COURSE JOINING INFORMATION

MSC SPORT PSYCHOLOGY

CARDIFF SCHOOL OF SPORT AND HEALTH SCIENCES

Welcome & Enrolment Information

Academic Year 2021/2022

CardiffMet

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1. Welcome from your Teaching Team

Congratulations on gaining a place on our Masters programme. On behalf of your programme team, I would like to welcome you to the start of your postgraduate studies here in the Cardiff School of Sport & Health Sciences. The 'Sport' programmes within the School constitute one of the largest and most comprehensive set of sport-related postgraduate courses in the UK. Teaching will be provided by experienced staff, with high levels of research experience and professional knowledge.

Postgraduate study always involves teaching in small group sizes and we hope that this lends itself to creating a friendly and nurturing atmosphere in which to further your knowledge. Please get involved with the possibilities that are presented during your Masters programme and from the broader University community of which you are a part.

Our BPS accredited (Stage 1) Sport Psychology programme is very well established, drawing on the practical and academic experience of our staff whilst engaging with the national and local community through our extensive links and partnerships. Many of our students go on to train to become sport psychologists following graduation but we appreciate the variety of career destinations that our postgraduates have and believe that we offer you a programme that allows you to develop practical, academic and professional skills, whatever your aspirations may be.

Finally, welcome to Cardiff, our exciting capital city of culture and sport. Should you need a change of scene, wonderful countryside and seaside are never far away!

We are delighted that you have chosen us for the next step in your career and we hope that your experience on the Masters programme is all that you wished for.

Karen Howells PhD, CPsychol, SFHEA

Programme Director, MSc Sport Psychology

2. Pre-Entry Summer Tasks

An integral part of postgraduate study is an independent study in a topic relevant to sport psychology. We will provide you with all of the resources necessary to complete this to the best of your ability, however, so that we can start thinking about what your project may involve early on in the programme, I would encourage you to read the abstracts of the readings below and read at least three of them in depth. These articles reflect some of the topic areas that staff are keen to supervise students in. I will be sending these out in a separate email to you so that you can access the content before enrolment.

Bean, C., Kramers, S., Forneris, T., & Camiré, M. (2018). The implicit/explicit continuum of life skills development and transfer. *Quest, 70*, 456-470.

Bianco, T., & Eklund, R. C. (2001). Conceptual considerations for social support research in sport and exercise settings: The case of sport injury. *Journal of Sport & Exercise Psychology*, *23*(2), 85-107.

Dohme, L.-C., Bloom, A. G., Piggott, D., & Backhouse, S. (in press). Development, Implementation, and Evaluation of an Athlete-Informed Mental Skills Training Program for Elite Youth Tennis Players. *Journal of Applied Sport Psychology.*

Harwood, C. G., Knight, C. J., Thrower, S. N., & Berrow, S. R. (2019). Advancing the study of parental involvement to optimise the psychological development and experiences of young athletes. *Psychology of Sport and Exercise, 42*, 66-73.

Howells, K., & Grogan, S. (2012). Body image and the female swimmer: muscularity but in moderation. *Qualitative Research in Sport, Exercise and Health 4(1),* p. 98-116.

Howells, K., Sarkar, M., & Fletcher, D. (2017). Can athletes benefit from difficulty? A systematic review of growth following adversity in competitive sport. In M. R. Wilson, V. Walsh & B. Parkin (Eds.), *Sport and the Brain: The Science of Preparing, Enduring and Winning*, *Part B, Progress in Brain Research*, *234* (pp. 117-159). UK: Academic Press

Moll, T., Jordet, G., & Pepping, G. J. (2010). Emotional contagion in soccer penalty shootouts: Celebration of individual success is associated with ultimate team success. *Journal of Sports Sciences*, *28*(9), 983-992.

Pierce, S., Kendellen, K., Camiré, M., & Gould, D. (2018). Strategies for coaching for life skills transfer. *Journal of Sport Psychology in Action, 9*, 11-20.

Van Kleef, G. A. (2009). How emotions regulate social life: The emotions as social information (EASI) model. *Current Directions in Psychological Science*, *18*(3), 184-188.

Wadey, R., & Evans, L. (2011). Working with injured athletes: Research and practice. *Professional Practice in Sport Psychology: A Review*, 107-132.

3. Enrolment / Student MetCard Collection

Enrolment is an important process which confirms your status as a Student.
You can complete the online self-enrolment process from any computer through our Self Service system. Please note that in order to self-enrol; your status must be Unconditional Firm (UF).

You will receive an email notifying you when you are eligible to enrol online. The email will direct you to a password reset facility in order to request a password to be able to login and complete the enrolment process. For information and guidance on this process please make sure you visit our enrolment page – www.cardiffmet.ac.uk/enrolment.

This process is essential in that it will allow you access to your student loan (if applied for), payment of fees, Cardiff Met's IT systems and importantly enable you to obtain your Student MetCard.

You will also receive your Programme Handbook during your Welcome Week. The Programme Handbook is a vital manual through the Programme and should be retained for usage throughout your course of study. Each academic year, additional information relating to that level will be provided. The Handbook offers guidance on Rules, Regulations and Procedures; and guidance on learning for practice with information on all modules to be undertaken and reading lists.

Enrolment for International Students
If you are an international student you will be required to submit some documentation before receiving approval to enrol online. For more information about international student enrolment and a list of documents you will need to submit, please access the international student pages or contact the Immigration Compliance Team at immigrationregs@cardiffmet.ac.uk.

Library & Information Services
You will have access to Cardiff Met's Library & Information Services soon after completing your online enrolment. A confirmation email will be sent to you with your Cardiff Met login details. To see the facilities and services available, please refer to www.cardiffmet.ac.uk/library.

Your Student MetCard
Your MetCard gives you access to all main campus buildings and doors. You can also add money to your MetCard to be able to access and pay at the self-service printers, copiers and Print Studio services. For further benefits of MetCard please click here.

Fees
Tuition fees for Home students for full-time undergraduate degrees, and full-time Masters programmes for September 2021 entry have been set at £9,000 per year. For further information on tuition fees, please refer to our Fee Tables. If your programme has any additional costs attached to it, they will be listed on www.cardiffmet.ac.uk/additionalcosts. Please make sure you check these to make sure you are aware of any additional costs associated with your course.

Details about fees for international students can be found here. You should already be aware of these costs.

4. Welcome Week

Welcome Week for all students within the School of Sport and Health Sciences will commence on Monday 20th September 2021. Your first term as a new student starts with Welcome Week, where you will settle into your accommodation, course and student life. Your Welcome Week timetable is a schedule of events designed to familiarise you with Cardiff Met, its facilities and your fellow students. You will be given the chance to attend a range of events covering your programme, library services, IT, student services and Students Union. You will also meet, and have a number of sessions, with your personal tutor to make your academic transition as smooth as possible.

In line with the programme delivery information below, welcome week will include activities that are both synchronous (delivered at a scheduled time and led by a member of staff) and asynchronous (activities designed and set by a member of staff but completed in your own time). These activities will largely happen in online/ virtual environment spread throughout the welcome week; however, we are also planning activities to run on-campus where government restrictions allow.

Your events and confirmed welcome week timetable is currently being finalised and will be uploaded as a separate document on our New Students pages for you.

For those in Halls of Residence, don't forget to check out the programme offered through the Residence Life Team.

5. Draft Timetable / Typical Attendance

As we look forward to welcoming you in the new academic year, we wanted to reassure you that your safety, wellbeing and learning experience will be our top priorities.

Whilst there remains uncertainty as to how the pandemic will develop and what restrictions might be in place in September, we have planned for a combination of on-campus and online learning that encapsulates the best of what each mode can deliver.

What we have learned over the past academic year is which learning activities have to be conducted on campus, which are better on campus and which work most effectively online.

One message we have heard loud and clear from students is that on campus activity is an essential part of the overall learning experience. We are designing your programme schedules accordingly.

On the days we will require you to come to campus, you will have a schedule of activity that makes your attendance and effort worthwhile. 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.

Through this approach, we're listening to what students have told us has worked for them. Many have highlighted the benefits of engaging with lecture-style materials online – where it is recorded, can be re-watched, rewound or even played at different speeds!

In taking this approach, we are better able to prioritise the on campus smaller group practicals and seminars that might require specialist equipment, supervision, discussion and collaboration. And 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.

On campus, face coverings, new outdoor meeting areas, one-way systems, smaller class sizes, enhanced cleaning routines and regular testing facilities have helped keep students, staff and visitors safe this year.

Building on this, new flexible spaces will be introduced across both campuses from September, including communal spaces for study and socialising, complete with light meal preparation facilities and flexible spaces for formal and informal learning and teaching.

We look forward to welcoming you in the Autumn term, both online and on campus safely.

All the latest news, events and information for students is available for returning students on MetCentral, the student homepage, or for new students by visiting www.cardiffmet.ac.uk/whattoexpect.

6. Changes to the Course due to COVID-19

Any updates to your course following the effects of COVID-19, can be found on the following webpage. Please make sure you check this page regularly for any further updates or changes, prior to starting your course;

https://www.cardiffmet.ac.uk/study/newstudents/Pages/Programme-Updates.aspx

Some of your welcome week is likely to be delivered online, sometimes using Microsoft Teams. We recommend that you download the app to your phone, or visit the website in a browser to familiarize yourself with how to use this platform.

If you do not have the facility at home to access this type of platform, or would have any difficulty in doing so, please let us know.

https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/group-chat-software

7. Useful links

Timetable
This link will give you access to your confirmed timetable. You need to have enrolled before you can access this link, and you will be contacted when the information is available.

Global Engagement
Advice and support for international students on making your visa application, living in the UK, making accommodation arrangements and taking advantage of the Airport Welcome Service. Global Engagement will provide welfare support and learning advice throughout your course. Please also refer to our frequently asked questions -
https://www.cardiffmet.ac.uk/international/study/Pages/default.aspx

Additional Course Costs
Additional costs are the mandatory or optional expenses, additional to tuition fees that need to be paid for by students to fully participate and complete their studies. This covers such things as equipment, trips, placements and DBS checks. Each programme has different additional costs.

Accommodation
Student residential contracts will start on 20th September 2021. However, due to social distancing and to ensure the health and safety of you and our staff, arrivals for halls will be spread over a number of days the week before. Once you have received and accepted your offer of accommodation please watch out for an e mail letting you know when you will be able to move in. Please note that internet access in halls will only be available for those who have completed the enrolment process successfully. There will be a variety of events held throughout Welcome Week and throughout the 1st term, information of which will be sent to you by Accommodation when confirmed

Student Services
For help during your time with us in relation to your health, welfare, lifestyle and future career. The aim is to provide you with all the support you need to ensure your studies are as enjoyable and successful as possible. Services also include counselling, disability and chaplaincy.

Student Finance
For information on Tuition Fee Loans and Maintenance Loans, non-repayable grants, bursaries and scholarships that may be available.

Cardiff Met Sport & Facilities

Cardiff Met SU *including SU Societies, SU Sports Clubs and the ability to access independent advice and support*

Term Dates

Campus Maps and Bike Shelters

We have Bicycle Storage shelters on each campus, with changing and showers available. The shelters are secured and are only accessed using your MetCard when you have requested permissions via the i-zone.

Sustainability at Cardiff Met

Studying through the medium of Welsh
Find out which modules you can choose to study through the medium of Welsh on your course. You may then also be eligible for a bursary via Coleg Cymraeg Cenedlaethol.

Virtual Tours
Have another look around our campus and facilities with our guided virtual tours

Student Handbook

Academic Handbook

Admissions Policy

Frequently Asked Questions

Complaints

Accessing IT systems
Once you have completed your enrolment online, you will be able to access all the relevant IT systems you will need throughout your student journey. Please refer to our IT Services for more information.

Met Central
Your central point as a student at Cardiff Met to stay up to date with all the latest news and events, as well as quick access to all the useful sites and tools.

COVID-19 Vaccinations

We're encouraging all of our students to have the Covid-19 vaccine as soon as possible. It's one of the things we can all do to help prevent the spread of the disease, keep each other safe and help us all return to our normal lives.

If you are a Cardiff resident and have yet to receive the first dose of the Covid-19 vaccination, we recommend you visit the Bayside Mass Vaccination Centre which is situated in the old Toys R Us Building. The centre is operating as a walk-in service, offering first doses of the Covid-19 vaccination every weekend between 8am and 4pm for anyone over 18 who lives, studies or works in Cardiff.

If you are moving to Cardiff to study with us for the new academic year and have yet to receive your first dose of the Covid-19 vaccine, we suggest you check with your local GP about getting the first dose before you move. If it is unavailable to you, you should attend the Bayside Mass Vaccination Centre as soon as you arrive in Cardiff.

We also advise all our students living in Cardiff to register with a GP. Once you've moved, you can register using our Cardiff GP Registration form.

More Information:

Public Health Wales

NHS England

Northern Ireland

Scotland