

# Welcome Week Handbook

BSc (Hons) Sport, Physical  
Education and Health (Dance)  
Cardiff School of Sport and  
Health Sciences

Academic year  
2022/2023



Cardiff  
Metropolitan  
University

Prifysgol  
Metropolitan  
Caerdydd

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# Introduction

## Welcome Message

Starting University is very exciting. We have put together a series of activities and events to help you settle into your academic programme and get to know the University, your course and your new colleagues.

The aim, therefore, of Welcome Week is to provide you with an opportunity to get involved with your chosen course of study right from the start.

During Welcome Week you will be involved in a range of inquiry-based projects (please see the section on programme activities and projects for more details) designed to provide you with a taste of what you can expect during your studies at Cardiff Met.

## Welcome Week Objectives

During Welcome Week you will be required to:

1. Meet your Personal Tutor and the rest of your cohort
2. Attend social activities and events on campus or online
3. Engage in a research-based task
4. Complete a problem-solving activity



## Personal Tutors

Don't worry though you will not be thrown in at the deep end! When you turn up for your registration session (please see induction timetable for details) you will get to meet your Personal Tutor. Your Personal Tutor will provide academic support and guidance during your time of study at Cardiff Met.

Please make sure that you attend the activities planned for your programme during Welcome Week, so you get to meet your Programme Directors, Tutors and the rest of your cohort.

Finally, I hope you enjoy your time studying at the Cardiff Met and I look forward to meeting you during your course of study.

Yours sincerely,

**Ellen Jones**

Programme Director



# Essential Information

## Programme Details

The SPEH(D) programme will allow you to gain in-depth academic and practical knowledge of sport, physical education and health & and appreciate its issues and operational contexts. The specialist pathway within the SPEH programme focuses on the applied place of Dance as a creative art and physical activity through practical experience of creative practice, teaching and performance in the contexts of Education, Community Dance & Health and Wellbeing .The programme will value and challenge you within a supportive learning environment and provide you with the opportunity to access, understand and apply research in the enhancement of innovative practice. You will have access to a research-informed contemporary curriculum that is orientated towards understanding the future role of physical educators in society and recognises the contribution sport and dance plays within physical education in the development of lifelong health and wellbeing through activity. This will be achieved in an inspiring and progressive way, in which the curriculum becomes more focused and specialised across the three years of the programme.



## Sports Kit Order

Once you have enrolled online, you will be sent information about ordering Cardiff School of Sport and Health Sciences sport kit. This kit is an optional purchase for all students, with a diverse product range to choose from. If you have not already done so, please ensure you enrol ASAP to receive information about how to order the optional sport kit from our approved supplier. If you have then not received this information after enrolling, please contact admissions via [askadmissions@cardiffmet.ac.uk](mailto:askadmissions@cardiffmet.ac.uk).



## Part-Time Students

Whilst full-time students should participate in everything, we recognise that you may not be able to do so because of your other commitments, and we understand this.

Talk with your Personal Tutor about which activities will be most valuable for you and see what you can manage. You will be welcome to join in all events during the week, as and when you can. Do, though, ensure that you have registered, and done the required paperwork before attending any events.

## International Students

We understand that international students will have many obligations and paperwork to complete when they arrive in the U.K and The Global Student Advisory Service offers support to international students at Cardiff Met by providing support pre-arrival and throughout their studies.

### Global Student Advisory Support

[International - Welcome \(sharepoint.com\)](#)

[Global Student Advisory Service International Welfare Advice](#)

[International Academic Advice International Academic Advice](#)

### Global Student Advisory Contacts

Welfare Advice – [intstudentadvice@cardiffmet.ac.uk](mailto:intstudentadvice@cardiffmet.ac.uk)

Immigration Advice - [Immigrationregs@cardiffmet.ac.uk](mailto:Immigrationregs@cardiffmet.ac.uk)

International Academic Advice – [intacademicadvice@cardiffmet.ac.uk](mailto:intacademicadvice@cardiffmet.ac.uk)

It is also important that you attend the activities planned for your course during Welcome Week, so you get to meet your Programme Directors, Tutors and the rest of your cohort. This will help you to settle into your new environment and make new friends.



# Meet the Team



**Ellen Jones**  
Programme Director



**Matt Wood**  
Level 4 Year Tutor



# Welcome Week

## What to expect

During the week you will complete a small inquiry-based project, which you will undertake with a group of other new students from your programme, supported by academic and technical staff and an existing student or two.



There will be an introduction to your new School and Programme and lots of fun activities to help you meet new people.

You will also need to complete a bit of administration, check-in so that we know who is doing what and when, complete any outstanding registration matters, pick up University ID and Students' Union cards and touch base with any specialised support services that you need.

## Here's what Cardiff Met students enjoyed about Welcome Week

*"Helped me settle in and took the pressure off travelling to a new place"*

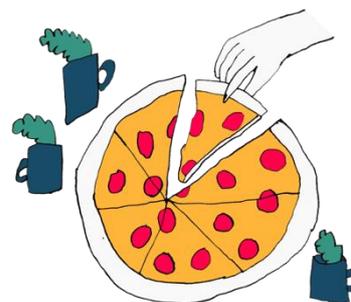
*"The group projects to find out about our peers was a nice way of getting to know everyone"*

*"Helpful to chat informally to the Programme Team and chat about important things to help settle in"*



## Programme Activities and Projects

The research-based task will focus on the question “How can Physical Education contribute to an individual’s Physical Literacy?”. In groups of three, you will be tasked with producing a short presentation that responds to the above question. You will be supported by your academic tutor throughout the week in the production of this presentation.



## Welsh Language Opportunities

During welcome week, you are invited to participate in Welsh language activities, designed just for you, that will give you a taste of the Welsh medium provision, support and community that you can expect to join as part of your undergraduate studies provision. You are all invited to join a sofa session at Centro, Cyncoed campus. Here, you’ll be able to grab a complimentary coffee and spend some time getting to know fellow students whilst listening to some of our post graduate students who have themselves accessed Welsh medium provision as part of their undergraduate degree in the past. Support will be on hand if you’d like to discuss any questions or queries in relation to Welsh medium provision and a member of the Welsh language unit will also be present to provide information about the Welsh language support sessions available to students taking modules through the medium of Welsh. You also more than welcome to join us for a game of bilingual badminton, which will be held on the Cyncoed campus, or, if you fancy more of a sit-down session, we’ll be hosting a celebrity guest speaker on the Llandaff campus who will share with you their Cardiff Metropolitan University journey, and how they’ve incorporated the Welsh language into building their career. There will also be a chance to practice your Welsh language skills during this session as tutors from the Welsh language unit will be joining us for some fun language activities.

These activities are suitable for anyone who is interested in either studying through the medium of Welsh or learning about starting (or continuing) their Welsh language learning journey. You don’t need to be able to speak Welsh to join, and the sessions will be conducted through the medium of Welsh and English to accommodate everyone’s needs.



## Social Activities

The Student Union will be hosting a series of social activities throughout welcome week for you to participate in. Please visit <https://www.cardiffmetsu.co.uk> for the latest information.

## Freshers' Fayre

The Freshers' Fayre, organised by the [Students' Union](#), is your first chance to meet to all our SU Societies, SU Sports Teams and of course a chance to grab all manner of freebies from our commercial partners! The fayre is an all-day event taking place on Wednesday 21/09/2022 within [NIAC on the Cyncoed campus](#)! It is one of the highlights of the Freshers calendar and one of the only times during your university journey that every student from all Cardiff Met schools will be in the same place!

Head over to the [Cardiff Met Students' Union website](#) for up-to-date information on events, societies, support and more.



# Your Welcome Week Timetable

Mon	Tues	Weds	Thurs	Fri
<p><b>Programme Activity (am)</b></p> <ul style="list-style-type: none"> <li>•Meet the PD, YT and other staff</li> <li>•Introduction to Expectations of Higher Education</li> <li>•Q&amp;A</li> </ul>	<p><b>Programme Activity (am)</b></p> <ul style="list-style-type: none"> <li>•Getting to know Cardiff Met Systems</li> </ul>	<p>Freshers Fayre</p> <p>Social Activities</p>	<p><b>Programme Activity (am)</b></p> <ul style="list-style-type: none"> <li>•Learner gain task review - have you got the EDGE?</li> </ul>	<p><b>Programme Activity (am)</b></p> <ul style="list-style-type: none"> <li>•Project Review</li> <li>•Welcome Week Evaluation</li> </ul>
<p>Lunch/ Campus Activities 12-2</p>	<p>Lunch/ Campus Activities 12-2</p>		<p>Lunch/ Campus Activities 12-2</p>	<p>Lunch/ Campus Activities 12-2</p>
<p><b>Programme Activity (pm)</b></p> <ul style="list-style-type: none"> <li>•Plan for the Week</li> <li>•Campus Orientation tour</li> <li>•Book 1-2-1 PT session</li> <li>•Project based task information</li> </ul>	<p><b>Programme Activity (pm)</b></p> <ul style="list-style-type: none"> <li>•Meet Level 5 and 6 - sharing experiences</li> <li>•Project work</li> </ul>		<p><b>Programme Activity (pm)</b></p> <ul style="list-style-type: none"> <li>•Preparation for Week 1</li> <li>•Q&amp;A</li> </ul>	<p>Orientation</p> <p>Free time to explore Cardiff /local area.</p>



## Personal Welcome Week Checklist



During Welcome Week you need to make sure that you have completed the following tasks:

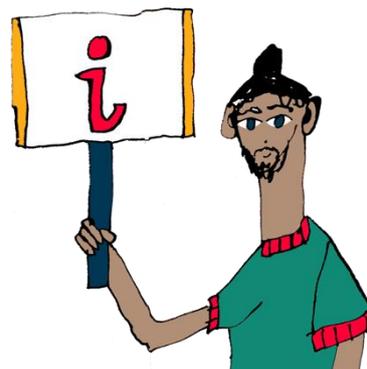
- Complete enrolment process
- Collect student ID card
- Attend programme activity sessions
- Attend some social events on campus/online
- Attend Fresher's Fayre
- Meet your Personal Tutor
- Take part in the Met Mile Walk – This will be advertised on campus by Cardiff Met Sport
- Familiarise yourself with the Library and Student Support Services
- Engage with your programme project task set by the programme team



# Useful Information

## New Students Information

The [Course Joining Information website](#) has lots of useful information to help with your planning. Simply select your level of entry on the website to find out more and access your important joining information.



## Student Services

[Student Services](#) provide support and guidance, including counselling and mental health, disability support, and money management.

## SU Welcome Guide

An interactive guide to help you navigate your journey into and throughout your university life. Take the tour and enjoy each section designed to help you get to know Cardiff Met.

[What you need to know before you go](#)

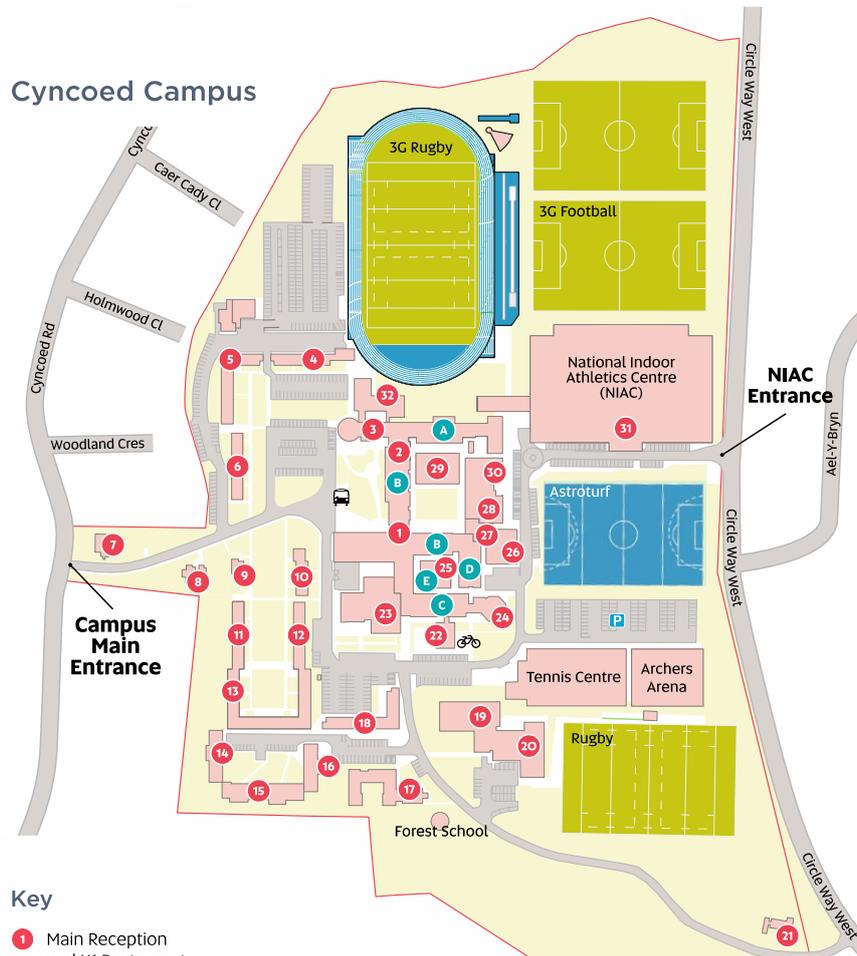


## Academic Calendar 2022/23

[Academic Calendar 2022/2023](#)



# Campus Map



## Key

- |                                    |                            |                     |
|------------------------------------|----------------------------|---------------------|
| 1 Main Reception and K1 Restaurant | 14 Stuttgart (Halls)       | 27 The Bench Cafe   |
| 2 Lecture Theatre 4                | 15 Baltimore (Halls)       | 28 Russell Rees Gym |
| 3 Learning Centre                  | 16 Nantes (Halls)          | 29 V Block          |
| 4 Stradling (Halls)                | 17 Queenswood              | 30 Syd Arron Gym    |
| 5 Herbert (Halls)                  | 18 Neville (Halls)         | 31 The Track Cafe   |
| 6 Fitzhamon (Halls)                | 19 Sports Hall             | 32 i-Zone           |
| 7 Bungalow (Halls)                 | 20 Pool                    | P Parking           |
| 8 College House                    | 21 Athletes House          | 🚲 Bike Rack         |
| 9 Thomas House (Halls)             | 22 Lecture Theatre 1 and 2 | 🚌 Bus Stop          |
| 10 Warwick House and Halls Office  | 23 Student Union           |                     |
| 11 Clare (Halls)                   | 24 Dance Studio            |                     |
| 12 Bute (Halls)                    | 25 Research House          |                     |
| 13 Ellis (Halls)                   | 26 Gym Studios             |                     |



## Useful Contact Numbers

Accommodation Services – 029 2041 6188/9

Enrolment – 029 20 205669

Finance & Tuition Fees – 029 20 41 6083/6081

Home Admissions – 029 2041 6010

International Admissions – 029 20 41 6045

IT Helpdesk – 029 20 41 7000

I-Zone Cyncoed – 029 2020 5460

I-Zone Llandaff – 029 2020 5600

Learning Centre Cyncoed – 029 20 41 6242

Learning Centre Llandaff – 029 20 41 6244

Switchboard – 029 20 41 6070

Sports Facilities – 029 20 41 6042

Student Service – 029 20 41 6170

Students Union – 029 20 41 6190

