

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

Course:	Strength, Conditioning and Sports Nutrition BSc (Hons) – Level 6	
Date and Time	Activity	Campus/Room or Digital Link
<b>Tuesday 27<sup>th</sup> September</b>  10am – 1pm        2.30 – 4.30pm	<p><b><u>Academic Induction</u></b></p> <p>Department of Sport and Nutrition Sports Day. You will get the opportunity to meet all staff within the department and meet like-minded students across the range of sports courses.</p> <p>All students - Sports Coaching and Fitness, Sports Therapy, Sport Management, Food and Nutrition, Strength Conditioning and Sports Nutrition.</p> <p><b><u>Reflection and Goal Setting</u></b></p> <p>This will be a group-based induction providing an overview of the third year commitments and introduction to timetables. We will reflect on the previous year(s) to recap on key topics and identify areas of development to support your studies for the year to come.</p>	<p>Avery Fields B17 8DT (Allow for travel)</p> <p>MS 106 Darren Chesworth</p>
<b>Wednesday 28<sup>th</sup> September</b>  10 - 11am   11.30am - 12.30pm   1 - 2pm	<p><b><u>Everything you should know about support at University College Birmingham</u></b></p> <p><b>Academic support:</b> 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><b>The Library:</b> 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><b>Disability and Wellbeing Support:</b> 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><a href="#">Academic Support Session</a></p> <p><a href="#">Library and e-resource session</a></p> <p><a href="#">Wellbeing and disability support session</a></p>

<p><b>Thursday 29<sup>th</sup> September</b></p>	<p><b><u>Welcome Fest</u></b> 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"> <li>• A variety of delicious food, pizza, Indian street food, bakery delights and more</li> <li>• Gym membership and taster class information</li> <li>• A chance to meet our wellbeing dog</li> <li>• DJ playing a range of music throughout the day</li> <li>• Police – staying safe in Birmingham</li> <li>• Student societies and sports clubs</li> <li>• A range of fun activities and games</li> </ul> <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><b>Friday 30<sup>th</sup> September</b></p> <p>11am – 12pm</p> <p>1.30 – 3.30pm</p>	<p><b><u>Sports Project Workshop</u></b> This session will give you an insight into the dissertation process and start getting you thinking about some potential topics you would like to explore as part of the Sports Project.</p> <p><b><u>Practical Workshop</u></b> A practical session in the HPC to undertake some different practical tasks. There will also be an opportunity to undertake some Olympic lifting and coaching. Additionally, it will provide an opportunity to mix with Level 5 students.</p>	<p>MS 106 Darren Chesworth</p> <p>MS HPC Darren Chesworth Ben Franks</p>