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

Course:	Sport, Coaching and Fitness BSc (Hons) / FdSc – Level 4	
Date and Time	Activity	Campus/Room or Digital Link
Monday 26 th September 11am - 1pm	The introductory session is focused around ice-breaking activities, and developing relationships with other students. Within the session you will be able to share experiences, and also to gain some more information about being a university student. Your hopes and fear of University will be discussed, and ideas of ways to overcome these	MS118
1 - 2pm	LUNCH	
2 - 4pm	Team Building Activity You will also be given the opportunity to demonstrate or develop your team working/creative skills – with a group task which will able you to show some creative skills but also for you to get to know your fellow students further. You will complete a UCB treasure hunt as part of the process. Review of Day 1 Opportunity to ask any questions, and highlight the reaming week activities.	MS118
Tuesday 27 th September		
10am - 1pm	Department of Sport and Nutrition's Sports Day All students - Sports Coaching and Fitness, Sports Therapy, Sport Management, Food and Nutrition, Strength Conditioning and Sports Nutrition.	Avery Fields B17 8DT (Allow for travel)
	You will get to meet students from across the Department of Sport and Nutrition. Enjoy the friendly competition and meet likeminded students in your fields of interest.	
Wednesday 28 th September	Everything you should know about support at University College Birmingham	Please click on the link below to join the digital sessions
10 - 11am	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.	Academic Support Session
11.30am - 12.30pm	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!	Library and e- resource session

1 - 2pm	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.	Wellbeing and disability support session
Thursday 20 th	Welcome Fest	Moss House
Thursday 29 th September	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. We have a fun-filled programme of activities including: 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 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.	Moss House
Friday 30 th September		
10 – 11:30am	Facility Introduction Students will use the HPC and gym to become familiar with the environment. Practical kit needed	MS Gym, MS HPC
12:30 – 3:30pm	Review of Canvas, and UCB Portal.	MS220
	Module Page breakdown, and support resources – Including discussion boards, collaborations. Student dashboard Area Student emails – and how to develop professional emails CASE and Library pages. Timetable review, and expectations for teaching. SCF – Sports Kit Student Guild (TBC) Opportunity to ask questions	