

Higher Education
Induction and Welcome Activities
School of Sport, Health and Food
(W/C 26th September 2022)

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| Course: | Sports Therapy BSc (Hons) / FdSc – Level 4 | |
| Date and Time | Activity | Campus/Room or Digital Link |
| Monday 26th September 9 – 10:45am | Staff and Student Introductions This session is all about getting to know each other! Meeting new people can be daunting. To take the pressure off, we will have some introductions to the staff and your fellow students. During this session you can learn about your teaching team whilst learning what our expectations are of you at higher education. This is the time where you can reflect on your hopes and aspirations for university and meet the amazing people who will share the journey with you! You will learn who your tutor is here too. | Lecture Theatre 227 McIntyre House |
| 10:45 – 11am | MORNING BREAK | |
| 11am - 12pm | Meet your tutor We will spend some time in our tutor groups. This is an opportunity to get to know your tutor and fellow tutor group students better. You will also complete some documents and your tutor will explain a few more things about the start of your course. There will be opportunities to voice any concerns or apprehension you might have and discuss ideas to overcome these. You can find your tutor group in the classrooms below: FdSc 1A: McIntyre House 234 BSc 1A: McIntyre House 241 BSc 1B: McIntyre House 242 BSc 1C: McIntyre House 243 | McIntyre House 234,241, 242 and 243 |
| 12 - 1:00pm | LUNCH | |
| 1:00pm - 3:30pm | Team Building Activity The afternoon is all about teamwork - roll up your sleeves and get stuck in with our <i>legendary</i> team challenge! Show off your skills and creativity here - and if you work well enough together you could win the top prize! This is the perfect way to get to know your fellow students and the staff as you work together. We will meet in Moss House Reception (Ground Floor) to walk together to the Maltings. To close your first day we will set aside some time for you to ask any unanswered questions, and to look ahead at the rest of the week's activities. | The Maltings (Allow for travel) |

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| <p>Tuesday 27th September</p> <p>10am - 1pm</p> | <p>Department of Sport and Nutrition's Sports Day</p> <p>It's not often that we have all students from all our programmes in one place at one time - this is an opportunity not to be missed! All students from Sports Coaching and Fitness, Sports Therapy, Sport Management, Food and Nutrition, Strength Conditioning and Sports Nutrition courses will unite at Avery Fields for some fun and games!</p> <p>Whether you want to play or cheer from the sidelines (or just enjoy the free coffee and pastries!), you will get to meet students from across the Department of Sport and Nutrition. Enjoy the friendly competition and meet like-minded students in your fields of interest. We can't wait to see you there!</p> | <p>Avery Fields B17 8DT (Allow for travel)</p> |
| <p>Wednesday 28th September</p> <p>10 - 11am</p> <p>11:30am – 12:30pm</p> <p>1 - 2pm</p> | <p><u>Everything you should know about support at University College Birmingham</u></p> <p>Academic support: Chat online to a member of our CASE (Centre for Academic Skills and English) team to find out how they can support you with your assignments this semester.</p> <p>The Library: Chat online to a member of our library team to find out more about the fantastic resources we have on offer (both print and online), in addition to how we can help you find them!</p> <p>Disability and Wellbeing Support: Chat online to members of our Disability and Wellbeing Support teams to find out how the DSA (Disabled Students' Allowance) application system works, how UCB can support students with Specific Learning Difficulties or disabilities, and how you can access our counselling services.</p> | <p>Please click on the link below to join the digital sessions</p> <p><u>Academic Support Session</u></p> <p><u>Library and e-resource session</u></p> <p><u>Wellbeing and disability support session</u></p> |

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| <p>Thursday 29th September</p> | <p>Welcome Fest Come along to Welcome Fest to celebrate the end of your induction programme. Welcome Fest is an opportunity to meet new friends and become part of the UCB community.</p> <p>We have a fun-filled programme of activities including:</p> <ul style="list-style-type: none"> • A variety of delicious food, pizza, Indian street food, bakery delights and more • Gym membership and taster class information • A chance to meet our wellbeing dog • DJ playing a range of music throughout the day • Police – staying safe in Birmingham • Student societies and sports clubs • A range of fun activities and games <p>Come and say hello to the support services, Engagement Team and Student Guild. They will all be available to answer any questions you may have.</p> | <p>Moss House</p> |
| <p>Friday 30th September 10 - 11am</p> <p>11am - 1pm</p> | <p>Essential Resources and The Grand Tour!</p> <p>Department Facilities Tour and Gym Meet us on the third floor and take a tour around the Treatment Clinics and Human Performance Centre and Lab. Check out UCB’s commercial gym and be inspired - these world class facilities will be a key part of your university life for the next few years!</p> <p>Navigating Essential University Resources This session will focus on one of the most important aspects of study - the online programme and learning resources, including Canvas and UCB Portal. You won’t get far without these!</p> <p>In this session we will introduce you to our virtual learning environments (VLE) how best to use these platforms to access your course materials and student dashboard. This will include;</p> <ul style="list-style-type: none"> • Access via Canvas • Class presentations and video recordings, • Learning resources, • Assignment submission points and discussion boards and results. <p>You will also find out key semester dates, how to find your timetable and access materials on the Centre for Academic Skills and English (CASE) and Library pages. Plus, if you haven’t already ordered your Sport and Exercise Therapy Sports Kit we will provide you with all the information you need to do this. We will also introduce the Student Guild and Bradley from Hired@UCB will drop by to talk about UCB employability services.</p> | <p>HPC/Lab/Gym 3rd Floor in Moss House</p> <p>Lecture Theatre 208 Moss House</p> |

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| 1 - 2pm | LUNCH | |
| 2 - 4pm | UKRO Festival of Rescue This will be a taster of the events that you will be signing up to throughout your course. This will be an opportunity for you to see the 2 nd and 3 rd years in action and ask them any questions you may have. The United Kingdom Rescue Organisation (UKRO) “Festival of Rescue” is the leading rescue competition in the UK. The event itself is a unique spectacle with teams assessed as they undertake various challenges in front of a live audience. Competitors will compete in five disciplines: Trauma Care, Rope Rescue, Urban Search and Rescue, Vehicle Extrication and Water Rescue, as well as the brand-new Firefighter Fitness Challenge. | Smithfield’s, Birmingham |