



Chwaraeon Met Caerdydd  
Cardiff Met Sport

# CARDIFF MET ATHLETICS PERFORMANCE PROGRAMME

in collaboration with Welsh Athletics



	Tier 1	Tier 2
<b>Physiotherapy</b>	Assessment, treatment & rehabilitation as required on campus with Welsh Athletics	Full-time on-campus practitioner available for weekly appointments as necessary
<b>Soft Tissue Therapy</b>	Up to 2 sessions per month with Welsh Athletics' soft tissue therapist in addition to the University Performance Preparation Clinic	Available through our weekly Performance Preparation Clinic
<b>Athlete Lifestyle Education</b>	Workshops that encompass the student-athlete experience & managing responsibilities on & away from the track. Additional 1:1 support for individual needs	
<b>Strength &amp; Conditioning</b>	Programming & monitoring delivered through dedicated PhD researchers as appropriate	Full-time UKSCA-accredited coaches who can manage S&C programme in conjunction with personal coach as appropriate
<b>Individual Athlete Plan</b>	Developed in conjunction with Welsh Athletics to support physical & holistic development toward goals within the sport	N/A
<b>Dual Career Athlete Support</b>	Dual Career Athlete Status support through TASS-accredited Dual Career Athlete Policy	Performance Sport Concessions where there is a conflict between a performance sport & academic commitment at a set time
<b>Reduced Entry Requirements</b>	Reduced grade entry requirements through Cardiff Met Performance Sport Policy	
<b>UKAD Awareness</b>	Annual UKAD awareness training	
<b>Scholarships</b>	Up to £7k (undergraduate) & £4k (postgraduate) available as a cash award across the length of your degree programme  <i>*additional scholarship tiers also available for international students</i>	Consideration for relay scholarships if appropriate, awarded as an annual cash grant



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