

# WSL Academy Careers Event

*Thursday 28<sup>th</sup> October*

*9:30-4:30pm*

**#WSLAcademyCareers**

 **BARCLAYS**



**FA Women's  
Super League**  
Academy

# Order of the Day

MORNING SESSION	
9:45 – 10:00	Introduction to University in England
10:00 – 12:00	Presentations from TASS Delivery Sites (English Universities)
12:00 – 12:30	Introduction to University Abroad
AFTERNOON SESSION	
13:00 - 13:30	Player Q&A – English Universities
13:30 – 14:00	Player Q&A – Universities Abroad
14:00 -16:00	Premier Sports Network – Employer Carousel
CLOSE OF DAY	

#WSLAcademyCareers





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**FA**

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## POST-18 TRANSITION

HE Overseas

HE in England

Apprenticeship

Part-Time or Full-Time Job

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# Higher Education in England

*Thursday 28<sup>th</sup> October*

*9:45-10:00am*

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# Higher Education in England

## Undergraduate Degree (BSc/Ba)

Minimum of 3 years  
(can be extended at the  
University's discretion).  
e.g. BSc Applied Football  
Studies

What are you passionate about?  
What are your future career goals?  
Football/Education/Social?

## Foundation Year

If a student does not have the  
required grade profile,  
an extra year of study before an  
undergraduate degree.  
Provides students with an  
alternative and more gradual route  
into university.

## Sandwich Degree

A year abroad or a year in  
industry may be offered prior to  
the final year of study.

## Foundation Degree

Usually takes 2 years,  
and students can continue for a further  
1 year to gain  
a full undergraduate degree.

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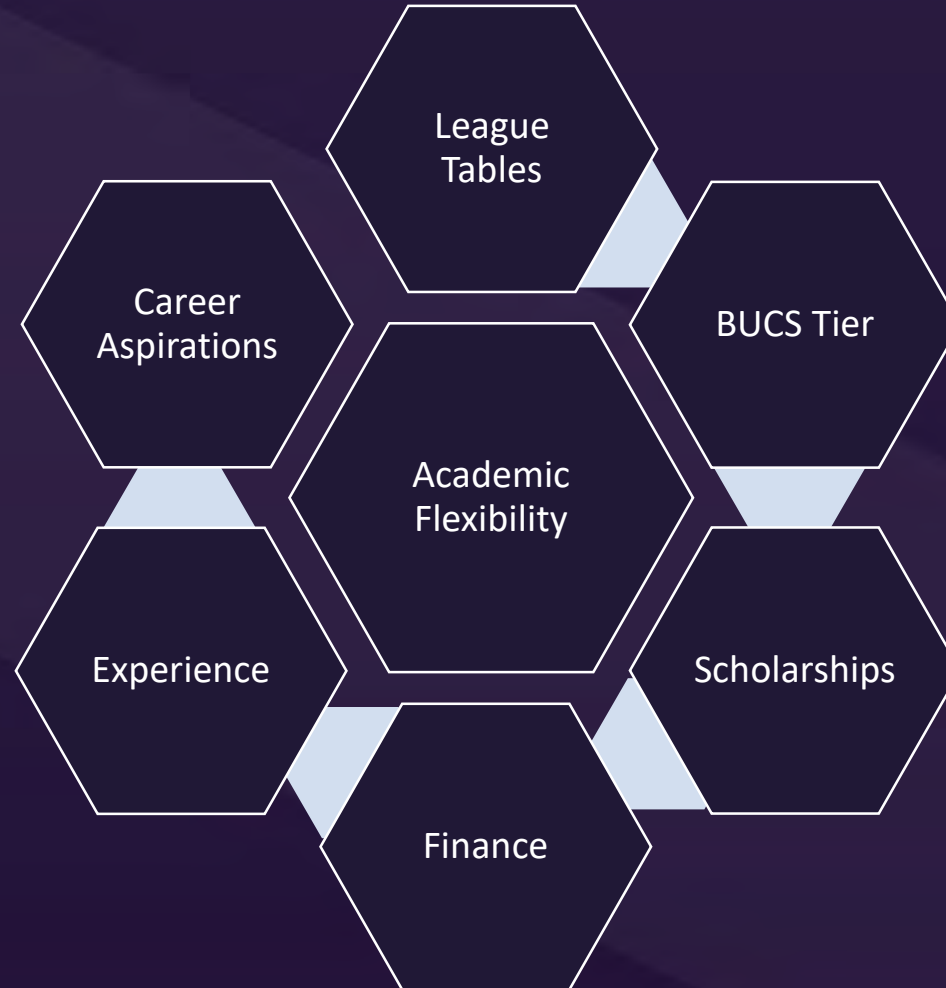
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# Higher Education in England

“Do you need to go to University to pursue your dream job?”

“What subject should you study?”



“Which university is best for you?”

“Where does football fit within these choices?”

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# Key Considerations

“Where will you  
be most  
challenged?”

“What are your  
career  
aspirations?”

Wellbeing

Experience

Performance  
sport options

Academic/Sport  
priorities

Dual Career  
Opportunities

Geographical  
Location

Flexibility

Financial  
implications

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# Timeline

## October of Year 12:

- Start to consider all options available to you.
- Research requirements for future career.
- What is best for you?

## January of Year 12:

- Start to explore the specifics.
- Tiers/level of study/location.
- Eligibility and time of process.
- Look to create a criteria list.

## May of Year 12:

- Start UCAS process.
- Can you apply to more than one 'route'?

## October of Year 13:

- Applications submitted and offers received.
- Reflect on current situation professionally and personally.

## January of Year 13:

- Prepare to pursue that route.
- Work to get the grades required.

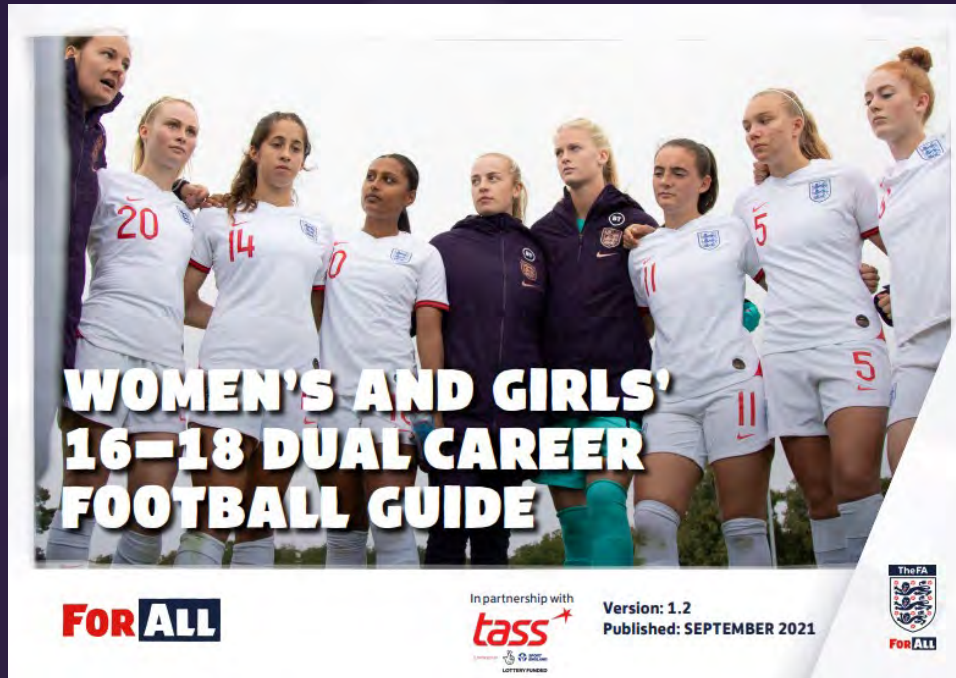
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# Dual Career Guides



## 4.4 DECISIONS TO CONSIDER IN THE 16-18 PHASE



Within the 16-18 age group, players will experience a number of key decisions in both football and education and will be faced with a series of options to consider. This section outlines these decisions and the options that are available to players as they move into post-18 football and education/vocation.

### FOOTBALL

#### 4.4.1 FOOTBALLING NEXT STEPS

When players are choosing their next footballing steps, there are several factors to consider:

- Where are you going to be challenged the most?
- What position are you going to be playing?
- How many minutes will you get during match days?
- What is the coaching environment like?
- Will that environment suit you and make you a better player?
- What consideration do the club have for your education and your aspirations outside of football? (i.e., have the club considered how your training schedule might fit around education or work commitments?)
- How are they going to support an England development plan?
- Are they going to let you be released for England duty?

The questions above are a snapshot of what players should be asking clubs when they are considering the move. It is important for players and parents to recognise that 'top-flight' clubs may not necessarily be the best programme for that particular player.

A key point of consideration for younger players is whether or not they are going to get game time. Due to the increasing level of the game, many young players spend a large proportion of their time sat on the bench. To develop within football, these players need match experience. This is particularly important for players in the England set-up, where to be a high calibre international player, they will need hours of experience on the pitch.

- These guides have now been updated for the 21/22 season
- The guides highlight all opportunities that are available to you within education and football
- There is a key focus on post-18 options, providing information to support you in your decision making



# University in England

## TASS Delivery Site Presentations

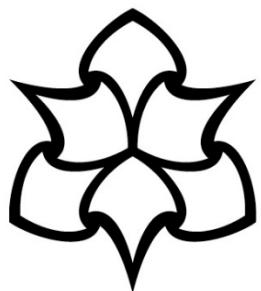
*10:00 – 12:00*

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**Manchester  
Metropolitan  
University**



**LIVERPOOL  
JOHN MOORES  
UNIVERSITY**

# University in England

*North West*

*10:00 - 10:20am*

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## IN POSSESSION PRINCIPLES

- SCHOLARSHIP OFFERS ARE NOT DEPENDENT ON LJMU FOOTBALL REPRESENTATION
- 2 TIER SUPPORT SYSTEM
- SPORT SCIENCE SUPPORT
- LIFESTYLE ADVISOR
- ACADEMIC- CAREER MANAGEMENT
- BURSARY AWARDS

## OUT OF POSSESSION

- CAREER DEVELOPMENT - COMMUNITY DEVELOPMENT
- AMBASSADOR ROLES – ALUMNI NETWORK

## SQUAD GOALS

- OVER 90% GRADUATION RATE



## SPORT AND EXERCISE SCIENCE SUPPORT

STRENGTH AND CONDITIONING

NUTRITION

PSYCHOLOGY

LIFESTYLE

PHYSIOLOGY

PHYSIOTHERAPY





# HIGH ELITE ATHLETE GRADUATION RATES & ALUMNI ENGAGEMENT







## HINTS AND TIPS

- DO YOUR HOMEWORK
- VISIT UNIVERSITIES, APPLICANT-OPEN DAYS
- SPEAK TO UNIVERSITY SPORT PERFORMANCE LEADS
- SPEAK TO ACADEMIC MODULE LEADERS
- SPEAK TO PAST PLAYERS



# UNIVERSITY APPLICATIONS

# LJMU SPORT

**KEY DATES: APPLY UCAS 26th JANUARY 2022**

**- OFFERS MADE MAY 19<sup>TH</sup>**

**- SPORT SCHOLARSHIP APPLY MAY 31ST**

**- CLEARING OPPORTUNITIES JUNE**



**[ljmu.ac.uk](http://ljmu.ac.uk)**

 **LIVERPOOL  
JOHN MOORES  
UNIVERSITY**





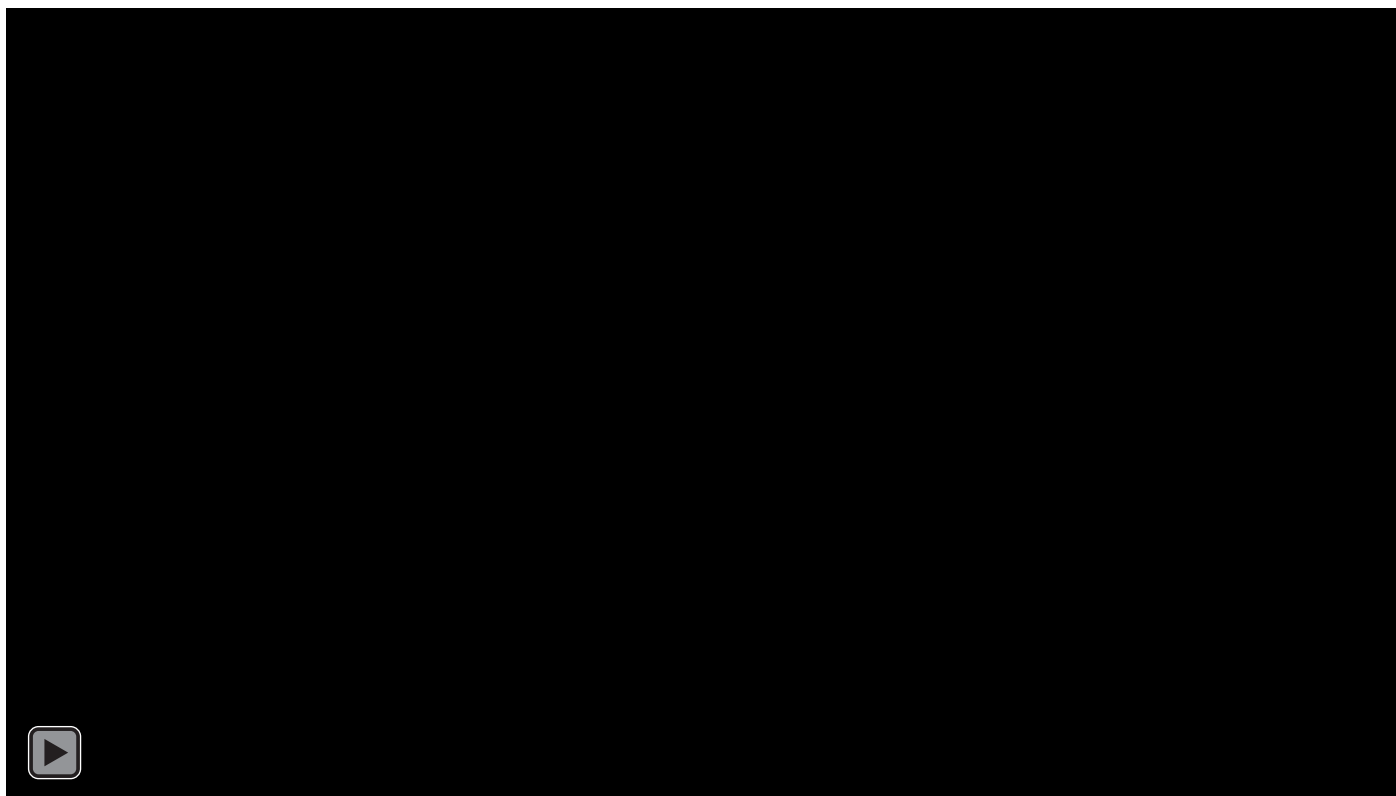
# LJMU SPORT

# SHAPE YOUR WORLD WITH US

AN INTRODUCTION TO MMU SPORT



**SOMETHING  
FOR  
EVERYONE...**



EXCEL





We support 60+ athletes through our scholarship programme.

Our scholarship package is more than just a bursary; it's a range of services, support and financial assistance that allows you to maintain academic and athletic balance.

Our programme recognises and is tailored to each athlete's individual needs.



Performance sports are Netball, Water Polo, Rugby Union, Swimming, Basketball and Lacrosse

# Sport Scholarships

The total package is worth up to £7,000 per year. Additional University support is available for exceptional applicants:

- Up to 40% off fees
- Performance Sport townhouse accommodation
- Financial expense contribution
- Access to top class sporting facilities, either on campus or within a ten-minute drive
- Personalised sport science support
- Bespoke nutritional support
- Physiotherapy and Sports massage
- Access to our performance sport science suite
- Bespoke strength and conditioning programmes
- Free sports club membership
- Lifestyle support



## KEY PERFORMANCE PARTNERS



# Elite Athlete Support

The Talented Athlete Scholarship Scheme (TASS) provides the opportunity for young athletes to get the very best out of their academic and sporting ability, without having to make the hard decision between the two.

- 38 TASS Deliver Sites across England – MMU Sport have been a site since 2017
- On average MMU Sport have between 10-15 athletes



The TASS Dual Career Accreditation Scheme recognises an education institution's commitment to dual career support for talented athletes who are in full time education.

MMU achieved the Accreditation in 2020 and have athletes who are supported (Education , physio and nursing)





# Elite Athlete Support

MMU Sport offers TASS Performance Support for the FA WSL Academy Programme.

Currently offering **Manchester City Football Club** Strength and Conditioning for academy players. The *Practical delivery and season long project to inform future direction of the physical performance programme within the Girls Academy. Additional support includes Lifestyle and Nutritional support*

## Manchester United

Currently in discussions with MUFC on how we can best support them over this year







## **SUGDEN SPORTS CENTRE**

- Located across the road from All Saints
- State of the art fitness suite, sports halls, squash courts and multi activity rooms

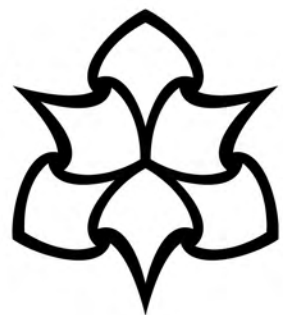
## **MANCHESTER AQUATICS CENTRE**

- Located across the road from All Saints
- Three gyms and 50m swimming pool

## **PLATT LANE SPORTS COMPLEX**

- The 'home of MMU Sport' where many of our clubs train and play
- Located short bus/cycle away in Fallowfield
- Recently re-furbished gym with spin room and fitness classes
- Indoor and outdoor pitches and double show court

Club training as well as our free active campus sessions take place at these facilities



**Manchester  
Metropolitan  
University**

Institute  
of Sport



**Manchester  
Metropolitan  
University**

Institute  
of Sport



## More than a building. We are:



A **community of over 1000 students**, spanning different courses including sport science, nutrition, marketing and management and many more.



An agent for change **championing everything that sport can do** – from strengthening communities to pushing the limits of human performance.



Using **a holistic approach to research**. This means that we can explore issues from the cellular to the societal level.



Bringing together experts from a range of fields who have links with sporting and health organisations. This means that **our activities have “real-world” input and impact.**

# DEVELOP





# Join our student workforce and gain essential skills for your future career

Future Coach Programme offers students the opportunity to gain high quality practical coaching experience under the supervision of our qualified professional coaches.

Roles available in Sport Development, Physio, Coaching Marketing, Photography, Videography, Event Management

## Rise

Part of the wider Student Centred Curriculum (SCC) project and supports the project's objective to create ways of enabling students to tailor their studies.

Rise gives students the opportunity to get involved in a mix of flexible opportunities throughout the year, together with more focused activity after the exam period in May.

Students will earn 'Rise Points', and once they earn 300 Rise Points, can claim practice credits on their transcript.



@mmusport



@mmusport



/mmusport

**Questions**



[sport@mmu.ac.uk](mailto:sport@mmu.ac.uk)





UNIVERSITY OF  
BIRMINGHAM



UNIVERSITY OF  
WOLVERHAMPTON

# University in England

*Midlands*

*10:20 - 10:50am*

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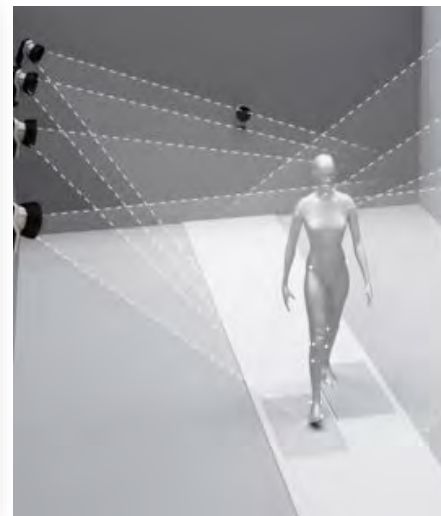


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# Study Sport











 UNIVERSITY OF WOLVERHAMPTON	 BRITISH JUDO	 WEST BROMWICH ALBION
 WALSALL FC	 TIGERS	 CIMSPA CHARTERED INSTITUTE FOR THE MANAGEMENT OF SPORT AND PHYSICAL ACTIVITY
 association for Physical Education		 Active Black Country
 BUFS	 DIS GRAPHICS WWW.DIS-GRAPHICS.COM	 THE SOCIETY OF SPORTS THERAPISTS
 BASES The British Association of Sport and Exercise Sciences	 XX REP's The Register of Exercise Professionals	 The FA

# Curriculum Offer September 2022

BA (HONS) PHYSICAL EDUCATION  
AND SCHOOL SPORT



BA (HONS) SPORT BUSINESS  
MANAGEMENT



BA (HONS) FOOTBALL COACHING  
AND PERFORMANCE



BSC (HONS) SPORT AND  
EXERCISE SCIENCE



BSC (HONS) SPORT AND  
EXERCISE THERAPY





# WLV Sports Scholarship

## WLV Sport Scholarship Complimentary Package includes:

- WLV Sport Scholars can receive support up to a value of £4,500 over three years
- Physiotherapy
- Strength & Conditioning
- Playerlayer Tracksuit
- Funding towards elite coaching, competitions, training costs and equipment
- Annual WLV Gym Membership
- Mentoring support

[Sport Scholarship](#)  
[Website](#)





# WLV Sport

**Martin Harrison (Lecturer,  
Football Coaching and  
Performance**

**m.harrison5@wlv.ac.uk**

**07966868612**



# ALUMNI SUCCESS STORIES

## Desmond Duffus

**Strength and conditioning coach, Walsall Football Club**

Desmond was always keen to investigate how sports science and training can improve performance on the football pitch. Since completing his Bachelor's degree in Physical Activity, Exercise and Health, he has gone on to complete a Master's in Sport and Exercise at the University, and is now leading strength and conditioning and sports science at Walsall FC's academy. His tasks include planning and delivering progressive conditioning sessions to academy players, and working towards developing athletic ability.

## Craig Parkes

**Assistant professor, University of South Alabama**

Craig graduated from the University with a physical education degree and continued his learning onto a postgraduate programme. Whilst the degree provided him with the knowledge and skills to be a successful teacher, the course also allowed him to gain positions in American universities. Craig is currently assistant professor at the University of South Alabama, having spent the past six years delivering courses in PE at Pennsylvania State University.



## Tom Male

**First team analyst, Wolverhampton Wanderers Football Club**

Tom graduated with a distinction in his sport and exercise science qualification. His career ambition was to work in sports science, within an elite sports environment. He gained valuable experience whilst working at Exeter City Football Club, before becoming first team analyst at Wolverhampton Wanderers. His role provides pre and post-match analysis services for the first team manager, coaching staff and players. Referencing the club's playing philosophy, Tom also creates high quality presentations using video and objective data to aid the feedback process.

## Matt Belcher

**Recruitment analyst, West Bromwich Albion Football Club**

Football enthusiast Matt left University determined to gain experience in professional football. His sports coaching degree provided him with the necessary skills in sports science and training performance to become an influential part of the backroom staff at West Bromwich Albion Football Club. As a recruitment analyst his skills in team and statistical analysis, based on the club's philosophy, help to support individual players and the team's overall development plans.

## Rudy Robinson

**Gym owner**

Entrepreneur and Aero-kick gym manager Rudy completed his sports studies degree before starting his own business, which specialises in martial arts and fitness training. The centre, located in Birmingham, doubles up as an educational hub for various schools and community providers, with the aim of promoting positive youth development through sport and martial arts.

## Anittah Poselay

**Trainee clinical scientist/  
specialist cardiac physiologist**

Anittah was always interested in the clinical side of physical activity, exercise and health. During her time at the University she utilised our range of sector partnerships to gain work experience within the field of cardiac rehabilitation at Action Heart, based within Russell's Hall hospital. As a specialist in cardiac physiology, Anittah's role involves the diagnosis and treatment of adults and children with heart disease.

## Kerys Julia Harrop

**Footballer, Birmingham City Ladies**

English footballer and Champions League semi-finalist, Kerys studied on the postgraduate Sports and Exercise Science course where she gained vital skills in leadership, communication and team work. The current Birmingham City Ladies defender, who was part of the Great Britain team to win Gold in Kazan at the 2013 World University Games, completed an internship at one of our partner professional football clubs.





# Do you need a degree in sport?



	CHARTERED FELLOW (e.g. CEO / Director)					
CHARTERED MEMBER	Department Manager/ Head of ...	Group Fitness Manager	Head of Coaching	Head of Department Sports Scientist Performance Analyst	Head of Health	7
MEMBER	Operations/ General Manager	Contract / Area Fitness Manager	Community Sports Development Manager	Functional Manager	Health Manager	5/6
ADVANCED PRACTITIONER	Advanced Swimming Teacher	Advanced Personal Trainer	Advanced Community Coach	Advanced Performance Coach	Health Referral Co-ordinator	4
ASSOCIATE	Supervisor Duty Manager	Fitness Team Leader / Supervisor	Community Sports Development Officer	Sport Administration Officer	Health Supervisor	3
PRACTITIONER	Swimming Teacher Maintenance Operative	Personal Trainer Wellness Practitioner	Community Coach	Asst. Performance Analyst Asst. Sport Scientist Performance Coach	Health Navigator	3
AFFILIATE	Lifeguard Recreation Assistant	Gym Instructor Group Exercise Instructor	Coaching Assistant	Performance Coach Assistant	Lifestyle Instructor	2
	STUDENT					
MEMBERSHIP TYPE	LEISURE OPERATIONS	EXERCISE AND FITNESS	COMMUNITY SPORT	PERFORMANCE SPORT / SPORTS ADMIN	PHYSICAL ACTIVITY / HEALTH	QUAL LEVEL (England)

# CAREERS IN SPORTS AND LEISURE

Career opportunities in the sports industry aren't limited to those with athletic prowess; there's a wide range of positions in the field for non-athletes too. These jobs support the sports industry by providing mental and physical health services, sales and marketing revenue, and sports media content.

## Business Development Manager

Business development managers find new customers, and persuade existing ones to buy extra services.

£ £25,000 Starter to £60,000 Experienced

⌚ 38 to 40 a week

You could work evenings attending events or appointments.



## Fitness Instructor

Fitness instructors organise exercise programmes to improve people's health and fitness.

£ £14,000 Starter to £30,000 Experienced

⌚ 32 to 34 a week

You could work as a contractor/ self-employed as customers demand.

## Health Trainer

Health trainers promote healthy living and help people make healthier lifestyle choices.

£ £16,750 Starter to £28,500 Experienced

⌚ 37 to 39 a week

You could work evenings/ weekends attending events or appointments.



## Football Coach

Football coaches develop the skills and motivation of football players and teams.

£ £14,000 Starter to £250,000 Experienced

⌚ 36 to 38 a week (varies)

You could work evenings/ weekends/ bank holidays/ flexibly.

## Leisure/Sport Centre Manager

Leisure centre managers look after the day-to-day running of sports and leisure centres.

£ £18,000 Starter to £35,000 Experienced

⌚ 39 to 41 a week

You could work evenings/ weekends/ bank holidays/ flexibly.

## PE Teacher

Physical education (PE) teachers work in schools and colleges, teaching sport and fitness to young people.

£ £16,250 Starter to £61,005 Experienced

⌚ 33 to 35 a week (term time)

You could work evenings/ weekends attending events or appointments.



## Sports Development Officer

Sports development officers organise projects and training to encourage people to take part in sport and have a healthier lifestyle.

£ £21,000 Starter to £50,000 Experienced

⌚ 36 to 38 a week

You could work evenings/ weekends attending events or appointments.



## Sports Scientist

Sports scientists use knowledge of how the body works to help people improve their health or sporting ability.

£ £18,000 Starter to £60,000 Experienced

⌚ 37 to 39 a week

You could work evenings/ weekends attending events or appointments.

## Sports Physiotherapist

Sports physiotherapists diagnose and treat sports injuries.

£ £23,000 Starter to £45,000 Experienced

⌚ 38 to 40 a week

You could work evenings/ weekends/ bank holidays/ away from home.



## Sports Coach

Sports coaches teach sports skills to individuals and teams of all abilities.

£ £14,000 Starter to £35,000 Experienced

⌚ 36 to 38 a week (varies)

You could work evenings/ weekends/ bank holidays/ away from home.





**University of Brighton**



University of Essex



BUCKINGHAMSHIRE  
NEW UNIVERSITY  
EST. 1891



University of  
East London



UNIVERSITY OF  
GLOUCESTERSHIRE  
at Cheltenham and Gloucester

# University in England

*South*

*10:50 - 11:30am*

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Academy**



# University of Brighton

**Rob Nitman**

**Performance Sport & Fitness Officer**

**[R.Nitman@brighton.ac.uk](mailto:R.Nitman@brighton.ac.uk)**

**Mike Fisher**

**Sport Participation Officer**

**[M.Fisher2@brighton.ac.uk](mailto:M.Fisher2@brighton.ac.uk)**







# Moving Forward

- 🦁 The University of Brighton is based in the South East of England
- 🦁 We have over 19,000 students studying at our four campuses in Brighton and Eastbourne
- 🦁 Subjects range from medicine to engineering, psychology to illustration, sport science to English literature
- 🦁 Students are at the heart of all that we do and take an active role in their learning experience. They leave us ready to make a difference to the world



# Our Women's Football Club

🐾 We have 2 Teams currently participating in BUCS Competition

🐾 1st Team

🐾 Eastbourne Campus

🐾 BUCS South Eastern Tier 1

🐾 2nd Team

🐾 Brighton Campus

🐾 BUCS South Eastern Tier 3

🐾 Futsal Club

🐾 Eastbourne Campus

🐾 Premier League







# Our Scholarship Opportunities

## Dual-career athlete support package:

-  Academic Flexibility
-  Access to all fitness facilities
-  Lifestyle mentorship
-  Workshop series
-  S&C support
-  Financial reward
-  Reduced rate access to physiotherapy/massage therapy





# Scholar Spotlights

 Josie Longhurst; Sport Management

 *Brighton & Hove Albion U21s & Wales*

 Cerys Jones; Primary Education with QTS

 *Brighton & Hove Albion U21s & Wales U23s*

 Ilesha Swaby; Social Science

 *Brighton & Hove Albion U21s & Crawley Wasps*

 Emily Copeland Dinan; Physiotherapy

 *Futsal; University & Canadian National team*

 Grace Hill; Primary Education with QTS

 *Futsal; University team & England Unis Triallist*






# Brighton & Hove Albion Women's U21s




 Women's Super League Dual-Career Programme

 We provide support in the following areas:

 Strength & Conditioning

 Physiotherapy

 Lifestyle




 This is mixed-site, majority delivered at BHA Training Ground, some provided at the University

 Current first team squad regulars Libby Bance and Maya Le Tissier have come through this programme






# Women's EURO22 Legacy Programme

-  Brighton will host 3 matches (Including a Quarter Final) at the Brighton and Hove Community Stadium
-  Supported by a drive to get more women and girls playing football
-  University of Brighton to sign-up 66 volunteers over 3 years dedicated to improving coaching, refereeing, and participation
-  Includes FREE access to Level 1 in Coaching Football, Nike training wear, refereeing courses and a wide range of development opportunities



# Nike

 The University of Brighton  
are supported by Nike for  
playing and social kits





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NEW UNIVERSITY  
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# Welcome to Dual Career at Buckinghamshire New University

Dr Fiona McCormack

INSPIRED.  
EMPOWERED.  
EMPLOYED.





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Study at BNU

Guardian University 2022 – ranked 77<sup>th</sup>

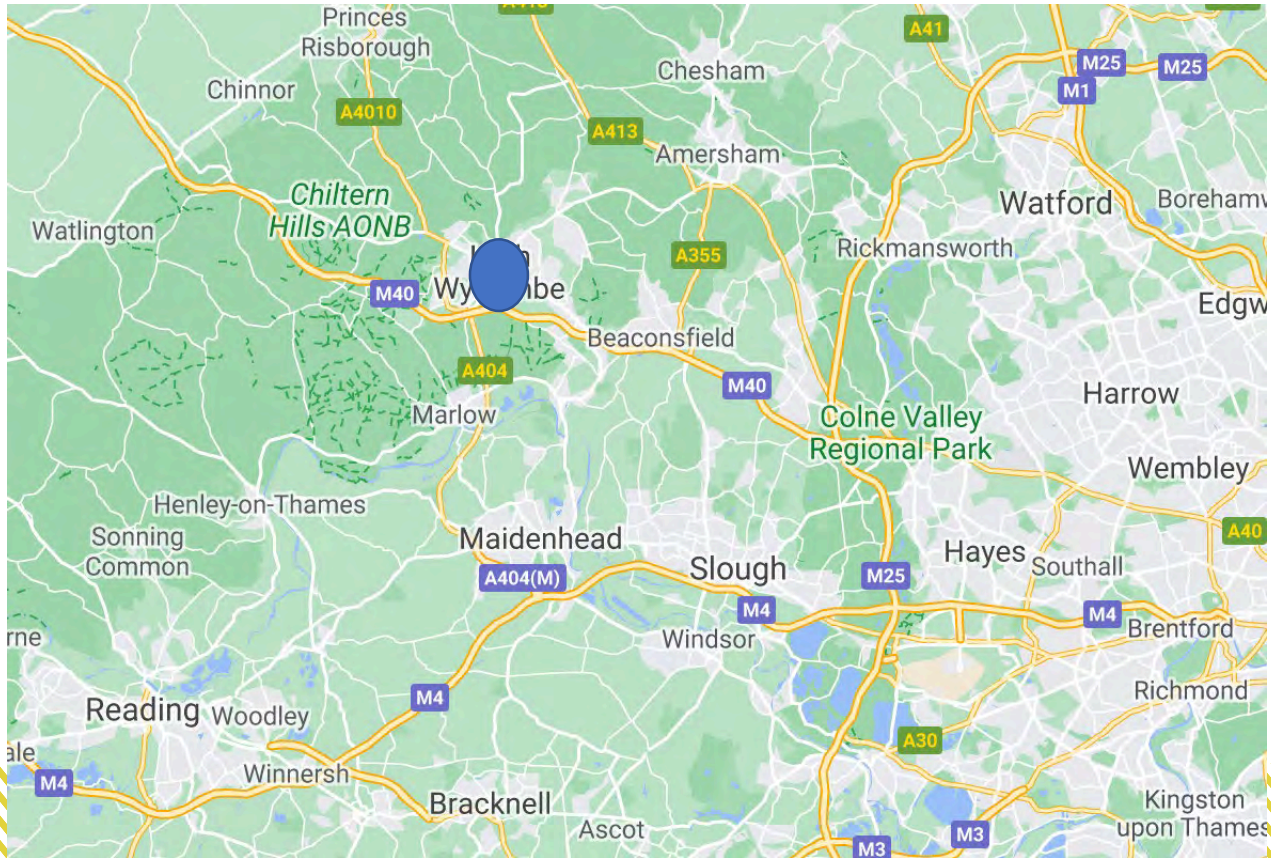
**Where Education meets  
Employability**





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## Where is BNU?

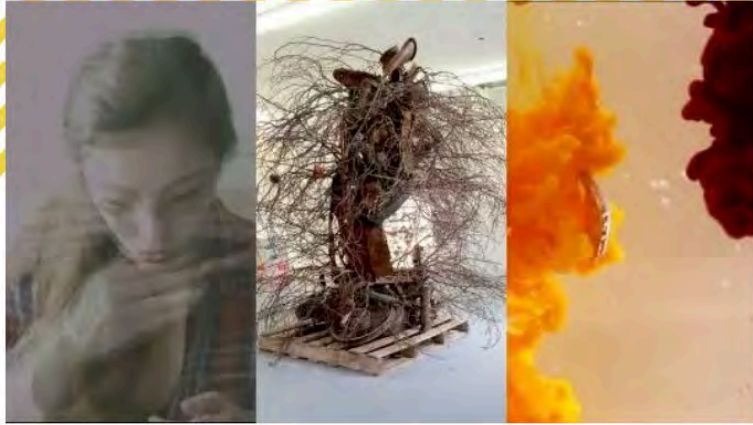






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# What can you study with us?



**School of Art, Design and Performance**



**School of Aviation and Security**



**School of Business and Law**





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School of Nursing, Midwifery and Allied  
Health



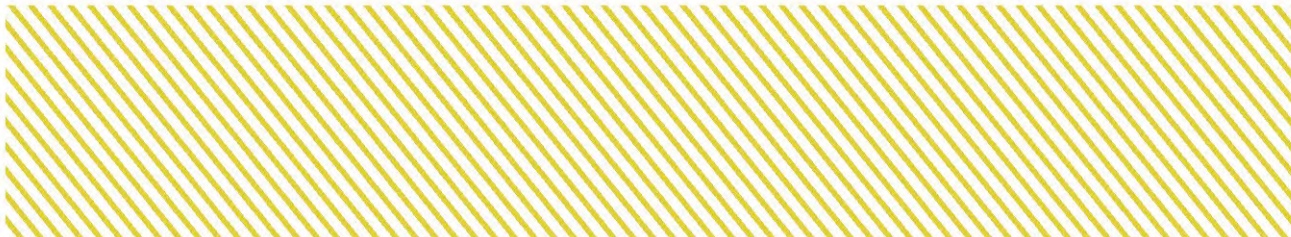
School of Creative and Digital Industries



School of Health Care and Social Work



School of Human and Social Sciences







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# DUAL CAREER and PERFORMANCE SPORT SUPPORT

TASS DELIVERY SITE

WSL ACADEMY PARTNER

DUAL CAREER ACREDITATION

SWIM ENGLAND PERFORMANCE CENTRE

SEMI PROFESSIONAL MEN FOOTBALL  
ACADEMY A23





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# Performance Sport







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## WOMENS FOOTBALL LINKS

CURRENT STUDENTS: EMMA HARRIES (READING) –  
early years and primary education

Also players at Oxford United and Watford

ALUMINI : MOLLY BARTRIP (READING) – sport and  
exercise science





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## More information

<https://www.bucks.ac.uk/>

<https://www.instagram.com/Bucksnewuni/>

<https://www.facebook.com/Bucksnewuni>

<https://twitter.com/Bucksnewuni>







# University of Gloucestershire

FA Women's High Performance Football Centre

Sports Scholarships = cash bursary from £500 - £1500+

Scholarship programme including Strength and Conditioning, sports psychology, nutrition etc. (For full range of benefits visit our website)

[Flo Allen Video](#)

Website: <https://www.glos.ac.uk/sport/sport-scholarships/>

Contact: [sportscholarships@glos.ac.uk](mailto:sportscholarships@glos.ac.uk)



University of Essex

# University of Essex

## Women's Football Academy

**THE** AWARDS  
2018

**Winner**  
University of the Year



**THE RELENTLESS PURSUIT OF  
ATHLETE-CENTRED SPORTING  
EXCELLENCE; DRIVEN BY  
INNOVATIVE PRACTICE, INFORMED  
BY SCIENTIFIC INSIGHT AND DISCOVERY.**

**OUR FOCUS – IT'S YOU**

# WELCOME – Susy Davies





# The University of Essex

TOP 15 for the 7<sup>th</sup> consecutive  
year in National Student Survey

<https://vimeo.com/335154439>



TOP 25 for Research Quality

The Times and The Sunday Times Good University  
Guide 2020

# Employability

## The Essex Graduate

Through your time with us we expect you to become:

- enterprising and prepared for your future
- able to creatively apply your understanding to enrich the wider world
- globally engaged and ethically aware
- scholarly and equipped for life-long learning



90% of SRES courses  
employed within 6  
months

Essex Abroad

Paid Internships

Work-based Learning





## Football at The University of Essex

- TASS accredited Dual Career Site
- TASS WSL academy partner with Ipswich Town FC
- Women's Team play in BUCS Tier 1
- Individual Sport Bursaries and Postgraduate Fee Waivers
- Links with Human Performance Unit
- Work Based Learning with SRES
- Study any course
- Flexi Leagues
- Football Activator programmes



## How do we support athletes?

- Dedicated Coaching
  - Strength and Conditioning
  - Bursaries
  - Lifestyle Advisors
  - Applied Sport Science
  - Sports Therapy
  - Physiotherapy
  - Academic Flexibility
- 
- TASS Accredited Delivery site and Dual Career





**WE ARE ESSEX  
ARE YOU?**





— EAST LONDON —

**S P O R T**

# University of East London Football Programme



# Programme Overview

Strength & Conditioning



Lifestyle & Dual Career



Medical Services



Nutrition



Sports Psychology



Welfare and Mental Health



# SPORTSDOCK

# Coaching and Football

## Session Design

A few points for each week – The warm up each week should be used as an introduction to the session ahead and also to work on the fundamental movements. The sessions are based around an hour and a half session. Roughly split into a 10 minute warm up, 25 minute technical, 25 minute skill, 25 minute game and a 5 minute cool down/debrief. If possible home challenges/competitions should be set each week for the players to work on different skills, ball control etc.

Johnny Hyatt



## Philosophy, priorities and themes

**It is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change.** *C Darwin*

An UEL football student must be able to adapt to the differing circumstances that will undoubtedly present themselves through their football, career and their life.

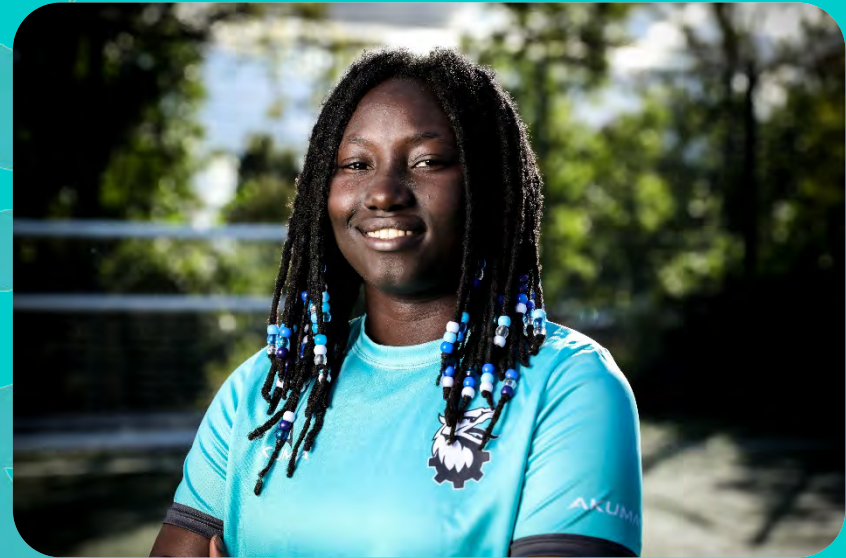




# Minimal Expectations

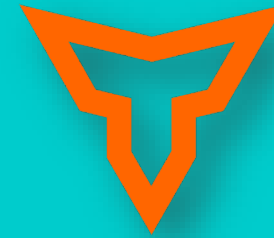
S	<ul style="list-style-type: none"><li>• <b>SAFE</b></li><li>- WAS A RISK ASSESSMENT COMPLETED?</li><li>- WAS THE SESSION DELIVERED SAFELY?</li></ul>	✓
M	<ul style="list-style-type: none"><li>• <b>MAXIMUM PARTICIPATION</b></li><li>- WAS THE BALL ROLLING FOR 70% OF THE SESSION?</li></ul>	✓
I	<ul style="list-style-type: none"><li>• <b>INCLUSIVE</b></li><li>- WAS EVERYONE ENGAGED IN THE SESSION?</li></ul>	✓
L	<ul style="list-style-type: none"><li>• <b>LEARNING</b></li><li>- WAS THERE A CLEAR LEARNING OUTCOME?</li><li>- WAS LEARNING ACHIEVED ON AN INDIVIDUAL BASIS?</li></ul>	✓
E	<ul style="list-style-type: none"><li>• <b>ENJOYABLE</b></li><li>- DID EVERYONE ENJOY THE SESSION?</li></ul>	✓
S	<ul style="list-style-type: none"><li>• <b>SUCCESS</b></li><li>- HOW WAS SUCCESS MEASURED?</li><li>- WHAT SUCCESS WAS ACHIEVED?</li></ul>	✓

# Dual Career Focused





# Aqua East



# Courses and Study



## DUAL DELIVERY

EDUCATIONAL FRAMEWORK

- Pacing a Degree
- Assessment Flexibility



# Applications and Bursaries



# Players & Clubs





# Q & A



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