

Uniform Requirements

For your practical sessions you will be required to purchase and wear the set uniform for this course. You will be able to purchase this via www.ucb-kickstart.co.uk. The good news is we offer help towards the cost through **The Kick-Start Scheme**.

The Kick-Start Scheme provides all new UK students, studying a full-time undergraduate course, with £300 funds at the start of the year. Eligible students with an assessed household income below £25,000 will receive a further £500 at the start of semester 2 (i.e. February). These funds do not need to be paid back and can be used at www.ucb-kickstart.co.uk (to order your uniform and equipment) and at selected on-campus purchases. Further details about The Kick-Start Scheme can be found here: www.ucb.ac.uk/kickstart

It is important that you order your required resources as soon as you have enrolled. The earlier you place the order the more likely it is that that your items will arrive in time for your first practical session.

The compulsory items you need to order for your course are:



Polo Shirt



Tracksuit bottoms



Pro Dry Tee

*estimated cost for all compulsory items £100-£120

In advance of purchasing your uniform you may wish to establish which size you will need. Use the size guide at the end of this document to help you. You can view the uniform by visiting www.ucb-kickstart.co.uk and following the appropriate links. Once fully enrolled, you will receive an email to your UCB email account confirming your Kick-Start funds have been awarded. You can access your UCB email through the U@UCB app or by going to portal.ucb.ac.uk. You will become fully enrolled only after **Monday 6th September**.

For any questions about ordering the resources for your course please email:

customer.service@ucb-kickstart.co.uk

For questions about your eligibility for Kick-Start please email:

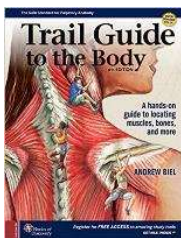
kickstart@ucb.ac.uk

Electronic device

If you are studying **Year 1** of Sports Therapy, UCB will be providing you with an electronic device (laptop or tablet) to use to support you with your studies inside and outside of the classroom. This is your own personal device. You will be provided with further information on how you can receive this soon after you have enrolled.

Key Texts

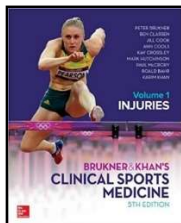
Below are a number of key texts that will be useful on your Sports Therapy programme and will remain useful when you move into practice. All key texts are available in our library. However, you may wish to purchase some, or all, of these using your Kick-Start funds.



Trail Guide to the Body: A Hands-on Guide to Locating Muscles, Bones and More (6th ed.)

Author: Andrew Biel

Publisher: Books of Discovery



Brukner & Khan's Clinical Sports Medicine: Injuries, Vol. 1 (5th ed.)

Authors: Peter Brukner & Karim Khan

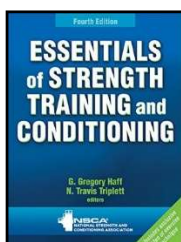
Publisher: McGraw-Hill Education



Musculoskeletal Assessment and Examination: A Handbook for Therapists (5th ed.)

Author: Nicola Petty & Dione Ryder

Publisher: Churchill Livingstone



Essentials of Strength Training and Conditioning (3rd ed.)

Authors: Gregory Haff & Travis Triplett

Publisher: Human Kinetics

Size Guide

TOPS

SIZE	CHEST SIZE	
	CM	IN
X S	96 - 91.5cm	34 - 36"
S	94 - 99cm	37 - 39"
M	99 - 104cm	39 - 41"
L	104 - 109cm	41 - 43"
XL	109 - 114.5cm	43 - 45"
2XL	117 - 122cm	46 - 48"
3XL	124.5 - 129.5cm	49 - 51"
4XL	132 - 134.5cm	52 - 53"

PANTS & SHORTS

SIZE	WAIST SIZE	
	CM	IN
X S	71 - 76cm	28 - 30"
S	76 - 81.5cm	30 - 32"
M	81.5 - 86cm	32 - 34"
L	86 - 91.5cm	34 - 36"
XL	91.5 - 96.5cm	36 - 38"
2XL	96.5 - 102cm	38 - 40"
3XL	102 - 106.5cm	40 - 42"
4XL	106.5 - 112cm	42 - 44"

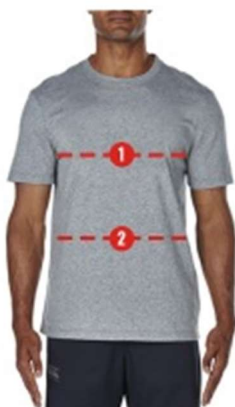
How to measure yourself

1 CHEST

Measure around the fullest part of the chest making sure the measuring tape is straight and flat.

2 WAIST

Measure around the narrowest part, making sure the measuring tape is straight and flat.



Size Guide

WOMENS TOPS

UK DRESS SIZE	CHEST SIZE	
	CM	IN
6	75cm	30"
8	82cm	32"
10	87cm	34"
12	92cm	36"
14	97cm	38"
16	102cm	40"
18	107cm	42"

WOMENS PANTS & SHORTS

UK DRESS SIZE	WAIST SIZE		HIP SIZE	
	CM	IN	CM	IN
6	55cm	22"	85cm	33"
8	62cm	24"	90cm	35"
10	67cm	26"	95cm	37"
12	72cm	28"	100cm	39"
14	77cm	30"	105cm	41"
16	82cm	32"	110cm	43"
18	87cm	34"	115cm	45"

How to measure yourself

1 CHEST

Measure around the fullest part of the chest making sure the measuring tape is straight and flat.

2 WAIST

Measure around the narrowest part, making sure the measuring tape is straight and flat.

3 HIPS

Measure around the fullest part of the hips, making sure the measuring tape is straight and flat.

