

WELCOME WEEK TIMETABLE 2021

Dear student,

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

Welcome Week starts on Monday 20th September. Welcome week activities will take place both through a blend of sessions on the University campus and 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 20th 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.

It is important that you join us during Welcome 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 27th September. We have planned for a combination of on-campus and online learning that encapsulates the best of what each mode can deliver, with the on campus activity seen as an essential part of the overall learning experience. We want to ensure that as well as being safe, your face-to-face campus experience will be memorable, meaningful and interactive. Your on-campus learning will be supported by online activities that provide you greater flexibility about where and when you learn, allowing you to fit your studies around your other activities and work. In this we are prioritising the smaller group practicals and seminars on campus that might require specialist equipment, supervision, discussion and collaboration. It is through this carefully designed blended approach, which makes the best of the on-campus and the online, that we will build your learning communities and support an active approach to your learning.

You will receive your personalised timetable during welcome week. Through this timetable 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.

I hope you are excited about starting your studies at Cardiff Metropolitan and I very much look forward to meeting you on Monday 20th September. Your welcome week timetable is below for you.

Ellen Jones
Programme Director
BSc (Hons) Sport, Physical Education and Health

WELCOME WEEK TIMETABLE 2021

COURSE: BSc (Hons) Sport, Physical Education and Health

CAMPUS: Cyncoed

<p>MONDAY 20th SEPTEMBER Dydd Llun 20 Medi</p>	<p>TUESDAY 21th SEPTEMBER Dydd Mawrth 21 Medi</p>	<p>WEDNESDAY 22nd SEPTEMBER Dydd Mercher 22 Medi</p>	<p>THURSDAY 23rd SEPTEMBER Dydd Iau 23 Medi</p>	<p>FRIDAY 24th SEPTEMBER Dydd Gwener 24 Medi</p>
<p>Welcome video from the Dean of School – 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 in your own time before your first Personal Tutor meeting</p> <p>Personal Tutor meeting 1 – Getting to know each other 12:00-13:00, on campus – Meet your tutor and your fellow students in this on campus session. Your tutor will be an important resource to support you during your time at Cardiff Met. Please see the rooms for specific groups below:</p> <ul style="list-style-type: none"> - SPEH 1 – C1.04 (also NIAC Throws) - SPEH 2 – C1.06 (also NIAC N60 Start) - SPEH 3 – C1.01/C1.02 (also NIAC N120 Long Jump) - SPEH 4 – A1.15 (also NIAC N120 Middle) - <p>Personal Tutor meeting 2 – Getting to know Cardiff Met 15:30-16:30, on campus – Get to know the key systems to support your learning journey at Cardiff Met. Get ready for Microsoft Teams, Moodle and more! Charge your devices! Please see the rooms for specific groups below:</p>	<p>Programme Welcome 12:00-13:00, online Meet with your Year Tutor or Programme Director to find out all your programme has to offer and what you'll be up to on your programme. This online session will take place on Microsoft Team and you'll be sent to link to this session once you arrive.</p> <p>Group work on your Induction task – keep working on your group task set by your personal tutor. Work on-campus or online with your group. If you get lost give your tutor a shout on Teams or ask at the various sessions with them throughout the week.</p> <p>Don't forget to look at the resources below in your free time!</p> <p>Personal Tutor Meeting 3 – Drop in support session - Got confused by your group task? Getting a bit lost with induction in general? Your personal tutor will confirm the slot on this day to drop in with your group to help you out.</p>	<p style="text-align: center;">Welcome Week Events from your Student Union</p> <p style="text-align: center;">Check out the Cardiff Met SU Website for the latest updates on the Freshers fayre and other welcome week activities</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. Work on-campus or online with your group. If you get lost give your tutor a shout on Teams or ask at the various sessions with them throughout the week.</p> <p>Don't forget to look at the resources below in your free time!</p> <p>Cyfarfod ar gyfer Siaradwyr Cymraeg Lefel 4, 5 a 6 – 15:00 Online (Teams)</p>	<p>Personal Tutor meeting 4 – Group Task 12:00-13:00 - Catch up with your personal tutor group and tutor to wrap up the week and the induction task. This will be another chance to iron out things ready for teaching to start the following week! Please see the rooms for specific groups below:</p> <ul style="list-style-type: none"> - SPEH 1 – C1.03 - SPEH 2 – C1.06 - SPEH 3 – C1.01/C1.02 - SPEH 4 – A1.15 <p>Starting your employability journey – If you haven't already, check out this overview from the School Employability Principal Lead, Steve Osborne, outlining the support that Cardiff Met offer to help you on your journey</p>

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- SPEH 1 – C1.03
- SPEH 2 – C1.06
- SPEH 3 – C1.01/C1.02
- SPEH 4 – A1.15

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 overview from the School Employability Principal Lead, Steve Osborne, outlining the support that Cardiff Met offer to help you on your journey	ResLife programme – Living in Halls? Find out what's going on over the induction period.
Student Services – this site gives you all the info on how student services can support your time at Cardiff Met.	Moodle – Moodle is the virtual learning environment used at Cardiff Met, this contains information about the modules you are studying as well as important school information in the CSSHS Moodle site .
Brief IT related guides for Cardiff Met staff and students – Here you will find some flash guides to get you going with IT software and systems	A guide to Microsoft Teams – This page will guide you through what you need to know about MS Teams. This is the software you will use for online communication
Microsoft Office for FREE while you are a student at Cardiff Met? – Us this link and follow how to install this on your PC or Mac	WiFi – This link will help you connect to the Wifi network on campus