

Dear student,

As Programme Director of the BSc (Hons) Sport and Exercise Science, I would like to welcome you to Cardiff Metropolitan University and the School of Sport and Health Sciences.

Induction Week starts on Monday 28th September. Induction activities will take place predominately online via Microsoft Teams. The Admissions team will send you all the necessary information on how to access Microsoft Teams.

We recommend that you [download the MS Teams app](#) to your laptop and / or phone before Monday 28th September and familiarise yourself with how to use this platform. The [Digital Essentials](#) induction will provide new students with the core digital skills you need to complete your studies, including MS Teams.

Once you've enrolled, visit the [Personal Tutor Portal](#) to find out the name of your personal tutor. You'll be automatically added to the correct Microsoft Team with your personal tutor. Prior to Monday 28th September, your personal tutor will send you an invite to join the programme induction activities via Microsoft Teams.

It is important that you join us during Induction Week, as you will be given important information about studying at Cardiff Metropolitan and your programme. We have put together a series of activities to help you familiarise yourself with the University and services available to support you during your studies, get to know other students on your programme and meet with your Programme Director and Personal Tutor. Your Personal Tutor will support you throughout your Cardiff Metropolitan journey.

Term 1 starts on Monday 5th October. In response to Covid-19, the university has adopted a flexible learning and teaching approach. Your health and wellbeing are central to all our decisions and we will support your academic integration and collaboration through online lectures, on-campus face-to-face teaching in small groups, meetings with your personal tutor, etc. You should have already received information about the modules you'll take in term 1 and an outline timetable. You will receive your personalised timetable during the induction week.

We will continue to provide you with an exciting learning experience that enables you to progress through your programme encouraging you to connect with your peers, to think creatively in solving problems and to identify and seize opportunities for your own development. Microsoft Teams and other software will be used to continue to foster your programme identity and your sense of academic community belonging within your programme and School.

I hope you are excited about starting your studies at Cardiff Metropolitan and I very much look forward to meeting you on Monday 28th September. Your induction timetable is below for you.

Carl Beynon and Rachel Lord
Programme Directors
BSc (Hons) Sport and Exercise Science

WELCOME 2020

INDUCTION WEEK TIMETABLE

COURSE TITLE: BSC (HONS) SPORT AND EXERCISE SCIENCE
CAMPUS: CYNCOED

MONDAY 28 th SEPTEMBER Dydd Llun 28 Medi	TUESDAY 29 th SEPTEMBER Dydd Mawrth 29 Medi	WEDNESDAY 30 th SEPTEMBER Dydd Mercher 30 Medi	THURSDAY 1 st OCTOBER Dydd Iau 1 Hydref	FRIDAY 2 nd OCTOBER Dydd Gwener 2 Hydref
<p>Welcome to the School of Sport and Health Sciences – Dr Katie Thirlaway, Dean of Sport and Health Sciences welcomes you in this short video, and provides information of what your Cardiff met experience will be like. Watch this video before the Programme Director Video below.</p> <p>Programme Director Welcome Video – check out all your programme has to offer and what you’ll be up to on your programme. This recording will be available from this day to watch before your first personal tutor session.</p> <p>Personal Tutor meeting 1 <i>Tutor Group A – 11:00am</i> <i>Tutor Group B – 12:30pm</i> <i>Tutor Group C – 14:00pm</i> – Meet your tutor and your fellow tutees in this online session. Your tutor will be an important resource to support you during your time at Cardiff Met. Your Personal Tutor will send you a MS teams invite to help you find the correct group!</p>	<p>1-2-1 Meeting with your Personal Tutor – Book in your 1-2-1 meeting with your personal tutor via the Personal Tutor Portal based on the slots shown by your tutor. You only need to book in once for this week.</p> <p>Group work on your Induction task – keep working on your group task set by your personal tutor. Give them a shout on Teams or ask at your 1-2-1 if you are not sure what to do.</p> <p>Don’t forget to look at the resources below in your free time!</p>	<p>Freshers Fayre online – Look on the Cardiff Met SU website to find out all about the Students Union and the diverse range of sports and societies that are on offer to all Cardiff Met Students. Check out the Essential Guide to get you started!</p> <p>1-2-1 Meeting with your Personal Tutor – Book in your 1-2-1 meeting with your personal tutor via the Personal Tutor Portal based on the slots shown by your tutor. You only need to book in once for this week.</p> <p>Group work on your Induction task – keep working on your group task set by your personal tutor. Give them a shout on Teams or ask at your 1-2-1 if you are not sure what to do.</p>	<p>Personal Tutor Meeting 3 <i>Personal Tutor groups 1-5 – 13:00pm</i> <i>Personal Tutor groups 6-9 – 15:00pm</i> – Catch up with your personal tutor group and the tutor to wrap up the week and iron out anything ready for teaching to start the following week! Your Personal Tutor will send you a MS teams invite to help you find the correct group!</p>	<p>1-2-1 Meeting with your Personal Tutor – Book in your 1-2-1 meeting with your personal tutor via the Personal Tutor Portal based on the slots shown by your tutor. You only need to book in once for this week.</p> <p>Meet the SU – Look out for links on the Student Union website for opportunities to meet your Student Union team!</p> <p>Don’t forget to look at the resources below in your free time!</p>

Links to other important resources (also posted on CSSHS Moodle site)	
Met Central/ Met Canolog – go here for links to all student resources and services	Digital Essentials Induction - Don’t know your Microsoft Teams from your Moodle? Confused by emails and Teams Chat? This useful resource can help guide you through the IT systems at Cardiff Met.
Starting your employability journey – a short video from the School Employability Principal Lead, Steve Osborne, outlining the support that Cardiff Met offer to support you on your journey	ResLife programme – Living in Halls? Find out what’s going on over the induction period.
Student Services – a short video to let you know how student services can support your time at Cardiff Met.	What to know before you go – A fantastic resource from the Student Union to help you get to grips with all the useful info before to arrive at Cardiff Met.