Faculty of Education Health and Wellbeing
Institute of Sport

BSc (Hons) Exercise and Health

ON CAMPUS COURSE GUIDE 2016/7
About this guide
This Course Guide has been designed to help you plan your course. You are encouraged to read this Guide through now. It will be a considerable advantage to you to be familiar from the outset with the various aspects of your studies that are described. It may be that the relevance of some of the sections will not be immediately obvious. Keep it somewhere accessible, so that you can refer to it as needed.

Obviously even in a document like this we have not covered every query and problem that you might have about the course. The Course Guide should be read in conjunction with the Undergraduate Student Guide / Postgraduate Student Guide; the Student Charter; the University’s Policies and Regulations and the University Assessment Handbook documents should provide you with all the basic information that we think you will need for your period of study here.

If you find that there is something you need to know, please contact your Academic Faculty Office or local Student Centre on the details included below.

<table>
<thead>
<tr>
<th>Please enter the contact details for your Personal Tutor for your future reference:</th>
<th>________________________________</th>
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</thead>
<tbody>
<tr>
<td>The name of your Personal Tutor will be given to you at the beginning of your course and can be checked via e:Vision</td>
<td></td>
</tr>
<tr>
<td>Your local Academic Faculty Office is:</td>
<td>Sister Dora (WP) Building</td>
</tr>
<tr>
<td></td>
<td>Walsall Campus</td>
</tr>
<tr>
<td></td>
<td>Telephone: 01902 518934</td>
</tr>
<tr>
<td>Your Student Centre is:</td>
<td>Student Office</td>
</tr>
<tr>
<td></td>
<td>WA Building</td>
</tr>
<tr>
<td></td>
<td>Walsall Campus</td>
</tr>
<tr>
<td></td>
<td>Telephone: 01902 323135</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:Here2Help@wlv.ac.uk">Here2Help@wlv.ac.uk</a></td>
</tr>
</tbody>
</table>

Please note that in order to develop and improve the Course, it may be necessary on occasions to amend or revise the details given in this Course Guide. We are pleased to hear your views and welcome suggestions for ways of improving the operation of the Course.
Welcome
On behalf of the Course Management Team I should like to extend to you a very warm welcome and wish you every success in your studies at the University of Wolverhampton.

The University experience and academic success is all about the effort you put into learning and making the most of the wide range of opportunities available to you. We welcome students who are eager to think for themselves, to take control of their own learning and who are ready to get involved in developing the skills required in a highly competitive job market.

You will need to demonstrate good time management skills, independent learning, flexibility and discipline in order to achieve a study-work-life balance. We believe it is important that you are encouraged to make your own contribution to the effective operation and development of your chosen course. We are, therefore, keen to hear your views and would welcome any suggestions that you may have about ways of improving any aspect of your course and/or the student experience here at the University.

Belinda Bowd – B.Bowd@wlv.ac.uk – 01902 323301
Alison Barber –A.Barber@wlv.ac.uk– 01902 323173

Course Management and Staff Involved with the Course
Location and Facilities
Based on the Walsall site, The Institute of Sport is well equipped with extensive outdoor and indoor facilities and an established reputation for representative teams. Increased staffing, internal investment and lottery support has resulted in an on-going expansion and upgrade of the Campus facilities. To complement the standard sport facilities such as fields, track, and sports hall, we also have a 20 metre pool, floodlit tennis and netball area, Astroturf pitch, fitness training suite and state of the art laboratories for the study of Exercise Physiology, Biomechanics, Psychology, and Social Science.

We are very keen to listen to feedback from students and have a number of ways in which you can present your feedback. At the end of every module you will be asked to complete a module evaluation form. Please take this exercise seriously as every module is reviewed on an annual basis and your comments could result in changes to the module.

The Faculty of Education Health and Wellbeing has a student council which usually meets twice a year. A representative from your group will attend that meeting and you can raise any issue via them. Student representatives are usually recruited at the start of the academic year through volunteers. If you are interested in becoming a student rep please contact your personal tutor or Kath Leflay.

Address
Institute of Sport,
Faculty of Education Health and Wellbeing,
University of Wolverhampton,
Walsall Campus,
Gorway Road,
Walsall
WS1 3BD
Personal Tutor Support – Office Hours
If you need to see your personal tutor you should book an appointment with them using the office hours system. Staff will allocate two sessions each week when they are available to meet with students on a one to one basis and this is known as office hours. The office hours system is for personal tutees and dissertation/project students to gain support from their personal tutors and dissertation/project supervisors. Office hours are not intended to provide support for issues with a specific module. Staff will make office hours appointments available using an online system called ‘SAMS’, which you can use to book an appointment. If you do not have an appointment with a member of staff you should not expect them to be available.

If you are having difficulty meeting with a member of staff because their office hours are not convenient for you then you can phone or email that member of staff, or leave a message with the Academic Support Administrator / Student Advisor. The staff member will then make contact with you and attempt to negotiate an alternative.

Academic Support from Module Staff – Module Tutorials
If you need to see a member of staff for academic support on a specific module, for help with an assignment for example, then you will need to see them during the weekly module time slot. Modules are normally allocated 4 hours per week. This time may be used for lectures, seminars, workshops, practical work, and module specific tutorials. You should not attempt to use the office hours system for module specific support.

Staff Involved in the Programme
There are a number of academic staff within the Institute of Sport, as well as other colleagues on campus who are there to help you. The Institute uses its considerable contacts in the region to employ appropriate visiting staff, as and when required.

Alison Barber
Senior Lecturer in Sport Psychology and Physical Education
Room No: WD201
Tel: 01902 323173
Email: A.Barber@wlv.ac.uk

Belinda Bowd
Senior Lecturer in Sport and Physical Activity and Health
Room No: WD201
Tel: 01902 323108
Email: B.Bowd@wlv.ac.uk

Tracey Devonport
Reader in Sport and Exercise Psychology
Room No: WD201
Tel: 01902 323113.
Email: T.Devonport@wlv.ac.uk

Andrew Lane
Professor in Sport Psychology and Learning
Room No: WD215
Tel: 01902 322862
Email: A.M.Lane2@wlv.ac.uk
George Metsios
Reader in Clinical and Exercise Physiology
Room No: WD109
Tel: 01902 323104

Alan Nevill
Professor in Research Methods and Statistics in Sport
Room No: WD108
Ext: 01902 322838
Email: A.M.Nevill@wlv.ac.uk

Chris Sellars
Principal Lecturer in Sport, Head of Sport & Wellbeing: Outreach & Development, and Deputy Director of the Institute of Sport
Room No: WD206
Tel: 01902 323172
Email: C.Sellars@wlv.ac.uk

Julian Smith
Principal Lecturer in Sport, Head of Sport and Physical Activity Delivery, and Deputy Director of the Institute of Sport
Room No: WD205
Tel: 01902 323260
Email: Julian.Smith@wlv.ac.uk

In addition to the Departmental staff you may use the services of additional staff located on campus, for example:

| Faculty Enabling Tutor (SEN) | Zsuzsa Galloway | Room WD201 01902 518407 |
| Academic Resource Librarian | Sue Davidson | Walsall Learning Centre 01902 323559 |
| Institute of Sport Admin | Academic Support Team | WP Building 01902 518934 |

Please note: during the summer period, teaching staff are often away from their desks dealing with research, admissions, and course preparation. Please contact Academic School Office or Here to Help, during that period.

- For all discussions about your course, you should see your Personal Tutor, in the first instance.
- For all information about individual modules please see the module WOLF topic in the first instance. If you require further clarification, please see the Module Leader during a module session
- For all discussions about your academic progress or any problems you may be experiencing, please make an appointment with your Personal Tutor.
- For all discussions about possible special educational support available to you, you should see the Faculty Enabling Tutor.
For comments about the course, please contact your elected student rep, so that you can raise issues through the Institute of Sport Course Committee. Alternatively see the Course Leader.
### Student Support in FEHW

<table>
<thead>
<tr>
<th><strong>STUDENT ADVISORS</strong></th>
<th><strong>HERE2HELP STUDENT CENTRE</strong></th>
<th><strong>PERSONAL TUTOR</strong></th>
<th><strong>SKILLS FOR LEARNING</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dedicated staff employed within the Faculty to support your University experience</td>
<td>Each campus has a Student Centre, commonly known as ‘Here2Help’</td>
<td>An academic member of staff will act as your personal tutor for the duration of your Degree.</td>
<td>Trained and professional staff supporting your academic work</td>
</tr>
<tr>
<td>Links to our Graduate Interns</td>
<td></td>
<td></td>
<td>Based in our Learning Centres</td>
</tr>
<tr>
<td>Pre-entry support</td>
<td></td>
<td></td>
<td>Online and in person support and guidance</td>
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<tr>
<td>General support about study and student life</td>
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<tr>
<td>Guidance – referral to University services</td>
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<tr>
<td>Knowledge of the Faculty and its Courses</td>
<td></td>
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<tr>
<td>Enrolment &amp; module registration</td>
<td></td>
<td>Support for your academic development and progression</td>
<td>Transferable support on your academic study skills:</td>
</tr>
<tr>
<td>Submitting work &amp; examinations</td>
<td></td>
<td>Personal (pastoral) guidance</td>
<td>General skills guidance</td>
</tr>
<tr>
<td>Academic regulations – one week extensions &amp; extenuating circumstances</td>
<td></td>
<td>A consistent point of contact throughout your studies. Three meetings per year.</td>
<td>Academic writing support</td>
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<tr>
<td>Leave of absence</td>
<td></td>
<td></td>
<td>Referencing</td>
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<tr>
<td>Student finance issues</td>
<td></td>
<td></td>
<td>Searching for literature</td>
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<tr>
<td>Student enabling centre</td>
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<td></td>
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<tr>
<td>Careers &amp; counselling appointments</td>
<td></td>
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<tr>
<td>Contact: <a href="mailto:FEHWSupport@wlv.ac.uk">FEHWSupport@wlv.ac.uk</a></td>
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<td></td>
<td>Skills for Learning website</td>
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<tr>
<td>Regular drop in sessions &amp; appointments</td>
<td></td>
<td></td>
<td>Workshops</td>
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<tr>
<td>City – MC building</td>
<td></td>
<td></td>
<td>Drop-in sessions</td>
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<tr>
<td>Walsall – WN &amp; WP building</td>
<td></td>
<td></td>
<td>Appointments</td>
</tr>
<tr>
<td>Burton Campus</td>
<td></td>
<td></td>
<td>Study guides</td>
</tr>
<tr>
<td>City - MX building 01902 321150</td>
<td></td>
<td></td>
<td>Online resources</td>
</tr>
<tr>
<td>Walsall - WA building 01902 323135</td>
<td></td>
<td></td>
<td>Twitter, Facebook, Skype (wlv_skills) and YouTube</td>
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<tr>
<td>Log a call – e:vision helpdesk (Help&gt;contacts)</td>
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<tr>
<td>Check who your tutor is on e:vision</td>
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<tr>
<td>Meet with your personal tutor at regular intervals</td>
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<tr>
<td>Visit SAMS to book an appointment <a href="http://FEHWSams.wlv.ac.uk/">http://FEHWSams.wlv.ac.uk/</a></td>
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</tbody>
</table>

*** Visit the Student Support homepage for more information ***

*** Also visit the Students Union Advice and Support Centre for impartial guidance ***
## Course Structure for Undergraduate courses

Students will study:

**Full-time:** normally modules worth 120 credits each academic year

**Part-time:** normally modules worth no more than 80 credits each academic year.

### Level 4

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Semester 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>4SR006</td>
<td>Introduction to Exercise Physiology</td>
</tr>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>4SR007</td>
<td>Introduction to Biomechanics of Human Movement</td>
</tr>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>4SR029</td>
<td>Training and Conditioning Principles in Practice</td>
</tr>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>4SR008</td>
<td>Foundations of Sport and Exercise Psychology</td>
</tr>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>4SR026</td>
<td>Physical Activity, Sedentary Behaviour and Health</td>
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<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>4SR027</td>
<td>Research Skills for Sport and Exercise Science</td>
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</tbody>
</table>

### Level 5

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Semester 2</th>
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</thead>
<tbody>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>5SR009</td>
<td>Exercise and Diverse Populations</td>
</tr>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>5SR007</td>
<td>Sport and Exercise Physiology</td>
</tr>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>5SR008</td>
<td>The Biomechanics of Sport and Exercise</td>
</tr>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>5SR010</td>
<td>Introductory Principles of Exercise Referral Systems</td>
</tr>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>5SR006</td>
<td>Principles of Personal Training</td>
</tr>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>5SR004</td>
<td>Sport and Exercise Psychology</td>
</tr>
<tr>
<td>C</td>
<td></td>
</tr>
<tr>
<td>5SR023</td>
<td>Research Methods and Analytical Procedures</td>
</tr>
</tbody>
</table>
*Students MUST select ONE of the two core option modules at level 5 and the subject chosen must then be studied at level 6*

**Level 5 Optional Sandwich Placement Year**

<table>
<thead>
<tr>
<th>Year</th>
<th>Module</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5SR033 Supervised Work Experience</td>
<td>40</td>
</tr>
</tbody>
</table>

*To be eligible for the optional Sandwich Placement Year, students will be expected to have achieved sufficient Level 5 credits to progress to Level 6 and will be required to have negotiated a suitable work experience placement prior to registering for the module.

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**Level 6**

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Semester 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>C</strong></td>
<td>6SR019 Professional Project (40 credits)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Semester 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>O</strong></td>
<td>6SR002 Applied Sport and Exercise Physiology</td>
</tr>
<tr>
<td><strong>O</strong></td>
<td>6SR001 Applied Sport and Exercise Biomechanics</td>
</tr>
<tr>
<td><strong>C</strong></td>
<td>6SR004 Clinical Exercise Testing and Management of Disease</td>
</tr>
<tr>
<td><strong>C</strong></td>
<td>6SR005 Employability Work Placement</td>
</tr>
<tr>
<td><strong>C</strong></td>
<td>6SR008 Applied Sport and Exercise Psychology</td>
</tr>
</tbody>
</table>

*Students MUST select ONE of the two core option modules at level 6. The subject chosen should be subject studied at level 5.*

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**About the Course**

This Guide outlines the modules which are available, teaching and learning activities and assessment tasks. If there is anything you need to discuss further, please contact the course leader for Exercise and Health: Belinda Bowd email: b.bowd@wlv.ac.uk or Alison Barber email A.Barber@wlv.ac.uk

The educational aims of the course are: Being physically active as part of a healthy lifestyle is high on the UK Government’s and local authorities’ agenda, whether for combating obesity, reducing the risk of chronic illnesses such as diabetes, or improving the quality of people’s lives. This presents an array of exciting career opportunities for those with suitable degree-level qualifications. This course is ideal if you wish to work in applied settings such as exercise referral schemes, community physical activity programmes and professional environments that promote active lifestyles and well-being. You will develop knowledge and skills from the study of sport, health and exercise sciences and health promotion, whilst embracing the practical and scientific principles of...
working with diverse populations in the physical activity, exercise and health sectors. Using an array of information technology, you will examine local, national and international public health and sport initiatives that aim to encourage a physically active population, and acquire skills to enhance your employability. Exciting features of this course are the student engagement with local and regional employers and the involvement of students in community-based activity programmes and events aimed at promoting active lifestyles.

The course learning outcomes are:

<table>
<thead>
<tr>
<th>Certificate in Higher Education</th>
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</thead>
<tbody>
<tr>
<td><strong>At the end of level 4 you, the student, will be able to:</strong></td>
</tr>
<tr>
<td>1. Demonstrate knowledge of the underlying concepts and principles associated with your area(s) of study, and an ability to evaluate and interpret these within the context of that area of study</td>
</tr>
<tr>
<td>2. Demonstrate an ability to present, evaluate and interpret qualitative and quantitative data, in order to develop lines of argument and make sound judgements in accordance with basic theories and concepts of your subject(s) of study</td>
</tr>
<tr>
<td>3. Evaluate the appropriateness of different approaches to solving problems related to your area(s) of study and/or work</td>
</tr>
<tr>
<td>4. Communicate the results of your study/work accurately and reliably, and with structured and coherent arguments</td>
</tr>
<tr>
<td>5. Demonstrate the qualities and transferable skills necessary for employment requiring the exercise of some personal responsibility</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Diploma in Higher Education</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>At the end of level 5 you, the student, will be able to:</strong></td>
</tr>
<tr>
<td>1. Demonstrate knowledge and critical understanding of the well-established principles of your area(s) of study, and of the way in which those principles have developed with an understanding of the limits of your knowledge, and how this influences analyses and interpretations based on that knowledge.</td>
</tr>
<tr>
<td>2. Demonstrate the ability to apply underlying concepts and principles outside the context in which they were first studied, including, where appropriate, the application of those principles in an employment context</td>
</tr>
<tr>
<td>3. Demonstrate knowledge of the main methods of enquiry in the subject(s) relevant to the named award, and ability to evaluate critically the appropriateness of different approaches to solving problems in the field of study</td>
</tr>
<tr>
<td>4. Use a range of established techniques to initiate and undertake critical analysis of information, and to propose solutions to problems arising from that analysis</td>
</tr>
<tr>
<td>5. Effectively communicate information, arguments and analysis in a variety of forms to specialist and non-specialist audiences, and deploy key techniques of</td>
</tr>
</tbody>
</table>
the discipline effectively

6. Demonstrate the qualities and transferable skills necessary for employment, requiring the exercise of personal responsibility and decision-making and undertake further training, developing existing skills and acquire new competences that will enable them to assume significant responsibility within organisations.

### BSc Non-Honours Degree

At the completion of **60 level 6 credits** you, the student, will be able to:

1. Appraise and apply the scientific and practical relationships between physical activity, exercise, health and well-being

2. Interact with a wide range of technology and professional environments, such as health and fitness centres, GP referral schemes, sport teams, cardiac rehabilitation, exercise physiology and biomechanical laboratories, and community health promotion centres.

3. Integrate and apply the scientific disciplines of physiology, psychology, and biomechanics to meet the needs of diverse populations and disease management.

4. Engage with and apply contemporary research within the area of physical activity, exercise health and well-being.

5. Examine health through exercise and prescribe appropriate interventions and work towards the industry standard qualifications such as Level 3 Personal Trainer and GP Referral.

### BSc Honours Degree

At the end of **level 6** you, the student, will be able to:

1. Appraise and apply the scientific and practical relationships between physical activity, exercise, health and well-being

2. Interact with a wide range of technology and professional environments, such as health and fitness centres, GP referral schemes, sport teams, cardiac rehabilitation, exercise physiology and biomechanical laboratories, and community health promotion centres.

3. Integrate and apply the scientific disciplines of physiology, psychology, and biomechanics to meet the needs of diverse populations and disease management.

4. Engage with and apply contemporary research within the area of physical activity, exercise health and well-being.

5. Examine health through exercise and prescribe appropriate interventions and work towards the industry standard qualifications such as Level 3 Personal Trainer and GP Referral.
These will be achieved through the following learning activities:
Learning activities on this course will use a combination of methods, such as e-Learning, face-to-face instruction, group and individual study. (GA3, G5)

Digital literacy will be developed by a range of learning activities including on-line group and individual tutorials, laboratory practical’s using new technologies, presentations (face to face and on-line), on-line forums and other interactive communications (GA1. GA2. GA3, GA4).

Students will be given the opportunity to work towards the Gold University Employability and Enterprise Award

Students will become more knowledgeable and enterprising by group, independent and in-class study tasks (e.g., sport, exercise, health and well-being case studies), off campus placements that contribute towards gaining professional qualifications and working within exercise and health (e.g. Level 3 Personal Trainer and GP Referral) and guest lectures from professionals in the field (GA4, GA5, GA6, GA7, GA8)

Other learning activities will include lectures, seminars, reflective practice, formative exams (open and closed, short and longer answers, computer assisted), quizzes, assessment preparation workshops, feedback tutorials and reviewing materials from around the world. (GA1, GA2)

As students develop their academic and research skills, more emphasis will be placed on independent and student-led learning activities (GA2, GA3, and GA8).

The course is accredited, endorsed or approved (depending on the professional body requirements) Following successful completion of the Exercise and Health degree students will have been given the opportunity to gain the Level 2 Gym Instructor, Level 3 Personal Trainer and GP Referral qualification. This gives you level 3 accreditation to the Register of Exercise Professionals.

**Contact Hours**

At University, the term ‘contact hours’ is used very broadly to refer to the amount of time that you spend learning in contact with teaching or associated staff, when studying for a particular course. This time provides you with support in developing your subject knowledge and skills, and provides opportunities to develop and reflect on your own, independent learning.

Contact time on this course will be based on your interaction with staff in some or all of the following situations: lectures, seminars, tutorials, demonstrations, practical classes and workshops, project supervisions, fieldwork, external visits, one-to-one sessions and discussions, interaction by email and other electronic or virtual media and situations where feedback is given on assessed work.

During your study this interaction takes place with academic (teaching and research) staff, teaching assistants, technical and specialist support staff, employers and others.

Alongside contact time, private and independent study is therefore very significant. This is the time that you spend learning without direct supervision from, or contact with, a member of staff. Your independent study time will include background reading, preparation for
seminars or tutorials, follow-up work, wider practice, the completion of assignments, revision and others.

University Academic Calendar

University Academic Calendar.

Timetables

Timetabling information is available to you through the following:

1. Using the teaching timetable where you can search for and view all modules online at www.wlv.ac.uk/timetable.
2. Once you have completed your module registration, a more personalised timetable showing only those modules which you are studying will be available for you to view through your e:Vision page.
3. For more general information about timetabling and teaching rooms use the Central Timetabling Unit webpages at www.wlv.ac.uk/ctu.

Student Voice

The Student Voice is a partnership between the University and the Students’ Union, put in place to make sure students opinions/feedback are heard at every level of university governance, from course level to the University’s governing body.

The main positions within the Student Voice are Course Reps, who are volunteer students on every course. They have meetings with lecturers on a regular basis, highlighting both positive and negative feedback to Heads of Department or lecturers within their course. Faculty Reps are elected during the Spring Elections and have meetings with Senior Management within their Faculty. They are an essential link between Course Reps, the Students’ Union and management within each Faculty. To find your Faculty Rep: Faculty Representatives

If you ever wanted to get involved with the student voice, or need more information please contact the Engagement Team in the Students’ Union – Student Voice

For independent advice and guidance on all matters related to being a student eg. academic, finance, and housing issues, contact the Students’ Union’s Advice and Support Centre by telephone or e-mail Advice and Support.

Responding to Student Feedback “You said/We did”

'As a result of student feedback we have made the following changes to this course:

Inclusion of specialist modules such as Physical Activity, Sedentary Behaviour and Health, Training and Conditioning Principles in Practice at Level 4. Repackaging of accredited modules with the Register of Exercise Professionals (Personal Trainer) at Level 4 and 5. This along with work placement opportunities, will assist students with the changing face of job opportunities particularly (but not exclusively) within Exercise and Health.

Student Charter

The University’s Student Charter has been developed primarily by the Students’ Union and informed by student views. The Charter is not a contract, nor is it intended to be legally binding; it is a set of shared expectations which establishes the values and standards we are seeking to promote across all of our learning community. The Charter seeks to apply
to all students on all courses and reflect our normal expectations of your experience at University. On occasions different types of study and interactions will mean necessary variations from time to time. However, what is important to us is that, whatever you are studying, your experience is a great one.

Engagement
The University recognises that you have made a significant investment in both time and money in choosing to study for a degree. The University is committed to helping you fulfil your potential. Your engagement with the study materials, and participation in the sessions, activities and assessment tasks are very important in ensuring that you are able to do so.

Your engagement will help you to:
1. Understand the subject area you are studying;
2. Acquire and develop the skills and knowledge needed to ensure success;
3. Prepare for assessment tasks;
4. Learn from and with your fellow students;
5. Receive feedback from your tutors on your progress;
6. Fully participate in sessions, forums, seminars and other activities;
7. Develop your communication skills.

If you are unable to participate in any of the activities or sessions please let your tutor know that you are unable to do so. He/she will then be able to give you advice on what was dealt with during the session or activity, and what you need to do to catch up. Please do remember how important engagement and participation is to your success. You may be required to sign an attendance register at lectures so that we may monitor engagement. You are encouraged to engage with the University’s Virtual Learning Environment (VLE) and Student Management System, further details of how to access these can be found here.

Contact time with teaching and associated staff is available to help shape and guide your studies. The term ‘contact hours’ refers to the amount of time that you spend learning in contact with teaching or associated staff, when studying your chosen course. The number of contact hours on a course is influenced by the subject, as well as how and where you are studying. Academic staff should make it clear how many hours contact time you should receive, and what these hours are at the beginning of the course/module.

The Wolverhampton Graduate
The experience of studying at University is about much more than just gaining knowledge and understanding of a subject(s), it is also about developing additional skills and capabilities that you can take with you into a wide range of different settings. Sometimes it can be difficult to explain to others what you have done and achieved. The following Graduate Attributes will help you think about the knowledge and skills you have gained and how these can be presented to prospective employers and/or other interested parties. This is not an exhaustive list and you will need to reflect on what you can personally demonstrate that is appropriate for different settings and contexts such as job interviews. You will also have formed your own opinion about what going to university means to you and how you think you have developed.

While at university you will have the opportunity to:
1. acquire, generate, interrogate and apply knowledge from a wide range of sources,
2. develop research skills to enable analysis, synthesis, understanding and evaluation of data and information.
3. demonstrate self-discipline and organizational skills by meeting deadlines, and taking responsibility for your own development and learning
4. present ideas clearly in an informed and persuasive manner to a variety of audiences.
5. be innovative, creative and enterprising work collaboratively, whilst acknowledging, respecting and engaging with the views of others in a constructive and empathetic manner
6. draw on professional advice and feedback to reflect on and improve your own learning and professional practice;
7. prepare for the world of work through engagement with real life situations, briefs and problems
8. engage with new ideas and ways of working as an active member of the communities in which you study, live and work.

External Examiners
TBC

External Examiners play a key role in helping the University to ensure that our standards are comparable with other institutions in the sector and are consistent over the years and that our assessment processes and regulations treat all students fairly and equitably. It is not part of their remit to communicate with individual students (it is to be noted that students are given access to External Examiner reports in their entirety via the Modules and Programmes page on e-vision in line with the HEFCE Publication 06/45 and some students may have the opportunity to meet with externals if they visit placement areas or attend for planned meetings or assessment). Students are therefore reminded that they must not make direct contact with External Examiners in respect of their assessed work or performance. Any student issues should be relayed either directly to the Module or Course Leader.

Academic Regulations
This course follows the University’s academic regulations. A full version of these regulations can be found on the University web page for Policies and Regulations. These regulations govern your course and will be binding on you. It is, therefore, important that you read and become familiar with them. If you have any questions regarding the regulations you should raise your query by logging an e:Vision Helpdesk call.

Exam Regulations
The University also have regulations that specifically cover examinations. Examination Regulations

The maximum period over which an award may be studied is detailed in the regulations appropriate to your course. Typically these are:

<table>
<thead>
<tr>
<th>Undergraduate Honours Degrees</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Full Time Students</strong></td>
</tr>
</tbody>
</table>

16
<table>
<thead>
<tr>
<th>Honours Degree</th>
<th>3 years</th>
<th>5 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Degree</td>
<td>3 years</td>
<td>5 years</td>
</tr>
<tr>
<td>Part Time Students</td>
<td>Normal</td>
<td>Maximum</td>
</tr>
<tr>
<td>Honours Degree</td>
<td>5 years</td>
<td>8 years</td>
</tr>
<tr>
<td>Degree</td>
<td>4 years</td>
<td>8 years</td>
</tr>
</tbody>
</table>

Please be aware that to be eligible to continue on your course you must pass at least one module in your first year of study.

The above maximum registration periods do not include time away from study approved under Leave of Absence procedure (see below)

Course Information

Attendance
The University recognises that you have made a significant investment in both time and money in choosing to study for a degree. Staff are committed to helping you fulfil your potential. Your attendance at, and participation, in classes is a key factor in ensuring that you do so.

Attendance will help you to:

- Understand the subject area you are studying
- Acquire and develop the skills and knowledge needed to ensure success
- Prepare for and undertake assessments
- Learn from, and with, your fellow students
- Receive feedback from teaching
- Participate in practical and group work
- Develop your communication skills

If you are unable to attend a class please let your tutor know that you are unable to do so. He/she will then be able to give you advice on what you need to do to catch up. Please do remember how important attendance is to your success. The University considers this to be so important that it reserves the right to review the position of students who fail to attend.

Sporting Injuries
We naturally accept that in a course with such active students, sporting injuries will occur. We do, however, expect you still to attend lectures, and in the case of on-going non-participation in practical sessions, evidence must be produced that medical consultation has taken place. If this is not the case, you will be recorded as being absent.

Sports Scholarships: The University of Wolverhampton has scholarships available to students who can demonstrate outstanding achievement in their sport, and this could include:
- national and or regional ranking
- performance level
- representation level
- membership of sports clubs
Up to £3000 is available and any enquiries should be made to James Dale on 01902 518936

**Employability & Your Personal Development Portfolio (PDP)**

**What is ‘Employability’?**

‘Employability’ is concerned with the development of skills aimed at enhancing your employment prospects throughout your time here at the University of Wolverhampton. Developing specialist subject and academic knowledge is important for employers but they also want to employ individuals who are able to:

- Communicate effectively
- Work in a team and have good interpersonal skills
- Solve problems
- Work on their own using their own initiative and are able to adapt to changing situations
- Be self-confident

**How Will You Develop Your Employment Skills?**

At the Institute of Sport we aim to provide you with the opportunity to develop these through the modules you will be studying. The assessments you do for your modules are designed to help you develop Subject specific skills through the research you undertake for the assignments. In addition, they are also designed to help you develop other key skills such as your written communication skills. Where you have formal presentations, this will build your self-confidence in addition to helping you develop your skills of verbal communication. Working as part of a team will develop vital group-work skills. Attending your classes regularly will further ensure that you have the opportunity to develop other skills.

Throughout your time at the University, you will develop, and be able to demonstrate, a number of skills, some of which are listed below:

- Working as part of a group
- Demonstrating teamwork skills and leadership skills
- Effective communication
- Written (via reports etc.)
- Oral (through formal presentations)
- Problem-solving
- IT skills (which include use of basic packages for word processing, spreadsheets, use of email etc.)
- Time management – attending classes, handing in of assignments, planning study time
- You may also be working part-time. The experience you gain within a work environment is a very worthwhile one and also helps you to develop transferable skills which are valued by employers. Be self-confident

**Blended Learning**
<table>
<thead>
<tr>
<th>Students are entitled to:</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. have access where possible to an electronic copy of all lecturer-produced course documents e.g. module guides, assessment briefs, presentations, handouts, and reading lists</td>
<td>All Exercise and Health students will have access, where possible, to an electronic copy of all lecturer-produced course documents through the WOLF topic on each module.</td>
</tr>
<tr>
<td>2. formative assessment opportunities on line with appropriate meaningful electronic assessment feedback;</td>
<td>Modules within Exercise and Health will contain appropriate formative assessment opportunities with feedback given for example, via WOLF, in class, practical laboratory or pebble pad assessments on modules such as 5SR009 and 5SR006.</td>
</tr>
<tr>
<td>3. have opportunities to collaborate on line with others in their learning cohort;</td>
<td>Modules will provide opportunities for collaborative learning. This will be done using many of the activities detailed in section 10 above. For example, collaborative learning will take place 4SR008, 5SR004, 6SR008.</td>
</tr>
<tr>
<td>4. have the opportunity to participate in electronic Personal Development Planning (ePDP);</td>
<td>Students will be given the opportunity to work towards the Gold Wolverhampton Enterprise and Employability Award.</td>
</tr>
<tr>
<td>5. submit all appropriate assessments online;</td>
<td>Where appropriate, assessments will be submitted electronically via WOLF. For example, electronically submitted assessments will take place on the module 5SR010.</td>
</tr>
<tr>
<td>6. Opportunities to engage in interactive learning during all face to face sessions.</td>
<td>Students will be consistently given opportunities to engage in interactive learning during all face to face sessions. For example, online forums will take place.</td>
</tr>
</tbody>
</table>

Students will be consistently given opportunities to engage in interactive learning during all face to face sessions. For example, online forums will take place.

**Assessment methods**
This course will utilise a wide range of assessment techniques in order to provide a varied student experience. The learning outcomes of each assessment will be directly related to the level of study in which the assessments appear. The types of assessment to be used include: At Level 4, assessment will focus upon knowledge and understanding in the key disciplines of physiology, psychology, biomechanics and health science in the context of physical activity, exercise and health. This will be assessed with methods such as exams, case studies, professional vocational qualifications (gym instruction), creative use of technology, subject specific mini research projects and embedding of academic skills across the disciplines.

At Level 5, greater emphasis will be placed on the application of knowledge and analytical skills and working with diverse populations within physical activity, exercise and health.
This will be assessed with methods such as portfolios, case studies, group work, laboratory practicals, professional vocational qualifications (level 2 Gym Instructor, Level 3 personal trainer and GP Referral) and development of research project interests. At Level 6, there will be a greater emphasis on independent study and the development of critical thinking, reflective skills and the synthesis of ideas. This will be assessed by methods such as independent research, research projects and reflective essays.

This broad range of assessment methods will be used both for formative and summative assessment, and academic skills and research will develop across all levels.

**Guidelines for the Presentation of Written Work**

a) Essays must be word processed in 12 point font.

b) Essays should be double line spaced throughout on one side of A4, except for quotes, which should be single spaced and indented.

c) Preliminary pages should include title page, contents page, list of tables, list of abbreviations in alphabetical order. These pages are numbered in small Roman numerals (i, ii, iii, etc.)

d) On the first page of the text normal page numbers should be used (1,2,3, etc.). Numbers should appear at the bottom and centred and all pages should be numbered consecutively. Continue page numbering until the last page of the bibliography.

e) Main headings or: Chapter headings should be centred and in capitals

f) Leave one line after the heading and the text begins flush with the margin.

g) Major Subheadings (If you have subheadings they must appear in the table of Contents): centred and all important words capitalised.

h) Leave one line before starting the paragraph following a subheading.

i) Paragraphs should be indicated through a line between paragraphs.

j) The bibliography should be presented in the Harvard format as illustrated in the handout provided by the library.

k) Harvard referencing should be used throughout all written assignments.

**Handing in Work**

Work should be submitted to the campus Student Office at the appropriate date and time. You should download an assignment coversheet from Evision. The cover sheet will be used to record the time and date of submission, and you should keep a record of this information as proof of submission. Alternatively, work may be submitted electronically Via module WOLF topics. Module leaders will provide instructions on the appropriate submission method for all assignments. You should also keep a copy of all work that you submit.

**Late submission of work**

Work submitted after the specified date/time will be given a grade of 0% resulting in a module fail unless extenuating circumstances or an extension have been granted.

**Assessment Marking Scheme and Performance Descriptors**

All marking on your course will be conducted in percentages. This marking scheme aligns percentages with performance descriptors so you can better understand the level at which you are working and where you need to improve to raise your marks. On e:Vision you will be able to view the performance descriptor for your module mark to give you immediate feedback on your assessment with further detailed personal feedback to follow from your module tutor. Further details can be viewed at: Improving Assessment & Feedback
Return of Work and Feedback
It is critical that you realise the importance of feedback to the learning process. Only by collecting your work and digesting the feedback will you have completed the learning cycle. It gives you direction for future learning that will be lost if you do not collect your work. Work will normally be marked and returned within 4 working weeks of submission.

Support for Learning
Learning support will be provided in the following ways:

Each student will be allocated a personal tutor.
Module tutorial support will be factored into each module.
Students with disabilities are able to gain a wide range of support from the Student Enabling Centre.
Support for academic skills will be embedded into the curriculum.
Each student will be allocated a supervisor for their professional project at level six.
Students are able to access a wide range of resources to support their learning via the ‘Skills for Learning’ programme.
Extensive Learning Centre support is available, including via the online chat information service ‘ASSIST.’

Distinctive Features of the Course

1. The breadth of this course opens up a wide range of employment opportunities for graduates. Of significance the Exercise and Health degree give students the unique opportunity to develop fitness professional practical competencies which lead to the level 3 personal trainer and GP referral qualification. These qualifications are accredited to the Register of Exercise Professional at level 3.
2. This course will encourage students to utilise a range of exciting technologies for both teaching and assessment.
3. Throughout the degree students will develop a broad range of key skills that will help them to become effective students and also enhance their employability. This will include working towards the Gold Wolverhampton Enterprise and Employability Award.

The University of Wolverhampton continues to develop state of the art facilities which will greatly enhance your learning experience. In 2007 the Sports Centre opened for use of students and staff, 2008 saw a new teaching block being built and the development of extended sports laboratory facilities. The Performance Hub was completed in 2011. The Performance Hub provides state of the art facilities, designed to nurture talent and produce future stars in the Creative Industries. Open for community use as well as the University, the building will complement and enhance the performing arts facilities currently available on the Wolverhampton City campus and also accommodates a brand new learning centre. In 2012 a purpose built Social Science Lab including multimedia recording facilities and two interview rooms as well as a suite of computers for performance analysis use was established and the sports science labs continue to be upgraded with the latest equipment.

Personal Tutor
When you join the University you will be given a Personal Tutor. This information can be found in your e-vision homepage. Your personal tutor is someone who can offer you
guidance and advice, this could be about your course, and any other aspects that affect your study. In order for personal tutoring to be a beneficial and meaningful relationship for you, you need to communicate with your personal tutor.

**Academic Misconduct**
We take pride in the academic integrity of our staff and students but when academic misconduct is suspected the University will take action. The University considers seriously all acts of academic misconduct, which by definition are dishonest and in direct opposition to the values of a learning community. If not challenged, academic misconduct will ultimately devalue our academic standards and undermines the honest efforts on the part of our staff and students.

Academic misconduct includes plagiarism, collusion and cheating and may be deliberate or unintentional. Whatever form it takes, it will be thoroughly investigated and penalties will be applied if proven.

**Support for Students**
The University and the Students' Union believe that many incidents of academic misconduct can be avoided by increasing students' knowledge and skill.

A variety of support mechanisms are in place to help students succeed and avoid academic misconduct:

1. Visit the Learning Centre or our study skills support website at [www.wlv.ac.uk/skills](http://www.wlv.ac.uk/skills)
2. Download the Students' Union guide to Avoiding Academic Misconduct ("Write Right") - available from the [Student's Union website](http://www.wlv.ac.uk/skills);
3. Book a Skype appointment with study skills adviser or join the online chat service [ASSIST](http://www.wlv.ac.uk/skills) through the Learning Centre “Skills for Learning” website.
4. Contact your personal tutor or module leader.

Remember – there is help available if you need it.

**Defining Academic Misconduct**

**Cheating**
Cheating is defined as any attempt to gain unfair advantage in an assessment by dishonest means, and includes, for example, all breaches of examination room rules, impersonating another student, falsifying data, and obtaining an examination paper in advance of its authorised release. Cheating attracts the University's most severe penalties.

Other common examples of cheating would include –

1. Being in possession of “revision notes” during an examination
2. The purchase or commission of assignments from others
3. Theft of other students’ work
4. Prohibited communication during an examination

**Plagiarism**
Plagiarism is the act of taking someone else’s work and passing it off as your own. This includes incorporating either unattributed direct quotation(s) or substantial paraphrasing from the work of another/others. It is important to cite all sources whose work has been
drawn on and reference them fully in accordance with the referencing standard used in each academic Faculty.

The most common forms of plagiarism are –
1. Cut or copied and pasted materials from websites
2. Copying the work of another student (past or present) including essays available through “essay bank” websites – or other data.
3. Copying material from a text book or journal

When you’re using other people’s work or ideas it is important to engage with their work critically. You can quote, paraphrase, summarise or critically review – but you must always provide appropriate references.

Collusion
Collusion is when two or more people combine to produce a piece of work for assessment that is passed off as the work of one student alone. The work may be so alike in content, wording and structure that the similarity goes beyond what might have been coincidence. For example – where one student has copied the work of another, or where a joint effort has taken place in producing what should have been an individual effort.

Collusion should not be confused with the normal situation in which students learn from one another, sharing ideas and group work to complete assignments (where this is specifically authorised).

Plagiarism Detection
In concert with the skills and experiences of academic staff the University will utilise electronic tools such as Turnitin to detect plagiarism. Turnitin is the software currently subscribed to by the University.

At Undergraduate level the University will require that all final year projects and dissertations are submitted to Turnitin for analysis. At postgraduate level the University will require that all dissertations (or similar) are submitted to Turnitin for analysis.

Students are required, where appropriate, to make a declaration as the authenticity and originality of any submitted piece of work. This declaration also authorises the University to request and require students to provide an electronic version of any submitted assessment for checking work via Turnitin where plagiarism is suspected.

Penalties
Where an offence is admitted, or a panel decides that cheating, plagiarism or collusion has occurred, a penalty will be imposed. There is a cumulative range of penalties which will be applied to any continuous period of registration for study with the University. The severity of the penalty will vary according to the nature of the offence and the number of previous offences. Penalties range from failure of the assignment under investigation to exclusion from the University.

Full details about the University’s policy on Academic Misconduct, regulations and procedures, investigation of academic misconduct or to make an appeal or a complaint are available on the conductandappeals website.
Anonymous Marking
Anonymous marking is the process undertaken to avoid the possibility of bias through the assessment and marking process. To this end, wherever possible, the identity of students should not be apparent to markers and work should only be identified by student number. Where the method of assessment does not allow anonymous marking, (e.g. dissertations, presentations, oral examinations, practical examinations), alternative methods of marking to mitigate the possible effect of bias will be explained to you.

When submitting assessments in hard copy, you are asked to use your personalised bar-coded coversheet and ensure that you record only your student number in the header or footer of your piece of work.
Where to get help with your course

Student Support
If you encounter any issues (personal or academic) the following diagram directs you to the appropriate department or staff member.

Administration queries:
- enrolment
- extensions
- extenuating circumstances
- Leave of Absence
- Course transfer, etc

eVision helpdesk or your Student Centre

Academic and Course related queries
- Personal Tutor
- Course Leader
- Head of Department (by email)

Module related queries
- Module guide (on WOLF)
- Module Leader or Tutor

Support for Study Skills
W: www.wlv.ac.uk/skills
E: skills@wlv.ac.uk
T: 01902 32(2385)

Who to Contact for help when you are studying on campus

Financial advice
W: www.wlv.ac.uk/moneymatters
E: money@wlv.ac.uk
T: 01902 32(1070)

Special Needs
(Students with disabilities)
- Special Needs Tutor
- Student Enabling Centre
W: www.wlv.ac.uk/sec
E: sec@wlv.ac.uk
T: 01902 32(1074)

Module related queries
- IT Problems
W: www.wlv.ac.uk/ITServices
T: 01902 32(2000)

Personal Issues
- Personal Tutor (see eVision for details)
- University Counselling Service
W: www.wlv.ac.uk/counselling
E: counsellingservices@wlv.ac.uk
T: 01902 32(2572)

Independent academic, financial, international and housing advice
Students’ Union Advice and Support Centre
W: www.wolvesunion.org/advice
E: advice.wolvesunion@wlv.ac.uk
T: 01902 32(2038)

Careers & Employment Centre
W: www.wlv.ac.uk/careers
E: careers@wlv.ac.uk
T: 01902 32(1414)

General queries
- eVision helpdesk
- or your Student Centre
Extensions, Extenuating Circumstances and Leave of Absence
The University wants all students to do their best. You are expected to take responsibility for your own learning and we know students perform best if they participate in all activities associated with their modules.

Very occasionally something may happen suddenly which is beyond your control and this will prevent you from attending an examination (or other test) or completing an assessment by the due date. Common reasons for needing additional help are poor health or a death in the family – although other reasons may apply.

Extensions - for some assessments there may be the option to apply for a short term (maximum 7 days) extension if you are experiencing difficulties in completing your work on time. You should apply for the extension via your e:Vision account on or before your assessment date and provide supporting evidence to your Student Centre. On receipt of the evidence your claim will be assessed and you will be notified by e-mail if your extension has been approved and your revised submission date. Further details can be found here.

Extenuating Circumstances – claims for extenuating circumstances are also submitted via your e:Vision account on or before your assessment date and again evidence to support your claim must be provided to your Student Centre. Claims for Extenuating Circumstances tend to be for more serious matters and if your claim is accepted then it enables you to take the assessment at the next available opportunity without penalty. If you have any queries regarding either of these processes then please log a call on the e:Vision helpdesk.

Leave of Absence - in more extreme cases of potential prolonged absence you might consider a temporary leave of absence. Students may temporarily suspend their studies a semester at a time (and up to a maximum of four semesters). You can apply for a Leave of Absence via e:Vision but we would strongly recommend that you get advice from your Personal Tutor, your Student Centre or the Students’ Union, particularly regarding the financial implications, before taking this step.

Taking a Leave of Absence can ensure that you have the time away from your studies you need, but it is important you understand all the implications. There are plenty of people who can advise you before you make your decision:

1. Your Student Centre (either in person or you could log an e:Vision Helpdesk call).
2. The Students’ Union Advice and Support Centre.
3. Student Advisors in your Faculty.
4. Your Personal Tutor.
5. The International Support Team (based in MX Student Centre, City Campus).

Please consider before taking a Leave of Absence

6. If you’re a full-time student, you could consider switching to part-time mode as an alternative.
7. While on a Leave of Absence you won’t have access to University premises or resources or participate in any assessment.
8. If you take a Leave of Absence after you have enrolled but before completing your module, any summative (graded) assessment submitted will be carried forward and will contribute to your assessment result for that module when you return, provided the same assessment requirements remain.
Financial impact
You should consider the implications of taking a Leave of Absence will have on your funding and finances. On approval of your Leave of Absence you must ensure that you are fully aware of the fee implications on your return to the course, as fees may be due again for the modules that you were studying when the leave of absence was agreed.

However, your individual circumstances will affect your right to funding so it is important that you seek advice from the Students’ Union Advice and Support Centre – who will also be able to advise you about the impact of any benefit entitlement.

You will not be entitled to Council Tax exemption whilst on a Leave of Absence.

Your tuition fees
In accordance with the University’s fee liability policy, you will be liable for any fees due dependent on the date that you officially apply for Leave of Absence.
If you are a full-time undergraduate UK student, tuition fees are due as follows:
9. Attendance in Term 1 = 25% of the tuition fee is due.
10. Attendance in Term 2 = 50% of the tuition fee is due.
11. Attendance in Term 3 = 100% of the tuition fee is due.
If you are a part-time student, your fee liability is dependent on the number of modules registered in any period.

If you are an international student we take into account the fact that you will have paid a non-refundable deposit and your fee liability points will be at the start of the first term and third term (remainder of fee). We recommend you seek guidance on this from the International Student Support team in MX Student Centre.

Health & Safety issues
There are a number of health and safety issues which you should become familiar with as part of your course. If you are undertaking a lab based module you are required to read the student lab manual and follow all guidelines and procedures contained within. If you are undertaking a practical based module you are required to take an active role in the class and to adhere to all instructions/guidelines issued by staff

All Institute of Sport students are required to complete a Physical Activity Readiness Questionnaire before the start of each academic year. This will be completed on e:Vision

A large number of Institute of Sport modules require students to work in schools or with young people. It is therefore policy that all students submit for a DBS check/ Student Declaration at the start of their course.

If you are required to undertake practical independent learning you must adhere to the appropriate health and safety procedures for the facilities that you use.

First aid assistance can be gained from either the Sports Centre reception or the Main Reception. If you need to dial 999 from an internal phone you should dial 9 for an outside line.
Health and Wellbeing whilst using your computer
As a student you will be using a computer for the majority of your study. The guidelines below are to promote good health and wellbeing in relation to your computer use.

Set-up and space
Ensure you have a comfortable working area where you can have adequate space for your keyboard, mouse, monitor or laptop/mobile device and that you are in a comfortable seated position. Try to prevent eye strain by ensuring you have good lighting, adjusting your monitor to prevent glare and by cleaning your monitor regularly. If you are using a laptop for any extended length of time try to use an external mouse to prevent continued use of a laptop mouse pad which can cause strain injuries.

Taking a break
You should take regular breaks away from the screen. One to two minutes away every thirty minutes can be most effective, with regular longer breaks every couple of hours. Physically moving away from the screen and working area will also allow for important stretching and increasing circulation as well as reducing eye strain from looking at the screen.

Progression for Further Study
The encouragement of exercise as part of a healthy lifestyle by the UK Government has resulted in increased job prospects both in Britain and abroad. As a graduate you will be well prepared for a career in advisory and development roles in local, regional or national authorities, the NHS, private healthcare providers and health and fitness centres. You will also be able to explore a number of other career options such as coaching, sports development, leisure management, sports performance, teaching and postgraduate study. You will also be supported in developing a fitness-related business.
The Institute of Sport works with a number of organisations promoting physical activity for health, such as the Black Country Consortium, various local authorities and charities. These organisations offer various volunteering, placement and employment opportunities for suitable students/graduates studying Exercise and Health.

Alumni
We're proud of your success. Be proud of your connection with us.

Once you complete your studies you will continue to be part of the University of Wolverhampton academic community as one of our ever growing alumni community. The WLV Alumni Association is a university-wide association bringing together Wolverhampton graduates.

For further information on Graduation and Alumni please visit our Alumni website.