can qualify through one of our foundation years.

High emphasis is given to clinical skills training and the course features a case-based approach to teaching and learning using the simulation facilities. All students are given placements across community, primary care and hospital settings, allowing you to observe, examine, assess and engage with adult patients and service users. You'll be supported by academic staff with practice and research experience, alongside clinical educators from our partner NHS Trusts.

Suitable roles for graduates include:

Advanced practice nursing, nurse education and mentoring, healthcare management, ward sister, lead nurse, charity or aid work, armed forces, prison service.



Magdalena Cooper

Staff Nurse, Emergency Department

BSc (Hons) Adult Nursing Practice, 2021

Tell us about your current role.

Currently my role as an emergency department nurse requires from me to rapidly recognise deteriorating patients (adults and pediatric), and escalate effectively to senior clinicians.

Following appropriate medical pathways and protocols, accurate documentation and effective team communication are key to ensure minimalising delay in attaining medical help which gives patients best possible health outcome.

What do you enjoy about your work?

I mostly enjoy the anticipation of what might come through the door. Every day is different, and I never really have to work in the same area of A&E, so it's not monotonous at all. I enjoy working with different healthcare professionals such as doctors of multiple grades, paramedics and ENPs. You learn so much every day and there are plenty of learning opportunities within the department. We have courses advertised and teaching sessions every week to enhance our development. All this helps not just with CPD hours but your own nursing development - so the more you shape your learning and study hard, the better the reward in your career in the future.

What did you like about studying at Solent?

I very much enjoyed studying at Solent due to tutor support beyond any other university I have heard about. Also, the placement officers and people working in student support were amazing. When I was out on my placements and during teaching sessions, I was able to access support



when I needed it. The tutors especially were very committed in helping us to grow and develop the necessary knowledge and skill in nursing, which I can honestly say prepared me well and gave me confidence.

What are the benefits of doing placements?

I found every placement taught me something new and gave me skills and confidence. There were many ways to spend placements, from study days to following a team or clinician. I learnt about new research and long-term conditions and gold standards/treatments. All this helped me not just in building a good rapport with people I worked and work with but also building trust which goes a long way especially when you want to make good impression for the future.

What are your hopes for your future career?

I am working towards becoming an emergency nurse practitioner which is my next step. I would like to develop clinically as I very much enjoy anatomy and physiology, working closely with doctors and other senior clinicians following medical pathways and history taking.

I am extremely happy to be part of this experience and I cannot wait to see what the future will bring!



Jake Rogers

Emergency Department Nurse

BSc (Hons) Adult Nursing, 2021

Can you tell us about your role?

I am currently a band 5 nurse in the emergency department (ED); my role is crucial in providing immediate and life-saving care to patients in critical conditions. I triage and assess patients, prioritise their care, and collaborate with a multidisciplinary team to manage emergencies effectively.

I perform clinical procedures, such as venipuncture, IV cannulation, wound care, and medication administration, which is all essential in ensuring prompt treatment delivery. I closely monitor patients' vital signs and observations, swiftly detect any changes in their conditions, and take immediate action when necessary.

Effective communication is a vital aspect of my role, as I interact with patients and their families, explaining diagnoses, treatment plans, and providing reassurance during stressful situations. Additionally, accurate documentation of patient information, assessments, treatments, and interventions ensures continuity of care and supports legal and audit requirements.

What do you enjoy about your work?

One of the aspects I enjoy most about being a nurse in the emergency department is the fast-paced and dynamic nature of the work. Every day brings new challenges and opportunities to make a significant impact on patients' lives. The adrenaline rush that comes with handling medical emergencies and providing immediate care is truly exhilarating. It keeps me on my toes and allows me to continually sharpen my clinical skills and critical thinking abilities.

Additionally, the collaborative environment in the ED is incredibly rewarding. Working closely with a diverse team of healthcare professionals, including doctors, paramedics, and technicians,

fosters a strong sense of camaraderie and mutual support. We collaborate seamlessly, pooling our expertise to ensure the best possible outcomes for our patients. The teamwork and shared commitment to providing exceptional care create a positive and fulfilling work environment.

What are your biggest challenges?

As a nurse in the Emergency Department (ED), I have faced various challenges that have contributed to my professional growth. One of the most significant challenges I have encountered is the high-pressure environment and the constant influx of critically ill patients. Handling emergencies and making critical decisions in fast-paced situations can be demanding, requiring quick thinking and the ability to remain calm under pressure. However, I have learned to adapt and develop effective strategies to prioritise care and provide timely interventions.

Additionally, the diverse and complex nature of patients and their conditions can pose challenges in providing comprehensive and individualised care. Balancing multiple patient needs, coordinating with various healthcare professionals, and ensuring effective communication can be demanding.

How did Solent help your career?

- **Academic knowledge:** The academic courses in my nursing program equipped me with a solid understanding of anatomy, physiology, pharmacology, and various medical conditions. This knowledge forms the basis of my clinical practice and enables me to assess and intervene effectively in emergency situations.
- **Clinical skills training:** University provided extensive practical training in essential clinical skills, such as venipuncture, wound care, medication administration, and emergency procedures. These hands-on experiences

in simulated environments prepared me to confidently perform these skills in real-life ED settings.

- **Critical thinking and problem-solving:** Nursing education emphasised critical thinking and problem-solving skills. I learned to analyse complex situations, consider multiple perspectives, and make sound clinical judgments. This ability to think critically is essential when managing emergencies and making quick decisions in the ED.
- **Communication and interpersonal skills:** University emphasised effective communication and interpersonal skills, which are crucial in the ED. Through role-playing exercises and interactions with simulated patients, I developed the ability to communicate clearly, empathise with patients and their families, and collaborate effectively with the healthcare team.
- **Professional values and ethical considerations:** Nursing education instilled in me the importance of upholding professional values, ethics, and confidentiality. I learned to prioritise patient autonomy, advocate for their rights, and navigate ethical dilemmas in the ED setting.
- **Exposure to clinical practice:** The practical placements during my nursing program allowed me to gain hands-on experience in various healthcare settings, including emergency departments. These experiences provided me with a glimpse into the realities of ED nursing, familiarising me with the environment, patient population, and workflow.

What advice would you give those who want to follow in your footsteps?

Advice that I would give to anyone who is a student, now especially, is to try and enjoy it. Ask as many questions as you can and gain as much knowledge as possible, the NHS is full of so many smart people that specialise in many subjects and often if they are passionate about the area they are in they can talk for hours on end, so definitely gain as much knowledge as you can on everything relevant to your job.

“Every day brings new challenges and opportunities to make a significant impact on patients' lives.”

What do you hope to do in your career in future?

The beautiful thing about the NHS is it offers so many different options. If you want to be a ward manager or a matron you can, or if you want to be a band 5 nurse forever you can. For me, I would like to increase my clinical knowledge and progress up what I call the clinical ladder into a role such as an advanced clinical practitioner (ACP) or advanced nurse practitioner (ANP), maybe even working in an outreach team or even as one of the ACPs in ED - either way, I aim to gain as much clinical knowledge as possible and work in high acuity settings for my career.

BSc (Hons)

Biomedical Science

UCAS tariff: 112-128

Course page and UCAS code: www.solent.ac.uk/BS01

If you want to work at the forefront of science in diagnosing and treating diseases, our Institute of Biomedical Science (IBMS) -accredited degree will give you the lab and research skills to succeed.

- This course will give you a strong foundation of scientific knowledge coupled with proven technical skills. This provides a starting point for a wide-range of NHS, pharmaceutical or biotechnology careers.
- An individual final-year research project and work-related laboratory assignments mean that you'll graduate feeling ready to take the next steps in your career.
- Learn from our academic team and guest speakers who have extensive experience in a range of clinical and laboratory settings.
- Build lab experience in our specialist teaching labs, including laminar flow hoods and incubators for microbiology, spectrophotometers for biochemistry, and PCR and gel electrophoresis imaging systems for molecular biology.
- 94% of students feel that the course is intellectually stimulating (NSS 2023).

On this Institute of Biomedical Science (IBMS) accredited course you'll explore the latest technologies and experimental treatments for biomedical science research, which can lead to the development of new diagnostic procedures or therapeutic intervention strategies.

The course has employability at the heart of teaching, allowing you to explore a range of career options and specialise in the area that interests

you. It also provides access to comprehensively equipped laboratories to practise your technical skills.

Suitable roles for graduates include:

Biomedical scientist, forensic scientist, healthcare scientist microbiologist, physician associate, laboratory technician, pharmaceutical technician, research scientist, toxicologist.



Elena Faull

Laboratory Technician, Epoch Biodesign

BSc (Hons) Biomedical Science, 2021

Right now, I'm working in a start-up in London where I assist the scientists with everyday research, and every day is so different – one day we are working on strain engineering or in fermentation, another day it could be protein purification. It's something I really enjoy because I'm learning something new every time I come to work.

My studies at Solent helped me prepare for my career by giving me all the lab skills I needed. While I'm working in biochemical engineering right now, the biomedical science course gave me the lab experience I needed which is quite transferable, so I have all the necessary lab skills I need to excel in this career.

In the science field there's so many different disciplines and it's really best to choose what you want to do at university – you've got biochemistry, biomedical science or bio-engineering, so I would say, if you're unsure, go for biomedical science because it gives you a lot of transferable skills. You could go on to work in the NHS if you wanted to, and gain your portfolio which is something you might not be able to do with biochemistry – so it really does open the door for you in a vast range of scientific fields.



I would recommend Solent to anyone – being at Solent has changed my life."

I would say I'm definitely looking forward to either progressing to a master's or a PhD. My time at Solent enabled me to go and achieve that if I wanted to, which I'm really grateful for.

I would recommend Solent to anyone – being at Solent has changed my life. I've met so many great friends and learned so many vital skills that I use daily in work, and I would just say it's amazing. I miss my time at Solent!

BSc (Hons)

Health, Nutrition and Exercise Science

UCAS tariff: 112-128

Course page and UCAS code: www.solent.ac.uk/HN01

If you have a passion to help people reach their wellness goals through nutrition and exercise, this course will give you the practical experience to launch a rewarding career in a growing sector.

- This course is endorsed and certified by relevant governing bodies such as CIMSPA and the Association for Nutrition.
- We have one of the UK's leading sport and exercise science facilities; our physiology laboratory is officially accredited by the British Association of Sport and Exercise Sciences (BASES).
- Opportunities to gain extra qualifications include gym instructing, healthcare, nutrition and cancer rehabilitation, and gain experience working with clients whilst studying, making you hugely employable upon graduation.
- Students have access to the University's professional sport and exercise science facilities, including fully equipped physiology, psychology and biomechanics labs and health and exercise gyms.

Whether your passion is in health and fitness, physiology and exercise science, nutrition or helping people overcome their health challenges, this course offers two inspiring pathway options:

Fitness and personal training pathway

The fitness and personal training pathway will provide you with a wealth of advanced skills in personal training as well as building your business and entrepreneurial skills, so you're fully prepared for a successful career in a competitive market.

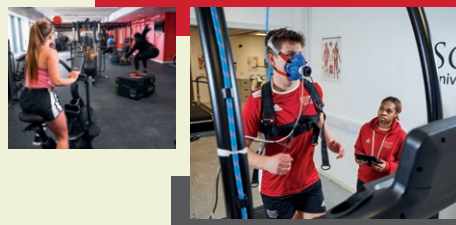
Health and exercise science pathway

If your passion is in nutrition, clinical exercise science or public health and psychology, the health and exercise science pathway prepares you for a range of careers in the health and wellbeing sector. Graduates from this pathway have gone on to have successful and rewarding careers as nutritionists, exercise rehabilitation specialists, public health practitioners and NHS health and wellbeing advisors.

Suitable roles for graduates include:

Fitness and personal training pathway career opportunities include: personal trainer, soft tissue therapist, sports nutritionist.

Health and exercise science pathway career opportunities include: exercise rehabilitation specialist, exercise referral co-ordinator, health and well-being physiologist.



Jack Buckland

Locality Manager, Help and Care

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

I started at Help and Care as a health and wellbeing coach, and have now moved up to manager. We are a non-profit organisation, working in partnership with the NHS to deliver free health services to the public. We help clients suffering from chronic health conditions such as obesity, diabetes, arthritis, and so on, to self-manage their conditions and take more control of their lives. Taking a person-centred approach, the concept is to help the client have control over their healthcare decisions, a vision that is growing in the current health climate.

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.

“Solent is a very modern and friendly place to study, with a real focus on employability alongside academic success.”

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.

In the future, I 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.

BSc (Hons)

Mental Health Nursing

UCAS tariff: 112-128

Course page and UCAS code: www.solent.ac.uk/MHN1

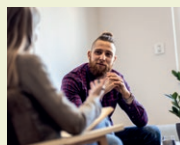
Learn essential clinical skills on this NMC-accredited degree, leading to a rewarding and fulfilling nursing career in mental health.

- Accredited by the Nursing and Midwifery Council. On successful completion of the programme you'll be entitled to register with the NMC.
- You will gain excellent career prospects – there is significant local and national demand for nursing graduates.
- The course will enable the achievement of recognised additional qualifications in skills such as mental health, first-aid and suicide prevention.
- Take part in a wide range of clinical placements in all years of study, in a variety of primary and secondary mental healthcare services such as community and hospital teams, forensics services and specialist providers.
- Our teaching team has excellent teaching and clinical experience. They can help you to become a skilled mental health nurse in order to make a positive difference to people's lives and the wider communities you work within.
- Ranked 11th in the UK for teaching for mental health nursing studies (NSS 2023).

You will learn directly from leading experts in their field so that you can become a skilled, thoughtful and authentic mental health nurse, confident that you are making a positive difference to people's lives and the wider communities you work within.

Suitable roles for graduates include:

Band 5 mental health nurse, supervisor for student nurses, postgraduate study.



Research at Solent

At Solent, research isn't just for academics, or for postgrads and PhDs. Research is for everyone, from undergrad up.

Studying with us, you're part of an active research community – not just learning from researchers in every field, but incorporating that research into your studies.

The way we teach, the practical projects and applied theory you'll be studying? It's informed by the latest research, inspiring and encouraging you to ask questions, investigate problems, propose solutions and create new knowledge. And ensuring you'll be at the forefront of industry thinking when you graduate.

Along with the habits, thinking processes, and curiosity to become a learner for life – evaluating research and industry developments throughout your career – you'll have plenty of opportunities to develop your own research as well, or become a part of a larger project.

Solent students have co-authored papers, worked hand-in-hand with industry on knowledge exchange projects, crewed research films, and even presented their work at the UK parliament.

It's a chance to deliver real-world impact in our communities and our society – and it's open to everyone.

Our areas of focus

Across all of our courses we deliver a unique curriculum shaped around inspiring industrial partnerships, ground-breaking professional insights, knowledge exchange and research – divided into four key areas of focus:

- **Environment and engineering**
Safe and sustainable energy, transport, and material systems.
- **Social research and policy**
Improving individual and community wellbeing through practice, provision, and policy.
- **Human function and health**
The evaluation of human function, health and the social context.
- **Media, culture and the arts**
Communication, cultural and media studies, creative arts and practice.

Course list

Course	UCAS tariff points	Work placement opportunity	Foundation Year available
BSc (Hons) Adult Nursing Practice	112–128	Y	Y
BSc (Hons) Biomedical Science	112–128	-	-
FdSc Health and Social Care (Health Care Assistant Practitioner)	64–96	Y	-
FdSc Health and Social Care (Nursing Associate)	64–96	Y	-
FdSc Health Care Play Specialism	*	-	-
BSc (Hons) Health, Nutrition and Exercise Science	112–128	Y	Y
Sport Foundation Year	48	-	-
Social Sciences Foundation Year	48	-	-

* Contact our admissions team for details of entry requirements: admissions@solent.ac.uk

How to apply

Solent University code name: **SOLNT**
Solent University UCAS code: **S30**



Unsure what to do with your future?

Confused about the university application process?

Follow our **52 Things To Do** guide, designed to help you every step of the way.

From thinking about the degree that's right for you to writing a personal statement, we've got it all covered – with handy advice and tasks designed to take no more than an hour each week.

Visit www.solent.ac.uk/52-things




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