

SOLENT
UNIVERSITY
SOUTHAMPTON

www.solent.ac.uk

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Sport and fitness

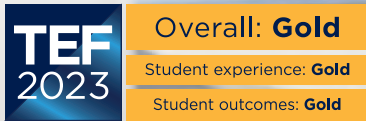
2024 undergraduate courses



Gold-standard teaching and opportunities

Our 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





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, outstanding links at every level of the industry and gold-standard facilities, we're in prime position to get you exactly where you need to be.

From coaching and teaching to management or sport science and therapy, we've got the sport and fitness course for you.

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Whatever your sporting ambitions, with degrees in football, sport science, sport and exercise therapy, coaching and management, Solent offers the skills and connections to help you make them a reality.

Why Solent?

- Accredited courses recognised by professional bodies and associations.
- National governing body (NGB) coaching awards and other qualifications available alongside your studies.
- Great work experience opportunities throughout your studies, including working in the community, schools, sports clubs and high-performance environments.
- Official partnership with Southampton Football Club, offering students real-world experience at the club as part of the curriculum.
- Strong industry links with prestigious organisations such as British Cycling, Hampshire County Cricket, Hampshire FA, Eastleigh Football Club, the Rugby Football Union, the NHS and more.
- Ultra-modern sports complex, featuring 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.
- Multi-million-pound Test Park football centre, boasting a full-size, all-weather 3G pitch, an FA Step 5 football arena and a modern teaching space.





Accreditations

Our accredited courses are recognised by professional bodies and associations including:

- the British Association of Sport and Exercise Sciences (BASES)
- the Chartered Institute for the Management of 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.

Our BSc (Hons) Health, Nutrition and Exercise Science students can gain a professional personal training (PT) qualification through a 12-week Solent PT programme, plus up to eight other professional qualifications, including soft tissue therapy and cancer rehabilitation.

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



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 practise their skills in our student-led therapy clinic, working with real-life patients. They also gain experience working in clubs, the NHS and other clinical settings.
- Students have the chance to develop their own sport coaching project through our annual Coaching Innovation Programme – more information on pages 42-43.
- Physical education students undertake school visits and/or placements in every semester across all levels.

- Sport, health and exercise science students work with a variety of clients – including older adults, exercise referral patients and disabled users – in our community health and fitness 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.



Be on our team

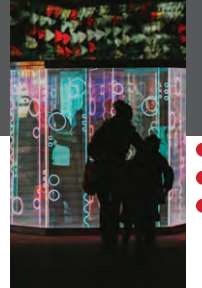
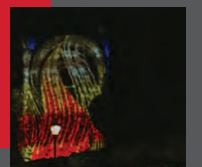
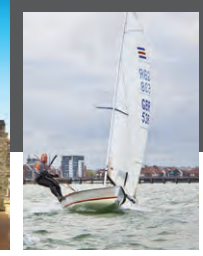
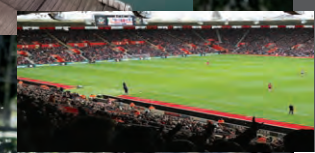
Love playing sport? No matter what level you play at, you'll find a sport for you at university.

Take it to the next level or try something new. With over 25 sports clubs and societies - covering everything from snow sports, sailing and hockey to American football - more than 600 Solent students take part in sports each year.

Some of our clubs compete in the British University and College Sports (BUCs) league, across a variety of levels, and you'll also have the chance to play recreational sports in our modern sports complex.



Our great city



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 Championship 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.

BSc (Hons)

Football Studies

UCAS tariff: 104–120

Course page and UCAS code: www.solent.ac.uk/FOO1

We've been at the forefront of football education for nearly two decades, and this degree can provide you with the skills you 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.

Why Solent?

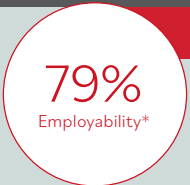
- Solent graduates work for FIFA, the FA, the Premier League, the Football League and more than 60 professional clubs in the UK and abroad including Chelsea, Arsenal, Manchester United, Manchester City and Tottenham Hotspur.
- You'll receive over 20 hours of professional coaching and development from the Southampton FC coaching team.
- Regular lectures from guest speakers – including former Premier League and international players, managers, academy directors, club chairmen and England national team staff – enable you to learn from professionals with high-level experience within the game.
- Access our multi-million-pound Test Park football centre, which boasts a full-size, all-weather 3G pitch, an FA Step 5 football arena and a modern teaching space.

Gain comprehensive knowledge and real-world experience of the national and international football industry. You'll study a range of contemporary areas within the game and tailor your study to your own specific interest within football. The six main strands of study include: coaching, football development, psychology, performance analysis, critical research and study skills, as well as sociology and politics.

Graduates now work as: head analyst, head of technical scouting, academy lead coach, recruitment analyst, football agent and more.



for learning opportunities for sport and exercise sciences studies (NSS 2023)



*79% of our football studies graduates are in high skilled employment or further study 15 months after graduating (HESA 2023)

Test Park

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



Take a virtual tour





Nikolay Kirchev

Team Manager, PFC Ludogorets 1945

BA (Hons) Football Studies and Business, 2015 – now known as BSc (Hons) Football Studies

Why did you choose to study at Solent?

I chose to study at Solent because of the wide range of topics taught within the football studies degree, providing students with a very deep understanding of the football industry. I was also coming out of my professional contract with a Bulgarian first league football club and the University gave me the opportunity to play football at a competitive level.

Tell us a little about your career so far.

I have been involved in football ever since I graduated from Solent. I started in my home club, Chernomorets, as an administrator, where we won the Bulgarian Super Cup. In 2018, I started a new chapter in my career, working as a team manager for PFC Ludogorets 1945, where I am currently still working. For the last five seasons, we've won five Bulgarian league titles, four Bulgarian Super Cups and one Bulgarian Cup, as well as participating in the UEFA Europa League group stages every season.

What is a typical working day?

As team manager, my responsibilities are mainly to assist the head coach in all the first team's activities, as well as being the liaison between the coaching team, the players and the administrative and management staff. I am on the pitch at every training session, travel to games and partake in all activities that involve the first team.



What are you working on now?

I'm currently attending a training camp with the first team, preparing for the UEFA Champions League qualification stage and the start of the Bulgarian championship – both competitions approaching very fast. Meanwhile, I am studying to finish the UEFA CFM – Open Edition course.

What has been your career highlight so far?

It would be all the UEFA club competition draws I've attended representing PFC Ludogorets 1945, as well as being closely involved in games against big European teams such as Tottenham, Inter Milan, Bayer Leverkusen, AS Roma, Real Betis, CSKA Moscow and many more. And, with a very busy schedule at PFC Ludogorets 1945, I have managed to continue studying and improve as a professional and as an individual.



“ I would like to express my gratitude and appreciation to the lecturers for the knowledge and experience they provided to me, my teammates and coaches at Team Solent FC, who were my family during my time living in the UK.”



Our football alumni network

Men's professional football

- Danny Barham – Birmingham city FC / England
- Thomas Fawdry – Barnsley FC / England
- James Brayne – Birmingham City FC / England
- Connor Edwards – Lisbon Portugal
- Steve King – Southampton FC / England
- Josh Brimacombe – Wiard – Arsenal FC / England
- Simon Goodey – Spain
- Pawel Pyrz – Brown – Australia
- Jorgen La Cour – Norway
- Nikolay Kirchev – PFC Ludogorets / Bulgaria

- Jonas Munkvold – Nottingham Forest FC / Northern Ireland FA – Norway
- Dion Gibbs – Hull city / England
- Christian Fortuna – Oxford united & Lincoln Red Imps – Gibraltar
- Hadi El Masri – Canada
- Razzen Beshara – Canada

Association, governance, and governing bodies

- Alexander Walker Derbyshire FA / England
- Lian Crane – FA
- Connor Penfold England
- Dominic Haynes England

Women's professional football

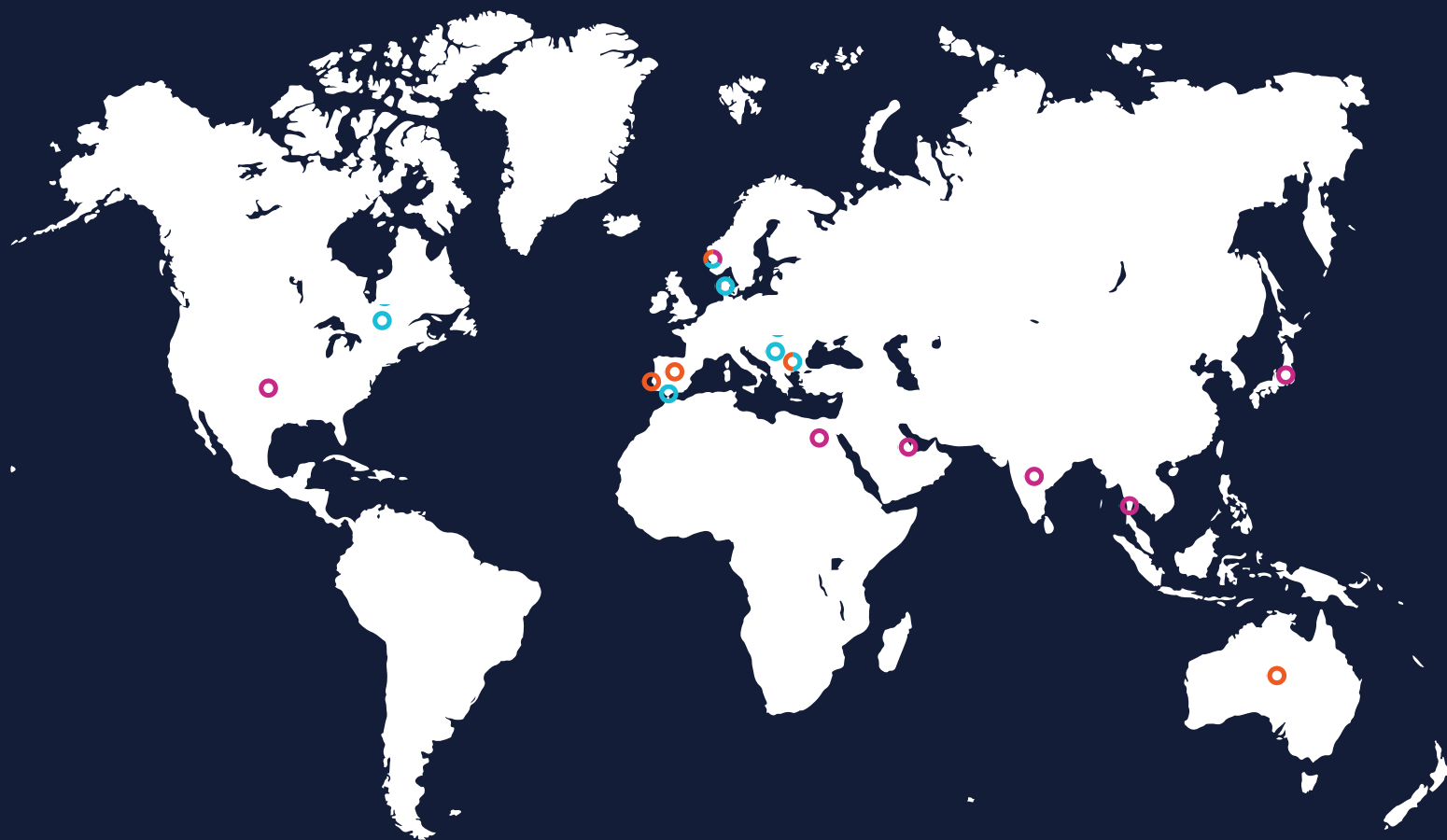
- Tom Lynn – England
- Matthew Graves – England

Development and grass roots

- Ben stokes – Man city / Egypt.
- Christian Jackson – Qatar
- Shion Murray – Japan
- Louie Silvani Leyton orient / England
- Matthew Key – Bangkok Thailand
- Alex Stone Fulham FC / England
- Ibrahim Goswell – Punjab India
- Sankar Ram Balasubram – India
- Sean Dye – Aztecs Futsal / England
- Richard Knox – New York / USA
- Jacob Lockley Oslo / Norway

Performance analysis, scouting and recruitment

- Danny Webb England
- Alistair Clarke – Lincoln city FC / England
- Ben Strange Fulham fc / England
- Thomas Sorensen – Denmark FA / Denmark
- Jack Oliver Crawley / England
- Nathan Pilecki MK Dons / England
- Adam Osbourne Man city / England
- Martin Todorinov – Bulgaria
- Jan Blazicek – Czech Football Association





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 work experience with a professional football club, both on and off the pitch.

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

BSc (Hons)

Health, Nutrition and Exercise Science

UCAS tariff: 112-128

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

Follow your passions for sport and helping people reach their wellness goals. Our professionally endorsed course, fantastic facilities and practical experience will foster a rewarding career in a growing sector.

Why Solent?

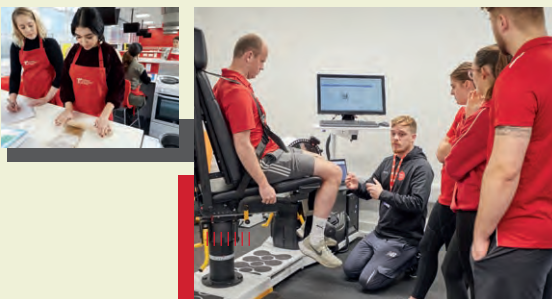
- This course is endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).
- We have one of the UK's leading sport and exercise science facilities: our physiology laboratory is officially accredited by the British Association of Sport and Exercise Sciences (BASES).
- Opportunities to gain extra qualifications to enhance your skills and employability, including gym instructing, healthcare, nutrition and cancer rehabilitation.
- You will gain real-world learning opportunities with Solent Personal Training, Exercise Referral Scheme, Solent Nutrition and our performance sports programme.
- An ultra-modern sports complex featuring: 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.

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.

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.

Graduates now work as: personal trainer, soft tissue therapist, sports nutritionist, gym owner, exercise rehabilitation specialist, public health practitioner, physiotherapists, cardiac rehabilitation specialists, nutritionists, health and wellbeing physiologist and more.



100%

of students feel staff made the subject engaging (NSS 2023)

100%

of students feel staff are good at explaining things (NSS 2023)

Get practical experience with our exercise rehabilitation clinic

Our clinic provides you with real-world experience to enhance your career profile and CV.

As part of our BSc (Hons) Health, Nutrition and Exercise Science you can work with a wide range of NHS patients with long-term illnesses, ranging from Parkinson's disease, cancer and heart conditions to diabetes, chronic obstructive pulmonary disease (COPD) and falls risk.

You'll work with clients on a one-to-one basis, within a gym environment, to help increase their health, wellbeing and overall quality of life.





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.

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.

BA (Hons)

Physical Education

UCAS tariff: 104–120

Course page and UCAS code: www.solent.ac.uk/PE01

Inspire the next generation by studying this physical education degree endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

Why Solent?

- This degree, specifically developed to help prepare you for a career in teaching, includes either a placement or practical module in every semester across all three years of study.
- You'll develop knowledge and understanding of the latest child development practices and examine physical education from a human, cultural, political, and social perspective.
- We have extensive partnerships with local education providers ensuring you have access to high-quality school-based experiences and teaching placements. These will help you apply your theoretical learning, and experience first-hand what teaching is really like.
- You'll have the opportunity to teach across a variety of different schools and age groups (i.e., primary and secondary schools, special educational needs and disabilities settings).
- Additional awards and certificates are embedded within the course to further enhance your skillset (i.e., Safeguarding and Protecting Children, Emergency First Aid; Positive Behaviour Management; Level 2 Multi Skills and many more).
- Opportunity to gain additional National Governing Body (NGB) Awards at supplemented rates.
- Learn from an experienced and qualified course team, who are research active, with many

lecturers involved with educational consultancy at local, county, and national level.

- You'll be taught in our ultra-modern sports complex featuring: 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.

Graduates go on to work as: PE

teacher, teaching assistant, sports coach within schools; extra-curricular activity provider, health and wellbeing practitioner, physical activity development officer. Upon completion of the course, you'll be in an ideal position to pursue Initial Teacher Training (ITT). This training typically involves a Postgraduate Certificate in Education (PGCE) or other accredited teacher training course.

100%

of students feel the course is intellectually stimulating (NSS 2023)

100%

of students feel staff are good at explaining things (NSS 2023)

Laura Watson

PE specialist for dance, trampolining and gymnastics

BA (Hons) in Physical Education, 2021

What was the best thing about your course lecturers?

Course lecturers are fantastic and were the reason I was able to achieve my full potential. They were extremely approachable and always offered their full support and additional help when required. I was inspired by their knowledge and level of research, which allowed me to excel when writing my assignments, especially my dissertation, which required specialist knowledge from my mentor.

What did you like best about studying in Southampton?

It was really easy to study in Southampton as we were always near our lecturers who could provide extra support. Studying in a city-centre campus, it was always enjoyable to go on the high street to get some lunch with my friends before attending our next lecture in the afternoon. There was a great balance of socialising and studying during my time at Solent, which I believe is essential in being a successful student.

Can you talk a bit about any opportunities you had to get practical experience?

There was a huge variety of NGB coaching courses available through Solent during my studies, which allowed me to improve my teaching practice and develop my knowledge of different sports, especially sports which I was not as confident in. Alongside this, I was able to visit local schools to complete placements where I was given the opportunity to teach children at primary level of education.

Did the University give you any career support or advice?

Yes, I had substantial careers advice from the university when I was looking into teacher



training. I took part in mock interviews and had additional advice from my course lecturers. This experience was really helpful as I felt more prepared when it came to attending different interviews and speaking to different schools.

What's your career highlight so far?

My career highlight so far is introducing gymnastics, dance and trampolining as extracurricular clubs in my school and taking students to competitions against other local schools. We have currently come 1st and 3rd in gymnastics and trampolining competitions, which is amazing considering the students have never had these clubs before! I have been extremely proud to give these students the opportunity to take part in and compete in more creative sports.

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

I would advise that anyone wanting to enter the teaching profession should gain as much experience as possible through volunteering at local primary and secondary schools to gain a good understanding of the sector. Being involved in placements at university really allowed my confidence and resilience to grow which developed my teacher qualities I possess today.



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.

BSc (Hons)

Sport and Exercise Psychology

UCAS tariff: 112–128

Course page and UCAS code: www.solent.ac.uk/SEP1

Understanding performance and wellbeing is essential to help athletes cope with pressure and regulate their emotions, so that they can perform at the top of their game.

You'll explore how people act and interact, and the thoughts and feelings that underlie their behaviour. You'll develop an understanding of intervention techniques that can be applied in exercise and team settings. You'll also gain an insight into the coach–athlete relationship.

This degree also emphasises the practical application of psychology and you'll study topics that include research methods; biological, cognitive, developmental and social psychology; as well as conceptual and historical issues in psychology.

Core areas of study include cognitive psychology, child development, social psychology and sports performance. All of these can be applied within a sport and exercise context.

Why Solent?

- The course is accredited by the British Psychological Society (BPS).
- Access to Solent's dedicated psycho-physiological recording equipment, eye-tracking facilities and psychology labs.
- Access to our ultra-modern sports complex, with a multi-use sports hall and separate performance sports hall with seating for 500 people, as well as a community health and fitness gym and dedicated sports science and therapy space.

- Develop an understanding of intervention techniques that can be applied in exercise and team settings.
- Gain an insight into the coach–athlete relationship.

Graduates can work in the following sectors: education, coaching, sports performance, and sports management. Graduates can also study our BPS-accredited postgraduate courses, and work towards becoming chartered sports psychologists.



21st

out of 130 institutions
for assessment and
feedback
(NSS 2023)

TOP
30

in the UK for learning
resources for
psychology studies
(NSS 2023)



Billy Blyghton

BSc (Hons) Sport and Exercise Psychology, student

Why did you choose to study at Solent?

What drew me to come to Solent was the cricket. The coach of the uni team was a massive influence, as well as the University being in the top division, so I would be playing at the highest level possible – and being able to train at the Ageas Bowl every week was a real selling point for me.

What's the best thing about your course lecturers?

I would have to say the experience most of them have had and are able to draw on while teaching the modules has been unmatched when it comes to understanding the content. Especially in the more applied/practical modules, hearing their experiences of working with people in the real world has given me things to think about now that I'm training to be a sport psychologist.

What about the facilities?

The facilities have really aided my studies – being able to have hands-on experience using equipment such as eye-tracking glasses, EMG traces and virtual reality software.

What do you think you're going to take away from your time at Solent?

The memories I've made with the people I've met through sports and elsewhere have been unmatched and, as cheesy as it sounds, I wouldn't change any of it. The experiences I will take from Solent will take me far in life. I would also like to take this opportunity to thank the University and its staff for their help during my time at Solent.

“ Having practical modules with lecturers who are from the industry has given me direction on how to get into the industry and the things I need to know to succeed.”

BSc (Hons)

Sport and Exercise Science

UCAS tariff: 112-128

Course page and UCAS code: www.solent.ac.uk/SES1

Designed to deliver a successful career in the sport and exercise industry, this BASES-endorsed degree combines access to specialist facilities with professional placements and a hands-on approach.

Why Solent?

- We have industry links with prestigious organisations including British Cycling, Hampshire County Cricket, Southampton Football Club, Hampshire FA, Eastleigh Football Club, the Rugby Football Union and the NHS.
- You'll be taught by an industry-relevant course team. Members of staff are accredited by BASES and can supervise on the BASES Supervised Experience scheme.
- Gain first-hand experience working with teams and athletes in a high-performance environment. Past students have provided sport science support to Premiership rugby and football players, Olympic athletes and national teams.
- Access our ultra-modern sports complex, which includes: a multi-use sports hall and separate performance sports hall with seating for 500 people; a community health and fitness gym; our 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.

This degree is founded upon the underlying principles of physiology, psychology and biomechanics. The course combines these scientific principles with highly practical skills, helping to prepare you for a career in the sport and exercise science industry.

Modules and assessments have been created to develop key employability skills, and to complement your degree studies you'll be encouraged to prepare for BASES and UK Strength and Conditioning Association (UKSCA) professional accreditation.

Graduates now work as: sport scientist, sport and exercise physiologist, strength and conditioning coach, sport and exercise biomechanist, performance analyst, exercise coach, sport and exercise psychologist, sports nutritionist, MSc/PhD researcher/lecturer.



of students feel that staff are good at explaining things (NSS 2023)



of students feel that staff made the subject engaging (NSS 2023)

Sport scholarships and performance sports programme

Our performance sport programme supports talented athletes through university via our TASS Dual-Career route. The programme is moulded around your sporting talent and academic potential, with an expert team on hand to help you balance your university career with competing on the national or international stage.

If you are an athlete with an outstanding ability, who competes at national or international level or shows strong potential to do so, enrolling on the performance sport programme means you can apply for a sport scholarship.

To find out more, visit www.solent.ac.uk/performance-sport





Kelly Simm

Performance Sport Scholar

BSc (Hons) Applied Sport Science, 2019 – now BSc (Hons) Sport and Exercise Science
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 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. My master's degree was done predominantly online, and with it just being one day per week delivery, it has worked well and I have been able to do the course full-time alongside training. The lecturers understand performance sport – and the demands and pressures that I am under at certain points – brilliantly, 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.

What have been your highlights?

I have had lots of incredible experiences, but some of my favourites would probably be the Commonwealth Games. I have got four medals... now (two gold, a silver and a bronze) from the last three Commonwealth Games (Glasgow 2014, Gold Coast 2018 and Birmingham 2022), 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!

My graduation ceremonies in 2019 and 2022 were two very special days, being able to celebrate with my family!

What are your future plans?

I have just launched a keynote speaking business, kellysimm.com, which I am very excited about. It's a whole new challenge learning about the business side of things and to adapt my story to suit a range of target audiences and institutions, from primary schools up to private corporations. I've had many experiences and learnt so much during my sporting career. It has been an incredibly rewarding process to reflect on these experiences and pull out the stories that I believe can help people the most. I aim to promote the importance of resilience, hard work, and motivation, along with the importance of fitness and exercise, to hopefully inspire and motivate people to achieve excellence in their lives and in working towards their goals.



BSc (Hons)

Sport and Exercise Therapy

UCAS tariff: 112–128

Course page and UCAS code: www.solent.ac.uk/C630

Help patients back to optimal levels of fitness with this Society of Sport Therapists (SST)-accredited degree. Learn from clinically active staff and gain real-world experience with placements in a range of settings.

This dynamic sport and exercise therapy degree will help provide you with the essential professional skills and musculoskeletal expertise you'll need to secure an exciting career working with athletes, sports teams and more. The scope of practice is not limited to sporting injuries alone – we treat all musculoskeletal injuries including chronic and work-related injuries.

You'll study a combination of sports therapy and sport and exercise science modules, which will include acute sports trauma management, innovative examination and assessment techniques, therapeutic exercise prescription, interventions to reduce the risk of injury, return to or monitoring of sport-specific fitness.

Why Solent?

- Employability is embedded in the course at every level and many of our modules will give you the opportunity to gain valuable work experience and employability skills.
- Opportunity to undertake a placement at a professional sporting club, clinic or NHS setting.
- Throughout your study you'll be supervised by an experienced teaching team who have an established record of working within the NHS, private practice and athletes of all levels.

- You'll be taught in our ultra-modern sports complex, which includes three bespoke clinic spaces, two sports halls our BASES-accredited physiology and biomechanics laboratories and our teaching gym.

Suitable roles for graduates could be at:

sports injury clinics, multidisciplinary private health clinics, the NHS, health and fitness clubs, gyms, sports and leisure centres, sports clubs, sports teams. You can also work with individual athletes.

Sport therapy suites

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



98%

positive responses for academic support (NSS 2023)

96%

of students feel that staff made the subject engaging (NSS 2023)

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.





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 performance 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 community health and fitness gym
- a bespoke strength and conditioning and high-performance gym
- sports science labs, featuring our biomechanics and physiology labs
- a spin studio with virtual instructor technology
- a sport and exercise therapy floor featuring three bespoke clinic spaces
- a dedicated teaching and meeting room as well as social areas for students to meet, greet and collaborate with their peers over a coffee.

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





BSc (Hons)

Sport Coaching

UCAS tariff: 104–120

Course page and UCAS code: www.solent.ac.uk/SC01

Get ready to take athletes to the next level with our degree endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). You'll be working in professional facilities and alongside national sports clubs to gain top-class knowledge and skills.

Why Solent?

- This course offers additional qualifications for you to obtain alongside your degree – ActiveIQ, REPs and 1st4sport.
- Learn in our ultra-modern sports complex, which includes: a multi-use sports hall and separate performance sports hall with seating for 500 people; a community health and fitness gym; our 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 partnership with Southampton FC provides you with practical experience at the club as part of the curriculum.
- Develop practical and professional skills through a variety of placement options, from working and volunteering in the local community to a full sandwich year-long placement.
- The course team has excellent links with both local and national sports organisations and clubs, as well as experience of working in the industry.

This course will equip you with the skills to deliver coaching sessions to local athletes and

community groups, and will provide you with opportunities and links to either volunteer or undertake placements working with individual athletes and community groups.

Choose the Science of Sport Coaching pathway to develop a deeper knowledge of scientific theory – physiology, biomechanics and the psychology of coaching. Alternatively, you can opt for the Sport Development pathway to acquire greater knowledge of sport policy, sport development and project delivery, with an opportunity to devise, deliver and evaluate a community-based initiative.

Graduates now work as: sport coach (rugby, swimming, sailing and gymnastics), sport development officer, camp manager, fitness coach, personal trainer, PE teacher, public health practitioner.



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.

What is your favourite Solent memory?

Day one, we were asked a very simple question: "Who is here to graduate with a first-class degree?" I thought, absolutely no chance, not me, but what the heck and stuck my hand up anyway. Only two of us in the entire class did this. Needless to say, we both graduated with first-class degrees. Self-prophecy, perhaps – or just hard work?

Tell us a little about your career story so far.

I started my company, Active8 Minds, in 2014 with a former business partner, on a budget of £5,000. Over the years my company has evolved from providing PE support and sports clubs, to wraparound childcare, community projects for the elderly and setting up as a franchise. We employ over 34 members of staff, have turned over approximately £3.5 million since we started, and often surpass our targets. In April 2023 we sold our first franchise to the Winchester territory, and we are excited to announce that from signing the agreements and undertaking all training, building a website plus so much more, it took eight weeks to secure the first contract for our franchisee.

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

My current role as the company director has evolved over the years. In truth, the key to running a successful business is to have the right people in the roles and to develop, support and appreciate them. This allows me to reap the rewards of being a business owner and not having to work every hour of every day.

What's been your career highlight so far?

Being able to provide a good life for my family is very important to me, as is providing an exceptional service to the community.

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. What I will say is that with failure comes success! Every 'No' is closer to a 'Yes', and what challenges you most will make you more accomplished in your field. 'Look smart, be smart.'

Sport Coaching and Physical Education (Top-Up)

Course page and UCAS code: www.solent.ac.uk/SC14

Enhance your existing qualifications with essential theoretical and practical development, in order to become a knowledgeable and confident practitioner within sport coaching, physical education and the wider sport sector.

Why Solent?

- Learn within our ultra-modern sports complex, which includes: a multi-use sports hall and separate performance sports hall with seating for 500 people; a community health and fitness gym; our 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.
- Learn from an experienced course team who are research active and hold a wide range of experience in physical education, sport coaching and sport development.
- Enhance your skill set by gaining additional qualifications such as national governing body coaching awards and industry professional certificates.

The course combines theory, research and practical skills to ensure you develop innovative approaches to teaching and coaching.

You'll study contemporary delivery techniques and have the opportunity to put these into practice by delivering sessions to local primary school children. Planning, delivering and evaluating these sessions form part of module assessments and provide invaluable experience for your CV.

Graduates can work in the following sectors: teaching, youth sport, sport coaching, sport development, sport administration, sport centre and leisure management, entrepreneurship within the sport and education industry.



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Daniel Clare

BA (Hons) Sport Coaching and Physical Education (Top-up), student

Why did you choose Solent?

I had a very positive and encouraging conversation with the course leader at an open day, who informed me of the opportunities available here at Solent. In comparison to other university top-up courses, modules on offer at Solent appealed to me the most. There was a variety of practical and theoretical modules that could help me get the most from my time and experience at university. Also, the sport facilities here are excellent, from the classrooms to the gym facilities and sports halls.

What's the best thing about your course lecturers?

Every lecturer I've had has been very friendly and approachable, and has always made time to answer any questions regarding the course and university in general. From my experience, they have our best interests at heart and have been as good to talk to as people as they have been as professionals.

How do you feel your studies are preparing you for a career in the industry?

My studies and impending qualification have given me the platform to move forward with my plans for a PE teaching role in the future. Working in a school setting for six weeks during the second semester and running sessions for children was a great opportunity, not only to put into practice certain methods of coaching and teaching from the course, but to experience managing a group of children in an authentic setting, and to face the challenges and get the rewards that come with that. This experience has given me a lot of confidence about working with such groups – something that I did not necessarily have before.

What do you like best about being a Solent student?

The people I've met and bonded with at Solent have made the entire experience a positive one – both inside and outside of university life. I also feel more prepared for what I want to do with my future and how to go about achieving that. And it is down to the lecturers and people I've met this year. Finally, discounts and opportunities to use the sports facilities here have also been a bonus for me.

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The 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 a range of continuing professional development (CPD) opportunities in sport, health and wellbeing, allowing them to gain additional qualifications that enhance their 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 our School Games organisers and school development team 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 increase your graduate employment potential.

We look forward to meeting you.

Sport for everyone

Sport is not just for elite professionals but is also embedded in the community at grassroots level.

The Coaching 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 or physical activity as a way to achieve it.

Previous students have worked with refugee men, women of ethnic minority, new mums, primary school children, secondary school pupils and older adults living in care homes.

CIP in action Climb On Up

Climb On Up is a community-based project which aims to support post-natal mothers and birthing parents with their mental health through climbing. It was developed by a BSc (Hons) Health, Nutrition and Exercise Science student at Solent. The programme started in November 2021 and was supposed to run for 22 weeks.

Anyone who gave birth in the previous 12 months was able to attend the sessions with their baby. Sessions were free, making it affordable for new mums. A local charity provided toys for the babies to play with while their parents climb.

One in five people who give birth experience symptoms of depression and anxiety during pregnancy and up to a year after birth. Climb On Up provides social support and physical activity to help ease these symptoms, and also refers participants to additional help and support if needed.

The project proved so successful that it was awarded funding to continue delivery. It recently featured on TV when the BBC reported on the need to do more to support new mothers to be physically active.

BA (Hons)

Sports Journalism

UCAS tariff: 104–120

Course page and UCAS code: www.solent.ac.uk/SJ01

Turn your passion for sport into a career where you could work pitch-side for a broadcaster, publish match reports online or film and edit content for a Premier League club's social media team. Join the longest running BJTC-accredited sports journalism degree in the UK, where graduates go into jobs with the biggest names in the industry.

Why Solent?

- This course is accredited by the Broadcast Journalism Training Council (BJTC), which works with the biggest broadcasters in the UK to ensure the highest professional standards of journalism training.
- Gain work experience throughout your studies. Our students have recently completed placements at prestigious organisations including the BBC, Sky Sports, TalkSport, Capital FM, LBC, the Daily Mail and the Daily Echo, as well as Southampton FC, Reading FC and Hampshire Cricket Club.
- Taught by award-winning professionals with combined experience of more than 200 years, you will benefit from outstanding teaching and contacts from people who still work in the industry.
- The course has been developed to meet the needs of the modern sports journalism industry, which ensures you are ready to work for its industry partners (the BBC, Sky News, ITN, Channel 4 News, Global Radio, Associated Press, Reuters and the National Union of Journalists).
- Opportunity to work with local and national sports clubs and teams including Southampton FC, Eastleigh FC, AFC Totton and Hampshire County Cricket Club.

- Access to industry-standard broadcast facilities including television and radio studios, the dedicated Solent newsroom, editing and production facilities, as well as professional grade camera, audio and lighting equipment.
- We're the official university partner of Southampton Football Club, while the nearby Ageas Bowl is home to Hampshire Cricket Club and hosts regular national and international matches.

Get into the thick of the action straight away. You'll be a practising journalist from day one, developing a broad spectrum of transferable skills – from print or broadcast to online and social media reporting – training you to produce a comprehensive news package that will engage and excite your audience.



3rd

in the UK for learning resources (NSS 2023)



Adam Whyte

Social Media Lead at Southampton Football Club

BA (Hons) Sports Journalism, 2019

Why did you choose Solent?

The facilities available for the sports journalism course were outstanding. The state-of-the-art television and radio facilities are perfect for students to get a real taste of what it's like to work professionally in the journalism world. Combine this with the weekly news days and the time pressures that come with that, and you come out of your degree with a wealth of experience. Plus, the course provided many opportunities to work with local sports clubs.

How did university prepare you for your career?

I feel my studies were perfect for preparing me for my future career. Not only my studies but also the opportunities the course provided in terms of work experience. I worked with Eastleigh FC for the final year of my studies and it was integral to helping me get the job with Southampton FC. You learn the tricks of the trade but also build up valuable contacts. This is all not only activity encouraged by the course but also integrated into your degree.

The guest speakers were always brilliant. Being an Arsenal fan, it was great to listen to David Dein for example. It was also always cool to hear and watch your work back as part of the news days. It really gave you a sense that you were working as part of the professional environment.

“Each lecturer had plenty of experience of the industry, being able to provide expertise but also insightful anecdotes of their time working professionally.”

What's a typical working day as Social Media Lead for Southampton Football Club?

Social Media Lead involves being in charge of the day-to-day comms plan, which details what goes out on each social media platform each day. Every morning I will wake up and check to see what we have going out on the plan for that day, then adapt as necessary. I'd then head down to a training session which is typically at 11am and gather content using my phone from that, before feeding out content from our video and photography teams from that session later in the day. In a week leading to a game, the latter days will be about previewing Saturday's fixture (press conferences, match previews, team news updates...).

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

Work experience is key, use it and enjoy it. This is your chance to get into an extremely competitive industry and use it to build your portfolio. Once you're in the industry be willing to do anything that comes your way. You may not enjoy everything but if an employer sees you've had experience of doing everything that won't be a negative. Then it's about keeping your contacts and network where you can. It's not what you know...

BSc (Hons)

Sport Management

UCAS tariff: 104–120

Course page and UCAS code: www.solent.ac.uk/SMM1

Develop your passion for sport and progress to a successful career leading and managing sporting events and organisations on this course endorsed by the Chartered Institute for Management of Sport and Physical Activity (CIMSPA).

Why Solent?

- Two additional sport management pathways offering you the option to specialise in outdoor adventure studies or football business.
- Learn in our ultra-modern sports complex, which includes: a multi-use sports hall and separate performance sports hall with seating for 500 people; a community health and fitness gym; our 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.
- With employability at the core of our course, you'll be able to develop practical and professional skills, thanks to the course team's well-established industry links.

This degree focuses on business, social enterprise and management within the sports industry. You'll study a combination of management topics including marketing, business start-ups and human resources, as well as event organisation, sport governance, social and cultural issues, health and safety, and contemporary and global trends, to develop a thorough and critical understanding of sport industry issues and theory.

There is also the option to specialise in one of three pathways in years two and three. Choose between the Sport Management, Outdoor Adventure or Football and Business pathways.

Graduates can work in the following sectors:

entertainment and sport centre management, stadium management, event organisation, sponsorship and marketing, sport and adventure tourism, youth and community development, sports administration, teaching and lecturing.



100%

of students feel that staff are good at explaining things (NSS 2023)

97%

positive responses for learning resources (NSS 2023)

95%

positive responses for academic support (NSS 2023)



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.

In my current role, I am working as a Manager of Sports Sponsorship and Integrated Marketing within my company. My day-to-day responsibilities include facilitating partnerships between global brands, TV broadcasters, over-the-top (OTT) platforms such as Hotstar, JioCinema and SonyLIV, along with orchestrating partnerships in major sport leagues such as the Indian Premier League.

I also work with these brands to ideate, strategise and execute an array of campaigns throughout the year through different sports,

media and entertainment channels ensuring that they receive maximum ROI on their 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?

At my current age of 23, I was nominated by my company for an external award whereby I bagged the Gold as the National Sales/ Marketing Executive of the year amongst a cohort of brilliant and highly experienced industry experts. This was awarded to me after careful consideration from an independent jury based on the innovation and activations I had ideated and executed for my key accounts.

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.

Sport Foundation Year

UCAS tariff: 48

If you don't have the academic qualifications (A-levels, BTECs) or grades you need, or wish to refresh your academic skills and want to study a sport-related degree, our Sport Foundation Year is designed for you.

You'll spend a year building up essential study skills and a strong foundation of knowledge, before moving straight onto one of our sport-related undergraduate degree programmes the following year.

Designed to reflect the needs of the sports industry, you'll explore a variety of subjects from leadership to fitness foundations, sports business management, sport in the contemporary world and volunteering. And you'll learn how to apply this knowledge in practical settings – helping to develop the skills employers are looking for.

Why Solent?

- Strong focus on employability, allowing students to gain 'real-world' experience through volunteering opportunities.
- Study core theories and learn to apply them in practical settings.
- Opportunity to gain professional qualifications.

Find out more:

www.solent.ac.uk/sport-foundation-year



Aisha Fiaz

BA (Hons) Sport Management student

Why did you decide to enrol for the Sport Foundation Year?

After completing college, I made the decision to take a gap year to work and consider my options for university. Unfortunately, I did not receive enough UCAS points to pursue a degree right away. However, I was offered the opportunity to enrol in a Sport Foundation programme, which would allow me to study sport management afterwards. This was a chance for me to return to studying, as I did not excel in my college qualifications.

How did the foundation year help you prepare you for your full degree?

Completing a foundation year proved to be invaluable in helping me attain a full degree. It provided me with the fundamental knowledge that I had missed out on previously, such as referencing articles, effectively producing assignments in a report or presentation format, comprehending assignment briefs, and understanding their requirements.

The foundation year helped me ease into the full degree programme and gave me the opportunity to network with people studying in the same sector. Completing the foundation year also made my first year of university less daunting.

What's the best thing about your course lecturers?

One of the most impressive features of the course lecturers that I have encountered during my time at Solent University is their willingness to communicate openly with students and address any concerns they may have. They offer one-on-one meetings where you can discuss your assignments and university work, seeking help to enhance your overall performance and achieve your full potential.

“One of the most enjoyable aspects of being a student at Solent is the excellent support provided by the university, alongside a vibrant social scene.”

Research at Solent

At Solent, research is for everyone. 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 is 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.

It's an opportunity to deliver real-world impact in our communities and our society.

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.

Human Function and Health

Led by Dr Shelley Duncan, senior research fellow, this exciting research area brings together the expertise of academics from health and exercise psychology, sports psychology, psychophysiology, exercise physiology, sociology of sport, biomechanics, physiotherapy, and neuroscience. In addition to opportunities to get involved in research, you can join the Mind-Body Connections research group, which provides opportunities for students and staff, as well as the local community to get involved in the broad area of Human Function and Health research and activities.

Pioneers in new treatments for Parkinson's disease

Dr Shelley Duncan has been hailed for her role in the development of new, non-pharmacological treatments for Parkinson's disease that will be explored further within a new specialist clinic, launched in April 2023. Dr Duncan showcased her work at the launch of the Parkinson's Centre for Integrated Therapy (PCIT), which will be the UK's first non-drug integrated therapy clinic for Parkinson's disease.

"Dr Shelley Duncan's work will bring significant patient benefit and has already made a pioneering contribution to the scientific literature and has helped train undergraduate and postgraduate students in this emerging form of neurorehabilitation," Professor Wilkinson, Professor of Psychology & Director of Division Human & Social Sciences, University of Kent.

To find out more about this research



Course list

Course	UCAS tariff points	Placement year available	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
BSc (Hons) Sport and Exercise Psychology*	112–128	–	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	–	–
BA (Hons) Sports Journalism**	104–120	Y	Y
BSc (Hons) Sport Management	104–120	Y	Y
Sport Foundation Year	48	–	–

*Social Sciences Foundation Year ** Media Foundation Year

Postgraduate study at Solent

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continue your studies after your undergraduate degree, progress in your current career or enter a new area, there are many options available to you.

Postgraduate courses	Entry requirements	Course length	URL
MSc in Clinical Exercise Science	2:2 or higher	1 year full-time/ 2 years part-time	www.solent.ac.uk/msc-clinical-exercise
MSc Football Science	Relevant degree or experience	1 year full-time/ 2 years part-time	www.solent.ac.uk/msc-football-science
MA Physical Education and School Sport	2:1 or higher	1 year full-time/ 2 years part-time	www.solent.ac.uk/ma-pe
MSc Sport and Exercise Medicine in Football	2:1 or higher	1 year full-time/ 2 years part-time	www.solent.ac.uk/msc-medicine-in-football
MA Sport Management	2:1 or higher	1 year full-time/ 2 years part-time	www.solent.ac.uk/ma-sport-management
MSc Sport Science for Performance Coaching	2:1 or higher	1 year full-time/ 2 years part-time	www.solent.ac.uk/peak-performance

How to apply

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



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