



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

Dear Direct Entry Student (Level 5),

Important Information for Induction Week 2018

Congratulations on being accepted onto Level 5 (year two) of the BSc (Hons) Sport & Exercise Science programme within the Cardiff School of Sport and Health Sciences at Cardiff Metropolitan University. This letter provides useful information about your course and additional details related to the Induction Programme for direct entry students.

Induction week begins on Monday 17th September 2018. There are many activities taking place during the week with full detail available via the [new student webpage](#). You specifically may wish to attend the Fresher's fayre on Wednesday 19th September in the National Indoor Athletics Centre (NIAC) on the Cyncoed campus. This will be an opportunity to meet with the Student Union and find out about the sport and social activities that are available as well as the Professional Services who are able to support your time at Cardiff Met.

As part of the induction process, **you should contact your Year Tutor, Dr Paul Smith (psmith@cardiffmet.ac.uk) to arrange a one-to-one meeting for Monday 17th September 2018.** This will be a valuable opportunity to discuss the programme, optional modules, and the specific plans for induction week. **Please contact your Year Tutor no later than Monday 10th September 2018** to arrange this. You should also be aware that you will also have a **meeting with your Year Tutor and fellow students on Tuesday 18th September 2018 12:00-13:00 in C0.20 (LT1), Cyncoed campus.** There will also be a meeting with your personal tutor on Friday 21st Sept 2018, of which details will be provided during your Year Tutor meeting.

With regard to enrolment, you should not self-enrol as you will not have sufficient information to select your optional modules. Guidance on module selection will be provided by your Year Tutor during Induction week. If not already provided evidence of your entry qualifications, you should **bring a copy of your qualifications,** in the form of a certificate or transcript.

During induction week, you will be provided with up-to-date information related to the teaching timetable and other important issues related to your programme and year of study. The pathway map below will guide you on the modules available to your programme and these can be discussed in greater detail with your Year Tutor. For your information, please find below:

- a) Pathway Map below to provide an overview of your course structure.
- b) [Link to the Term dates and teaching weeks for 2018-19](#)
- c) A link to order Kit. Please click on this link to access the [Cardiff Met Online Shop](#) to order your kit. Please note that all School of Sport and Health Science students receive a standard "[kit pack](#)" for free and additional kit must be paid for. Further details are available via the link and all kit will be collected during Induction Week.

You should also take note of the enrolment requirements on the [new student webpage](#) and make sure that you bring the relevant documentation with you. If you have any enquiries regarding accommodation in Cardiff, please contact the Accommodation Service on Tel: 029 2041 6188/7013. The accommodation

office provides a comprehensive service in assisting students in securing accommodation and can provide details of local landlords and other students who wish to share accommodation.

I look forward to seeing you at the beginning of the academic year. If you have any queries in the meantime, please feel free to contact the School via ccprogadmin@cardiffmet.ac.uk or telephone 02920 416185 / 6506 or look on the [new student webpage](#).

Kind Regards,

A handwritten signature in black ink that reads "Rmeyers". The signature is written in a cursive, flowing style.

**Dr Rob Meyers,
Undergraduate Programmes Co-ordinator,
Cardiff School of Sport and Health Sciences**

BSc (Hons) Sport & Exercise Science 2018-19

LEVEL 5 – PATHWAY MAP

Module Title	Module Number	Credit Value	Level	Compulsory / Optional	Term
Compulsory:					
Research Process	SSP5000	20	5	C/O	1,2 & 3
Dulliau Ymchwil	SSP5900	20	5	C/O	1,2 & 3
Physiology of Sport and Exercise	SSP5011	20	5	C/O	1,2 & 3
Ffisioleg Chwaraeon ac Ymarfer	SSP5911	20	5	C/O	1,2 & 3
Biomechanics of Sport and Exercise	SSP5012	20	5	C	1,2 & 3
Sport and Exercise Psychology	SSP5013	20	5	C	1,2 & 3
Options Choose 20 or 40 Credits from:					
Strength and Conditioning	SSP5014	20	5	O	1,2 & 3
Sport Performance Analysis	SSP5017	20	5	O	1,2 & 3
Sports Coaching and Physical Education	SSP5019	20	5	O	1,2 & 3
Hyfforddi Chwaraeon ac Addysg Gorfforol	SSP5919	20	5	O	1,2 & 3
Work Experience	SSP5021	20	5	O	1,2 & 3
Exercise Referral	SSP5089	20	5	O	1,2 & 3
If 20 credits chosen from above, choose 20 Credits from:					
Applied Principles & Techniques (Athletics)	SSP5022	10	5	O	1,2 & 3
Applied Principles & Techniques (Badminton)	SSP5023	10	5	O	1,2 & 3
Applied Principles & Techniques (Basketball)	SSP5024	10	5	O	1,2 & 3
Applied Principles & Techniques (Cricket)	SSP5025	10	5	O	1,2 & 3
Applied Principles & Techniques (Dance)	SSP5026	10	5	O	1,2 & 3
Applied Principles & Techniques (Football)	SSP5027	10	5	O	1,2 & 3
Applied Principles & Techniques (Gymnastics)	SSP5028	10	5	O	1,2 & 3
Applied Principles & Techniques (Hockey)	SSP5029	10	5	O	1,2 & 3

Applied Principles & Techniques (HRE)	SSP5030	10	5	O	1,2 & 3
Applied Principles & Techniques (Netball)	SSP5031	10	5	O	1,2 & 3
Applied Principles & Techniques (Rugby)	SSP5032	10	5	O	1,2 & 3
Applied Principles & Techniques (Squash)	SSP5033	10	5	O	1,2 & 3
Applied Principles & Techniques (Swimming)	SSP5034	10	5	O	1,2 & 3
Applied Principles & Techniques (Tennis)	SSP5036	10	5	O	1,2 & 3
Applied Principles & Techniques (Trampoline)	SSP5037	10	5	O	1,2 & 3
Applied Principles & Techniques (Volleyball)	SSP5038	10	5	O	1,2 & 3
Problem based learning through Outdoor Adventurous Activities	SSP5040	20	5	O	2

LEVEL 6 – PATHWAY MAP

Module Title	Module Number	Credit Value	Level	Compulsory / Optional	Term
Compulsory:					
Independent Project	SSP6000	40	6	C/O	1,2 & 3
Traethawd Estynedig	SSP6900	40	6	C/O	1, 2 & 3
Options Choose 60 or 80 credits from:					
Biomechanics of Sport and Exercise	SSP6012	20	6	O	1,2 & 3
Exercise Psychology	SSP6013	20	6	O	1,2 & 3
Sport Psychology	SSP6014	20	6	O	1,2 & 3
Advanced Exercise Physiology and Health	SSP6015	20	6	O	1,2 & 3
Ffisioleg Ymarfer ar gyfer Iechyd	SSP6915	20	6	O	1,2 & 3
Advanced Physiology of Sport	SSP6016	20	6	O	1,2 & 3
And Choose 0 or 20 Credits from:					
Problem-Based Learning for Coaching	SSP6010	20	6	O	1,2 & 3
Dysgu Seiliedig ar Ddatrys mewn Hyfforddi	SSP6910	20	6	O	1,2 & 3
Advanced Strength and Conditioning	SSP6017	20	6	O	1,2 & 3
Managing High Performance Sport	SSP6022	20	6	O	1,2 & 3
Sport Performance Analysis	SSP6026	20	6	O	1,2 & 3
Work Experience	SSP6021	20	6	O	1,2 & 3