

**Higher Education**  
**Induction and Welcome Activities 2023**  
**Food, Sport and Nutrition**  
**W/C 25<sup>th</sup> September 2023**

<b>Course:</b>	<b>BSc (Hons) / FdSc Strength, Conditioning and Sport Nutrition (Year 1)</b>	
<b>Monday</b> 10am-4.30pm	<b>Enrolment</b>  Important- If you have not fully enrolled, please see a member of the enrolment team in McIntyre House or contact: <a href="mailto:Enrolment@ucb.ac.uk">Enrolment@ucb.ac.uk</a>	Camden House
<b>Monday</b> 10am-12pm  12-1pm  1-3pm	<b>The introductory session</b> 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  <b>LUNCH</b>  <b>Team Building Activity</b> 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. <b>Review of Day 1</b> Opportunity to ask any questions, and highlight the reaming week activities.	Moss House 116    Human Performance Center Moss House 3 <sup>rd</sup> floor
3-4pm	<b>Have a question about your course or timetable?</b> Use this link to connect with one of the teaching team – we are here to help!	All staff Moss Houses 303
<b>Tuesday</b> 10-11am  12-2pm	<b>Safeguarding</b> This session will provide learners with an introduction to safeguarding at UCB, why safeguarding is important, as well as how and when to report concerns. The session will also touch on the Prevent Duty, Sexual misconduct, and personal safety.  <b>Introduction to the course</b> Review of Canvas, and UCB Portal.  Module Page breakdown, and support resources – Including discussion boards, collaborations.  Student dashboard Area	<a href="#">Safeguarding session 10-11 am</a> Natalie Stanley  Moss House 219

	<p>Student emails – and how to develop professional emails</p> <p>CASE and Library pages.</p> <p>Timetable review, and expectations for teaching.</p> <p>SCF – Sports Kit</p> <p>Student Guild (TBC)</p> <p>Opportunity to ask questions</p>	
4-5pm	<p><b>Have a question about your course or timetable?</b></p> <p>Use this link to connect with one of the teaching team – we are here to help!</p>	<p>All staff Moss Houses 303</p>
<b>Wednesday</b>	<p><b><u>Everything you should know about support at University College Birmingham</u></b></p>	<p>Please click on the link below to join the digital sessions</p>
10-11am	<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. You will also find out more about ASET/ A-ASET.</p>	<p><a href="#">Academic Support Session 10-11am</a></p>
11.30am-12.30pm	<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><a href="#">Library Session 11:30am-12:30pm</a> Academic Librarians</p>
1-2pm	<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, mental health, healthcare and wellbeing services.</p>	<p><a href="#">Disability and wellbeing session 1-2pm</a> Sharon O'Brien and Blair Sweeney</p>
4-5 pm	<p><b>Have a question about your course or timetable?</b></p> <p>Use this link to connect with one of the teaching team – we are here to help!</p>	<p><b>All staff Moss Houses 303</b></p>
<b>Thursday</b>	<p><b><u>Welcome Fest</u></b></p>	
10am-3pm	<p>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</li> <li>• Gym membership and taster class information</li> <li>• Student support facilities: Meet the teams able to help you during your study</li> </ul>	<p><b>Moss House 106</b></p>

	<ul style="list-style-type: none"> <li>• Looking for part time work?</li> <li>• Music throughout the day</li> <li>• Wellbeing and 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 student support services, including the Engagement Team and the Guild of Students. They will all be available to answer any questions you may have.</p>	
3-4pm	<p><b>Have a question about your course or timetable?</b> Use this link to connect with one of the teaching team – we are here to help!</p>	All staff Moss Houses 303
<p><b>Friday</b></p> <p>10am-12pm</p> <p>1-2pm</p>	<p><b>Department of Sport and Nutrition’s Sports Day</b> All students - Sports Coaching and Fitness, Sports Therapy, Sport Management, Food and Nutrition, Strength Conditioning and Sports Nutrition.</p> <p>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.</p> <p><b>Meet the Student Engagement Team</b> The Student Engagement team act as a point of contact for any difficulties or queries you may have about your time at UCB so we can help you find appropriate support. We provide advice, guidance, 1-1 coaching, and deliver events and workshops aimed at enhancing your student experience.</p> <p>Please join us online to understand how we can help you throughout your UCB journey and you can ask us about anything you are unsure about.</p>	<p>Avery Fields B17 8DT (Allow for travel)</p> <p><a href="#">Student Engagement team</a></p>
3-4pm	<p><b>Have a question about your course or timetable?</b> Use this link to connect with one of the teaching team – we are here to help!</p>	All staff Moss House 303

**Campus locations:**



**Useful Contacts**

UCB main switchboard: (0121) 604 1000

Admissions Queries: [Welcometohe@ucb.ac.uk](mailto:Welcometohe@ucb.ac.uk)

Home students: (0121 6041000 – main reception) ask for admissions – home student

International Students: (0121 6041000 – main reception) ask for admissions – international student

Student Services (Financial Support, Health and Wellbeing, Student Engagement, Accommodation, Safeguarding): [s.services@ucb.ac.uk](mailto:s.services@ucb.ac.uk)

Student Finance Queries: [ucbstudentfinance@ucb.ac.uk](mailto:ucbstudentfinance@ucb.ac.uk)

Enrolment Queries: [Enrolment@ucb.ac.uk](mailto:Enrolment@ucb.ac.uk)

UCB Library: [library@ucb.ac.uk](mailto:library@ucb.ac.uk) 0121 232 4455