



**Southampton  
Solent  
University**



# **Sport & Health Convention 2024**

**‘Sport & Health Matters’**

Friday 6th December 2024

# WELCOME

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**Dr Dominic Cunliffe**

Head of Department – Sport and Health

“As Head of the Department of Sport and Health, I am delighted to welcome you to our sport matters convention, which will showcase the great teaching, research and knowledge exchange work emanating from our department.

This event provides an opportunity for our students, staff and wider community to mix and integrate in a way that provides a platform to understand the power of sport a tool of science, social change, development and education.

As we move forwards in higher education, an age which is sure to be dominated by contemporary discussions and issues that include Artificial intelligence and Climate change, our sport and health matters convention shows how we at here in the Department of Sport and Health, are both at the cutting edge of research which advances our knowledge of these topics through sport. I am sure the convention will prove to be a great learning opportunity for all in attendance”.



**Dr Francesca Gwynne**

Associate Head of Department and Convention Organiser

“It is my pleasure to be part of the organising committee for the annual sport matters convention which brings together the university and the local community alike.

We want the convention to be an opportunity for dialogue, learning and to inspire change through sport and health. From elite athletes and coaches, to leading experts in the field the convention has compiled together leading voices in the field of sport and health to inform continued dialogue and learning.

We know that sport & health matters because it is integral to our livelihoods and a means to meet much of our common goals as a community and nation. As well as this, sport and health are vital to economic and social processes fostering inclusivity, social change and development”

# SCHEDULE

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## College Students

09:00	<b>Welcome:</b> 09:00–10:00
09:30	
10:00	<b>Round Table:</b> 10:00–11:00 With current undergraduate students
10:30	
11:00	<b>Workshops:</b> 11:00–11:50 <ul style="list-style-type: none"><li>- S&amp;C Sprint Training</li><li>- Leadership in Sport</li><li>- Coaching Data Workshop</li></ul>
11:30	
12:00	<b>Workshops:</b> 12:00–12:50 <ul style="list-style-type: none"><li>- The Dual Career Athlete</li><li>- Introduction to Mindfulness</li><li>- Female Health</li></ul>
12:30	
13:00	<b>Lunch:</b> 13:00–13:30
13:30	<b>Preparing for University:</b> 13:30–14:15
14:00	
14:30	<b>Convention Fair:</b> 14:15–15:30
15:00	
15:30	<b>Convention Closing:</b> 15:30–16:00
16:00	

# OUR SUPPORTERS

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# OUR COURSES

Southampton Solent University offer a wide range of Sport and Health related undergraduate and postgraduate degree programmes.



- Sport Foundation Year
- BA (Hons) Education
- BSc (Hons) Football Studies
- BSc (Hons) Health, Nutrition and Exercise Science
- BSc (Hons) Sport and Exercise Science
- BSc (Hons) Sport and Exercise Therapy
- BSc (Hons) Sport Coaching and Physical Education
- BSc (Hons) Sport Management
- MA Sport Management
- MSc Clinical Exercise Science
- MSc Football Science
- MSc Sport and Exercise Medicine in Football
- MSc Strength and Conditioning

Any questions?

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