

Welcome Week Handbook

MSc Youth Athletic
Development

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 join in for your first 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 with Cardiff Met and I look forward to meeting you during your course of study.

Yours sincerely,

Dr John Radnor

Programme Director



Essential Information

Programme Details

The MSc Youth Athletic Development postgraduate degree at Cardiff Met provides you with the underpinning knowledge and practical application within the fields of youth strength and conditioning. Throughout the programme you will explore the fundamental principles of youth development, including; growth and maturation, talent identification, and assessment and monitoring. Furthermore, students will study the science and application of developing fitness qualities in youth, covering topics such as athletic motor skill competency development, strength, power, and speed development, energy system development, and the pedagogical skills needed to deliver training programmes to youth populations. There are also modules dedicated to reducing injury risk in youth, and students will explore risk factor identification and programming to reduce injury risk. These core modules will combine a mix of remote online distance learning, and in-person sessions delivered during two one-week long on-campus periods during term 1 and 2 respectively.

Work-based learning is a key element of the programme, to enable you to apply your knowledge from the programme in real-world settings and to gain valuable experience to use as a foundation for future employment.

This holistic approach to youth athletic development, delivered by world-class researchers and practitioners, will provide you with the knowledge and practical skills for future employment within the youth strength and conditioning sector.

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 Programme Director 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 engagement with their studies 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

Immigration Advice - immigrationregs@cardiffmet.ac.uk

International Academic Advice – 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



Dr John Radnor
Programme Director and Senior Lecturer:
MSc Youth Athletic Development
jradnor@cardiffmet.ac.uk



Dr Jason Pedley
Senior Lecturer in S&C:
jpedley@cardiffmet.ac.uk



Professor Rhodri Lloyd
Professor of Paediatric Strength and Conditioning
rloyd@cardiffmet.ac.uk



	<p>Professor Jon Oliver Professor of Applied Paediatric Exercise Science joliver@cardiffmet.ac.uk</p>
	<p>Steph Morris Lecturer in S&C smorris@cardiffmet.ac.uk</p>
	<p>Dr Sylvia Moeskops Lecturer in S&C smoeskops@cardiffmet.ac.uk</p>
	<p>Rob Meyers Principal Lecturer in S&C rwmeyers@cardiffmet.ac.uk</p>



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

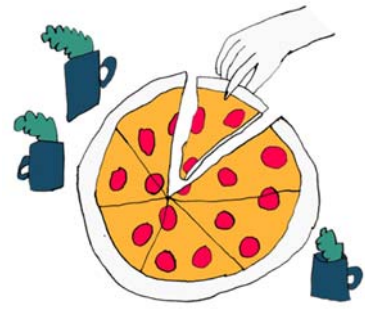
"The group projects to find out about our peers was a nice way of getting to know everyone"

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



Social Activities

The Student Union will be hosting a series of social activities throughout welcome week for you to participate in. Please visit [Cardiff Met Students' Union website](#) for the latest information on events, societies, support and more.



Your Welcome Week Timetable

Mon	Tues	Weds	Thurs	Fri
				One to one tutorials online
		Freshers Fayre Social Activities		
Lunch/ Campus Activities 12-2	Lunch/ Campus Activities 12-2		Lunch/ Campus Activities 12-2	Lunch/ Campus Activities 12-2
Programme Activity (pm) Online group induction	Programme Activity (pm) Online group session			One to one tutorials online



Personal Welcome Week Checklist



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

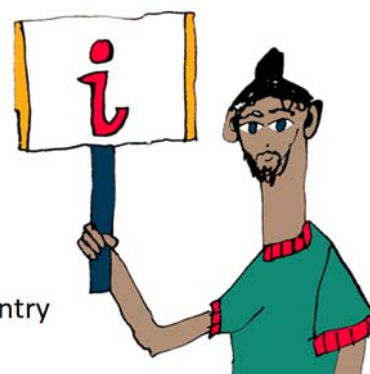
- Complete enrolment process
- Collect student ID card
- Attend programme activity sessions
- Attend some social events on campus/online
- Meet your Personal Tutorial with your Programme Director
- Familiarise yourself with accessing Library and Student Support Services
- Engage with your programme project 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



Useful Contacts

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



[Enrolment](mailto:enrolment@cardiffmet.ac.uk) – enrolment@cardiffmet.ac.uk

[Fees & Finance](mailto:tuitionfees@cardiffmet.ac.uk) – tuitionfees@cardiffmet.ac.uk / financeadvice@cardiffmet.ac.uk

[International Student Advice Centre](mailto:intstudentadvice@cardiffmet.ac.uk) – intstudentadvice@cardiffmet.ac.uk

[Information Technology \(IT\)](mailto:ithelpdesk@cardiffmet.ac.uk) – ithelpdesk@cardiffmet.ac.uk

[Library Services](mailto:library@cardiffmet.ac.uk) – library@cardiffmet.ac.uk

[Student Services](mailto:studentservices@cardiffmet.ac.uk) – studentservices@cardiffmet.ac.uk

[Students Union](mailto:studentunion@cardiffmet.ac.uk) – studentunion@cardiffmet.ac.uk

