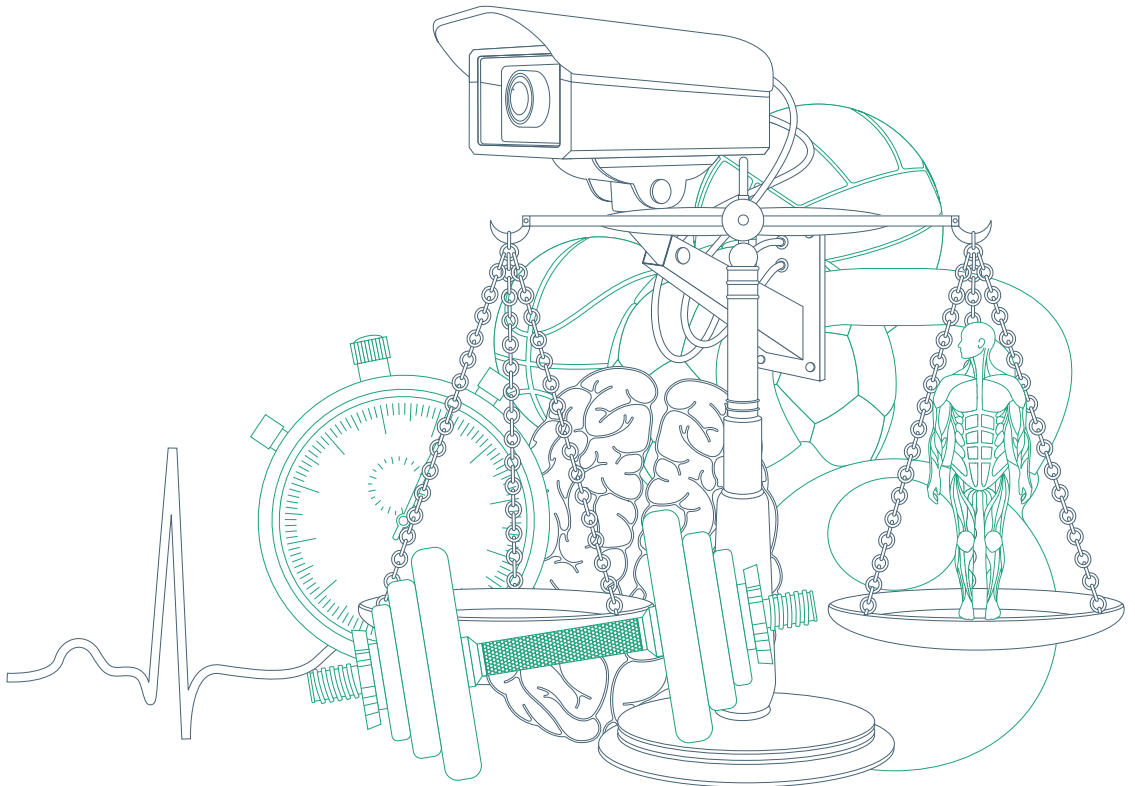


# SPORT, HEALTH AND SOCIAL SCIENCES

Industry-focused courses

[solent.ac.uk](http://solent.ac.uk)







## Welcome

**Based in the heart of Southampton on the UK's south coast, Solent is an open, friendly and inclusive university with around 12,800 staff and students.**

We were voted one of the UK's most creative universities in the *Which? University* 2013 and 2014 student polls, and we have a strong focus on allowing our students to explore the boundaries of professional practice.

As for Southampton, it's a vibrant and modern city with something to offer everyone, and at our city-centre East Park Terrace campus you'll be right in the middle of it. We're surrounded by spacious parks – ideal for everything from a kick-about to stretching out in the sun.

With around 36,000 students living in the city, there's always something going on. Big name DJs, the latest bands and West End theatre productions all come here.

And if you're into sports, Southampton offers both Premier League football and cricket at county and international level. The city's also home to a whole host of sports facilities, including Solent's own Sports Centre St Mary's and the Royal Yachting Association (RYA)-accredited Watersports Centre.

We're currently in the middle of an exciting period of development, with our latest multi-million-pound building project – the Spark building – now completed. As well as great new teaching facilities, the new building provides students with an exciting, modern and environmentally friendly space for social events, teaching, exhibitions and shows.

All the best of Southampton is within easy walking distance of campus and our student residences – restaurants, bars, nightclubs and one of the biggest shopping centres in the south are just minutes away. If you prefer something more cultured, there are countless museums, galleries and theatres. And when you want something different, the beautiful New Forest, Isle of Wight, south-coast beaches and even France are all within easy reach.

Just 75 miles from London, Southampton has excellent transport links by road, rail and air. Visitors from overseas or major UK cities can fly directly into Southampton International Airport, while London is just 90 minutes away by car or train.





# Our courses

To help you find the right route through your education, we offer HNCs, HNDs, foundation years and top-up courses, as well as our undergraduate degrees.

**Undergraduate honours degrees** usually take three years, with some offering a four-year option that includes a year abroad, a work placement (WPLa) or a study abroad placement (SPLa).

**Foundation (Fdn) years** are ideal for people without the usual academic qualifications/experience for an undergraduate degree. Over one year you'll learn essential study skills and prepare to join a specialist degree the following year.

**Foundation degrees** are two-year courses, usually focused on a specific career or sector, equivalent to the first part of an undergraduate degree.

**Higher National Certificate (HNC)** courses (two years part-time) are vocational undergraduate qualifications. This is the level below an HND but can be topped up to a full degree.

**Higher National Diploma (HND)** courses (two years full-time or three years part-time) provide work-related experience and knowledge. Once completed, you'll be able to top up to a full undergraduate degree.

**Top-up courses** take place over one year and allow you to top up your foundation degree or HND to a full BA (Hons), BSc (Hons) or BEng (Hons) degree.

New courses are regularly introduced – please visit our website for an up-to-date list.

## Jargonbuster

There's a lot of terminology surrounding coming to university – here's a quick guide to help you.

**Further education** – follows on from compulsory secondary school – for example, A-levels, BTEC, diplomas and so on.

**Higher education** – follows on from further education, at a university or other HE institution – for example, an undergraduate degree or HND.

**Hons** – short for 'honours', this shows that your degree includes the maximum number of units. All of our undergraduate degrees are honours degrees.

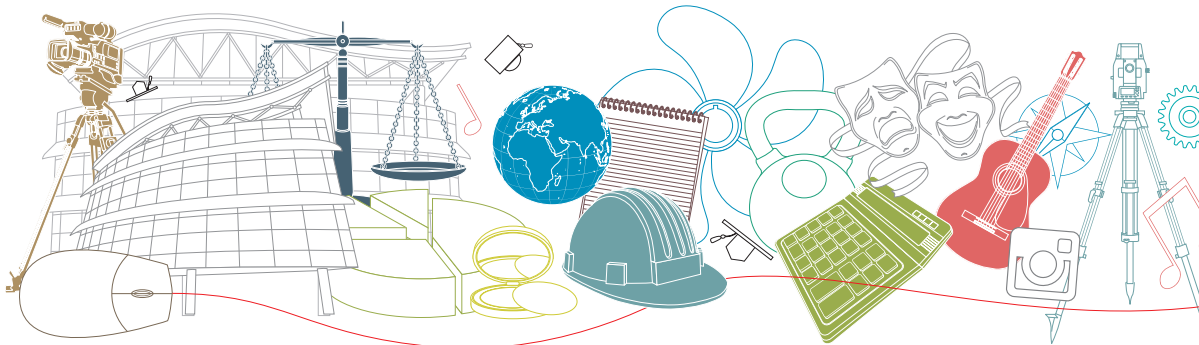
**Undergraduate degrees** – a first degree, also called a bachelor's degree, these are classified by subject type:

- BA (bachelor of arts) – business or creative courses
- BEng (bachelor of engineering) – engineering-related courses
- BSc (bachelor of science) – science-related courses
- LLB (bachelor of laws) – law-related courses



## Online course comparison tool

You may be interested in more than one course. Visit [solent.ac.uk](http://solent.ac.uk) to see which one would best match your aspirations.



**Disclaimer:** every effort is made to ensure that the information given in this brochure is correct at the time of publication and that the course information accurately describes the courses offered by the University. However, from time to time details change; you should contact the University to verify information, especially if you wish to place particular reliance upon it prior to accepting an offer.

## Sport and Fitness

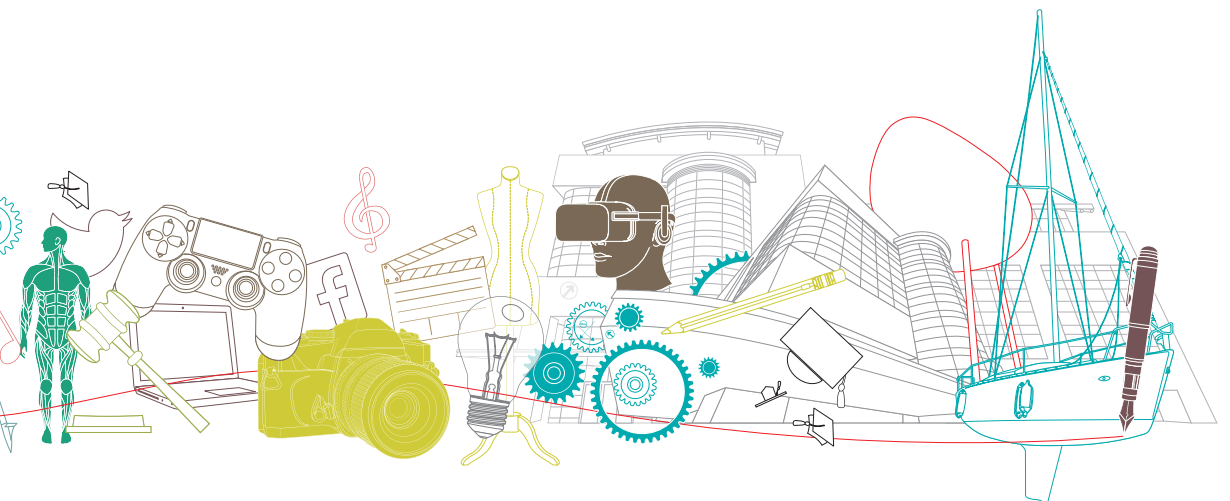
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BA (Hons) Adventure and Outdoor Management*	6
BSc (Hons) Applied Sport Science*	8
BSc (Hons) Fitness and Personal Training*	11
BA (Hons) Fitness Management and Personal Training*	12
BA (Hons) Football Studies*	13
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BSc (Hons) Sport and Exercise Therapy*	17
BA (Hons) Sport and Physical Education*	18
BSc (Hons) Sport Coaching*	19
BA (Hons) Sport Coaching and Development*	20
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## Health and Social Sciences

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BA (Hons) Criminal Investigation with Psychology*	26
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BSc (Hons) Psychology (Sport and Exercise)	35
BA (Hons) Social Work	36



\*Foundation year route available – please check the relevant course webpage for detailed information.



I love the opportunity to help children develop life skills through coaching and education. ”

**Matthew, BA (Hons) Sport and Physical Education student**



NGB coaching awards, REPs registration and other qualifications available alongside your studies



High-performance support for elite student athletes – see page 7 for more details



Specialist sport science labs, including a BASES-accredited physiology lab



Great opportunities for work experience, including working in community, school and high-performance environments



RYA-recognised watersports centre



Accredited courses recognised by professional bodies and associations



# SPORT AND FITNESS

Sport and fitness are playing an ever more important role in people's lives, from recreational participation to international sporting events.

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Maybe you're interested in understanding how to motivate and support others, empowering people to improve their lives through exercise in order to keep fit and achieve their goals. Perhaps you could work one-to-one as a personal trainer, support and train a professional athlete or coach a youth sports team.

If you're fascinated by the science behind the sport, you might want to explore how the human mind and body behave under pressure or learn how they can be trained to improve performance. The ability to conduct research, analyse complex data and suggest practical applications for your findings can open many doors.

Perhaps you live your life for football and want to build your career around the beautiful game. Solent is Southampton FC's official partner and a haven for football enthusiasts – enjoying an international reputation for excellence in football subjects.

Solent's sports, fitness and science facilities are second to none, too. As a student you can have access to industry-standard biomechanics and psychology labs that are fully equipped for professional-level research and experimental work, a specialist training gym where you can work with real-world clients, and our BASES-accredited physiology lab.

You can also benefit from the University's links with industry through consultancy projects, community and voluntary work, live projects, internships and part-time work opportunities. We also offer a range of industry-recognised awards and accreditation to work towards, complementing your studies and really helping your CV stand out from the crowd.





Solent not only gave me the knowledge and understanding of setting up a first business, but also provided fantastic ongoing advice. ”

**James**, managing director, Rock and Sun – BA (Hons) Adventure and Outdoor Management graduate



BA (Hons)

## Adventure and Outdoor Management

**The adventure and outdoor field is extraordinarily broad, offering opportunities to combine personal interests in adventurous pursuits with a career in the industry.**

The programme covers education, coaching, performance and leadership through to adventure tourism, extreme sports and recreational outdoor leisure provision, underpinned by essential management skills in human resources, business strategy, finance, marketing and operations. It is delivered using hands-on 'real-world' opportunities, including working with industry organisations offering guest lectures, site visits, work experience opportunities and 'live' projects, alongside practical participation

to achieve nationally recognised qualifications and opportunities to attend at least one residential field trip.

While you study you'll also have the opportunity to improve your practical skills in adventure and extreme sports such as climbing, dinghy sailing, powerboating and wakeboarding, alongside our exciting range of Students' Union clubs and societies. Solent is perfectly situated for water and land-based pursuits, located as it is on the south coast and in close proximity to the New Forest. Solent also provides great facilities, including Warsash Watersports Centre and an indoor climbing wall at Sports Centre St Mary's.

Recent students have gone on to become centre managers, senior instructors, teachers and camp/youth leaders in a wide range of organisations, both within the UK and abroad, as well as diversifying into entrepreneurship, business management, sponsorship and marketing roles.

Further postgraduate progression is available with a master's degree in business or marketing, or a Postgraduate Certificate in Education (PGCE) if you are interested in teaching.



**LENGTH: 3 and 4 years**  
**THREE-YEAR UCAS CODE: N809**

[solent.ac.uk/N809](https://solent.ac.uk/N809)



# The High Performance Academy

Indulge your passion for sport while advancing in your academic career. The Solent Sport High Performance Academy supports high-level sporting students who want to balance their university studies with their sporting careers. Eligible students must have outstanding ability in a Sport England-recognised sport. You will already be competing on an international/national stage or show strong evidence of your potential. The programme provides financial support and one-to-one mentoring.

To find out more about the High Performance Academy, including the different levels of support, benefits, eligible sports and how to apply, go to [solent.ac.uk/sport](http://solent.ac.uk/sport)

You can download an application form from the Solent website or contact the high-performance manager.

**Tel:** +44 (0)23 8201 3277

**Email:** [high.performance@solent.ac.uk](mailto:high.performance@solent.ac.uk)





BSc (Hons)

## Applied Sport Science



**Highly rated by students, with 100 per cent overall student satisfaction in the National Student Survey 2015, this is the essential qualification for a wide range of sport science careers.**

You can study physiological, psychological and biomechanical theories, and learn how these can be used to enhance human performance. Solent's focus is on real-world applications. At every occasion you can put your learning into practice. We offer the opportunity for you to gain lab and field experience with elite athletes, from Premier League footballers to national-calibre athletes from our own High Performance Academy.

Alternatively, if you're interested in rehabilitative medicine or school or community coaching, there are opportunities to work with a wide range of real clients.

From our dedicated teaching gym to our specialist sport science labs, it's the quality of our facilities – and our recognised expertise – which makes this possible.

External clients can provide our students with exceptional opportunities for professional experience in strength and conditioning, coaching, nutrition and more. And on top of that, we offer you the opportunity to obtain professional awards and accreditation alongside

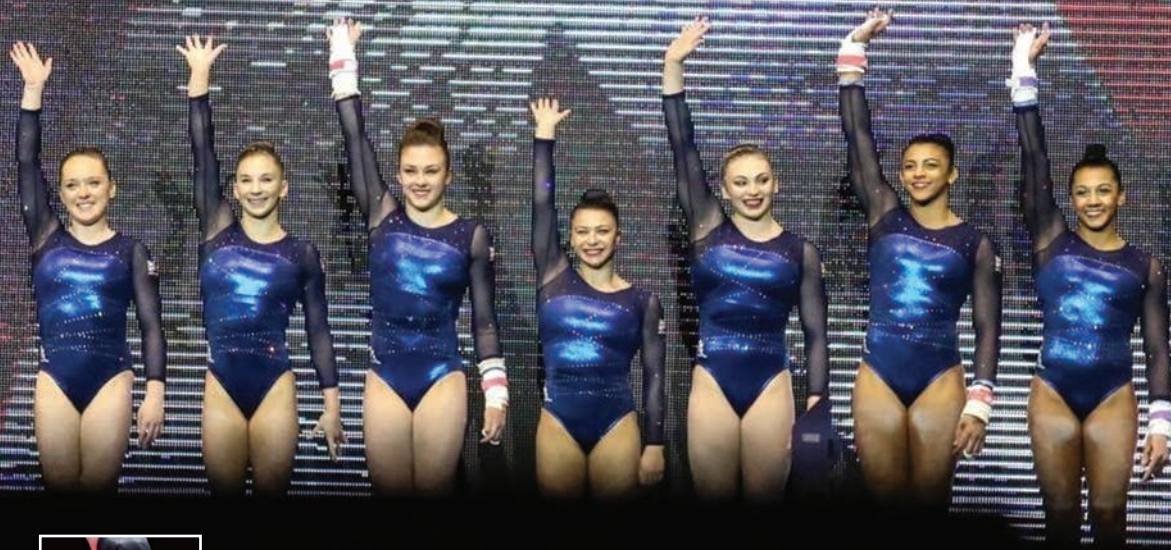
your degree, from national governing body coaching qualifications to the Register of Exercise Professionals – giving your career a competitive edge.



**LENGTH: 3, 4 and 5 years**  
**THREE-YEAR UCAS CODE: C602**

[solent.ac.uk/C602](http://solent.ac.uk/C602)





## Kelly Simm, BSc (Hons) Applied Sport Science student, High Performance Academy, Team GB gymnast

Commonwealth Games gold medallist Kelly Simm joined Southampton Solent University in 2014, studying BSc (Hons) Applied Sport Science. Part of Southampton Solent's High Performance Academy (HPA), Kelly represented Team GB at the World Gymnastics Championships in Glasgow in October this year, where the team won its first ever world team medal. After the team's superb performance at Glasgow, Kelly and the Team GB girls were then able to attend trials for Rio 2016.

"I've been involved in sport from a young age – I can't remember my life without it, so it's always been such

a massive part of my life," said Kelly. "And sport science is something I'd always thought about doing. I applied to Southampton Solent because the course and facilities looked great, and the lecturers and staff seemed really helpful and supportive about my sport.

"The High Performance Academy definitely made my decision about coming here easier. After hearing about it I felt I would be able to cope with the demands of both training and uni with its help. The HPA gives so much support to athletes – all the staff are so good at what they do and are so passionate about trying to help us all.

"They help in so many different ways – financially, with study support, with soft tissue treatment and physio. They are always here if you need anything, and they have been amazing at helping communicate with lecturers and adjusting my timetable so I am still able to keep up 30 hours of training a week.

"Sport is seen to be really important at Solent and everyone is really supportive of each other. I love being an HPA athlete. It's nice to have those people who are going through the same kind of thing as you are in terms of having to balance training and university."





**Paul Laslett**, director of Brightside Personal Training, employs graduate Alex Yates

**Alex Yates**, Brightside Personal Training – BSc (Hons) Fitness and Personal Training graduate

"Alex was very proactive. That's a big thing, to show initiative and make yourself stand out from all the other graduates. When I first met Alex, I could tell we were going to get on. Not only was he very knowledgeable but he was really passionate about personal training. It shows commitment to study for three years."

"The course gave me all the tools I needed for personal training. It was a great way to build the practical side, as well as the knowledge that underpins what you're doing and why you're doing it. Working with clients on a one-to-one basis in a professional setting in the gym gives you a really good idea of what it's going to be like in the industry."



I learnt about human anatomy, gym training, exercise psychology and advanced training principles from some of the most knowledgeable people in the industry. The real-life experience you get on the course is outstanding. Working with a range of real-life clients over the three years really gives you the industry experience and confidence that helps when going into the 'real' world.

I will shortly be working with Steiner as a personal trainer aboard a cruise ship for most of the year, which is going to be a big challenge – but it's one that Solent will have helped me prepare for. ”

**Jonathan**, BSc (Hons) Fitness and Personal Training graduate

BSc (Hons)

## Fitness and Personal Training

**With the University's experience and dedicated fitness training facilities, you can learn all you need to know about fitness and performance.**

Access is available to industry-standard, high-tech fitness training and testing equipment, including our specialised physiology and psychology labs, as well as opportunities to train a wide range of real-life clients in our dedicated health and exercise lab, from older adults or exercise referral patients to disabled users.

The course is endorsed by SkillsActive and can help you get onto the Register of Exercise Professionals (REPs) – allowing you to work in European

countries without further training. REPs is also recognised in New Zealand, the United Arab Emirates, Ireland, South Africa and the USA.

Solent also has excellent links with employers and the fitness industry, so you will have the chance to do work placements and learn from industry guest speakers.

Opportunities also arise to do paid work experience as a supervisor or co-ordinator in the health and exercise lab, giving you brilliant experience for your CV.

In the past we have worked with Brightside Personal Training, Mercury Online Marketing, mefit, the 'Retention Guru' Dr Paul Bedford, Fitness Agents, Steiner, Nuffield Health and Wellbeing, Intelligent Training Systems, The Gym and Solent Health – so there are plenty of opportunities to build contacts with employers and get a head start in your career.



**LENGTH: 3 and 4 years**  
**THREE-YEAR UCAS CODE: C610**

[solent.ac.uk/C610](http://solent.ac.uk/C610)



BA (Hons)

## Fitness Management and Personal Training



**This dynamic and innovative course doesn't just deliver practical personal training experience at a university that's highly rated for sport science – it also provides the key business and management skills you need to turn your passion into a practical career.**

Work in our professional facilities, including a fully equipped, state-of-the-art health and exercise lab, on an industry-approved course endorsed by SkillsActive and recognised by the Register of Exercise Professionals (REPs).

Our qualified staff have relevant industry experience and excellent links with employers and the fitness industry, so you can take the opportunity to build up your contacts as well as your practical skills.

We have links with a variety of fitness companies and organisations, including Steiner, Nuffield Health and Wellbeing, Biomechanics Education, mefit, The Gym and Solent Health.

Study the operation and management of fitness facilities, learn the principles of customer service, marketing and sales, and put your skills into practice on a six-week work placement.

Meanwhile, you'll have the opportunity to train individual clients in our health and exercise labs, and work towards essential fitness qualifications.



**LENGTH: 3 and 4 years**  
**THREE-YEAR UCAS CODE: NC86**

[solent.ac.uk/NC86](https://solent.ac.uk/NC86)





BA (Hons)

## Football Studies

**Get right to the heart of the beautiful game on this exciting course which gives you unrivalled access to excellent facilities, amazing contacts and fantastic work experience opportunities.**

*The Times Good University Guide* recommended Southampton Solent University as a 'leader in football-related academic study', so you can learn from the best.

You can work towards coaching qualifications delivered by our UEFA 'A' and 'Pro' licence coach educators, and study practical and theoretical skills – preparing you for a wide range of professional football roles. In the past our students have obtained internships,

placements and full- and part-time employment with top clubs such as Manchester United, Chelsea, Tottenham Hotspur, Southampton, Manchester City, West Ham United, Crystal Palace and Leicester City.

The course has been developed through academic staff being involved in elite player development, scouting, performance analysis and coach education, and through excellent relationships with UEFA, the FA, the League Managers Association and professional clubs.

Practical sessions take place at the University's multi-million-pound Test Park football centre, which boasts a full-size all-weather 3G sports pitch and an FA Step 5 football arena.

We're also home to the Lawrie McMenemy Centre for Football Research, a world-class research and consultancy centre.



**LENGTH: 3 and 4 years**  
**THREE-YEAR UCAS CODE: CN62**

[solent.ac.uk/CN62](https://solent.ac.uk/CN62)



I am honoured to be able to put my name, and lend my experience, to a research centre which offers a wealth of knowledge and expertise which, both now and in the future, will benefit the football industry enormously.

**Lawrie McMenemy MBE**  
Centre President

## Lawrie McMenemy Centre for Football Research

### Solent – a hub of expertise in the beautiful game

The Lawrie McMenemy Centre for Football Research (LMCFR) brings together academics with expertise in areas as diverse as business and management, coaching and psychology. Working in conjunction with the League Managers Association, the centre provides training for major names in the game including FIFA, the Football Association, the Premier League, the Football League and many of the 92 professional clubs. The centre has been hailed as 'world class' by the Minister for Sport and is recognised as a major centre for football research and consultancy services in the UK.

More information about the LMCFR can be found at [solent.ac.uk/lmcf](http://solent.ac.uk/lmcf)

"The football studies degree has given me the perfect exposure to work in football and has helped me prepare to work in a wonderful industry."

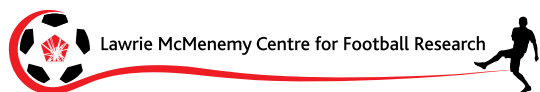
**Marlon Fahy, scouting department, Chelsea FC**

"My degree at Solent without doubt helped me to get this job. I gained a better knowledge of what was needed to work within a professional football club and an understanding of what I wanted to do after I graduated."

**Mark Gamble, football education officer, Southampton FC**

"The football studies degree gave me exposure to a range of opportunities. From internship connections to guest lectures, the course helped me achieve a better understanding of what working within football entailed. It drove me to work hard to develop my practical and theoretical knowledge of football."

**Sam Hall, analyst, Manchester United FC**







BA (Hons)

## Football Studies and Business

**Make your passion your work on this exciting course which our students have given a 100 per cent overall satisfaction rating in the National Student Survey 2015.**

*The Times Good University Guide* recommended Southampton Solent University as a 'leader in football-related academic study', so you'll be in great company. This degree offers both the football and business-related knowledge needed to develop future industry professionals. This includes units in coaching, psychology, sociology, football development and research, marketing, finance, organisational behaviour and business strategy.

You'll also have the chance to benefit from the University's close partnership with Southampton FC and extensive network of contacts in professional clubs and organisations. In the past our students have obtained internships, placements and full- and part-time employment with top clubs such as Chelsea, Southampton, Leicester City, Millwall, Reading and Aldershot Town.

Our facilities are fantastic too. The University's multi-million-pound Test Park football centre boasts a full-size 3G multi-purpose all-weather football pitch, an FA Step 5 football arena, two adult-size grass training pitches and a changing room complex with teaching space.

We're also home to the Lawrie McMenemy Centre for Football Research, a world-class research and consultancy centre.



**LENGTH: 3 and 4 years**  
**THREE-YEAR UCAS CODE: C6NC**

[solent.ac.uk/C6NC](http://solent.ac.uk/C6NC)

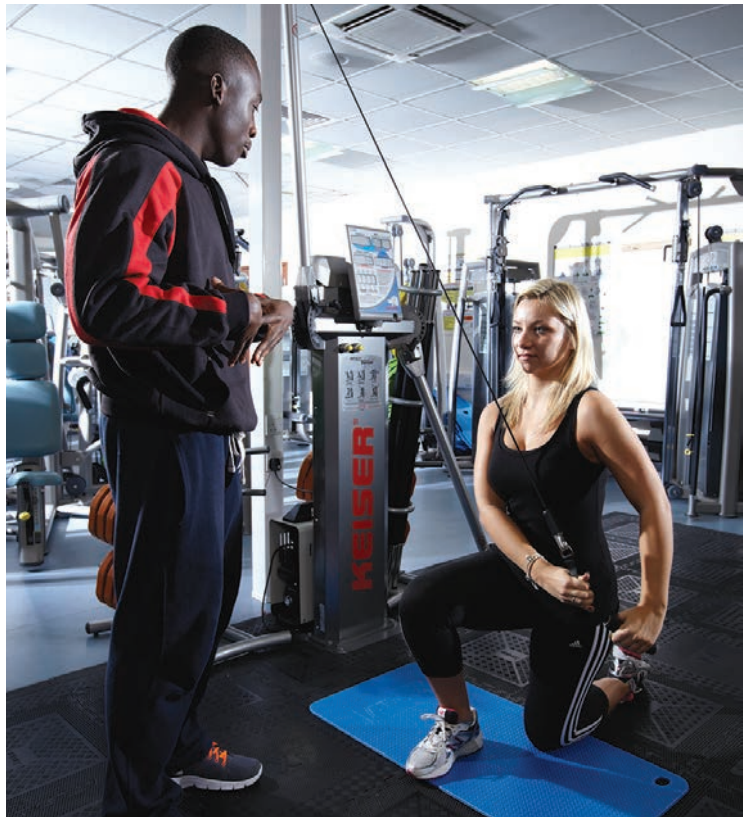




I'm currently working for Just Jhoom!, a Bollywood dance business which collaborates with dance, fitness and yoga professionals to create training programmes.

If it hadn't been compulsory to do the REPs level 2 as part of my course, then I would not have been able to do my Just Jhoom! training, so I'm thankful for the years at Solent and for my wonderful team of lecturers pushing us all in the right direction and inspiring us. ”

**Nirzari**, BSc (Hons) Health, Exercise and Physical Activity graduate



BSc (Hons)

# Health, Exercise and Physical Activity



**The health, exercise and physical activity course has been designed to meet the rising demand for health and exercise professionals in the UK and wider world.**

With an ageing population and an increase in obesity and lifestyle disease rate, the need for practitioners with a mixed skillset in exercise rehabilitation and behaviour change expertise is greater than ever before.

You'll study the areas of health promotion, nutrition, exercise, behaviour change psychology and exercise rehabilitation, which encompass all the aspects required to make people become – and stay – more active, and help those who suffer from complex medical conditions manage their condition better.

The course is accredited by the Register of Exercise Professionals (REPs), and you will have the opportunity to gain the REPs level 3 qualification in exercise referral, as well as a level 4 specialist rehabilitation trainer qualification.

Access is available to our outstanding sport and exercise facilities, including an industry-standard specialist physiology, psychology and biomechanics lab, and you can use the health and exercise lab to work with real clients and develop their personalised training programmes.



**LENGTH: 3 and 4 years**  
**THREE-YEAR UCAS CODE: BC96**

[solent.ac.uk/BC96](http://solent.ac.uk/BC96)



BSc (Hons)

## Sport and Exercise Therapy



**Do you want to help injured athletes recover from injury? This challenging sport and exercise therapy degree will provide you with the essential clinical skills and judgement you need to secure an exciting career working with athletes, sports teams and others.**

The course content is varied, helping you progress to a variety of careers after graduation. You will study a range of areas including injury prevention, recognition and evaluation, management treatment and referral, rehabilitation and education, with a specific focus on applications within a sport and exercise setting.

During your studies you will have access to industry-standard facilities, including our fully equipped modern physiology, psychology, biomechanics, and health and exercise labs. These facilities allow you to practise and hone your skills in a real-life setting. You will also have the opportunity to acquire industry-specific fitness qualifications (REPs) and coaching qualifications (NGB) as you study.

The teaching team has extensive experience in the sports industry – including personal training and sports rehabilitation – and draws on this experience to support your learning with real-life case studies.

Suitable roles for graduates of this programme might include qualified sport and exercise therapists, including working with athletes or sports teams in health and exercise settings.



**LENGTH: 3 and 4 years**  
**THREE-YEAR UCAS CODE: C630**

[solent.ac.uk/C630](https://solent.ac.uk/C630)



BA (Hons)

## Sport and Physical Education

**We have a great reputation for our sport and physical education course at Solent, and offer excellent facilities to support learning. This course has been designed in close consultation with representatives from both the sports industry and the teaching sector, ensuring it's relevant and up-to-date, and offering wide career options in physical education or sport.**

The course provides the perfect springboard into a career as a PE teacher, following either study on a PGCE or qualifying through the School Direct scheme. Whatever your plans, you can obtain the practical and theoretical learning to back up your application for initial teacher training.

The course comprises three central strands: physical education, child development and sports coaching. The physical education strand aims to allow students to build a firm base of PE-specific pedagogy and develop their understanding by providing opportunities for school placements across all three years of study. The child development strand aims to allow students to build a firm understanding of how children grow, develop and mature into adulthood. The sports coaching strand offers opportunities in a wide range of work placements, as well as encouraging students to work towards gaining national governing body (NGB) professional awards.

The University's sporting arm is closely tied to the local education provision – delivering the school sport partnership for Southampton – so there's a wealth of opportunities to gain practical experience across the primary, secondary and sixth-form environments.



**LENGTH: 3 and 4 years**  
**UCAS CODE: 3TTA**

**[solent.ac.uk/3TTA](http://solent.ac.uk/3TTA)**





I really enjoy the practical element of the course and gaining first-hand experience working with real-life athletes. The academic staff are all highly professional and the majority have worked within elite sport, so they have a great depth of knowledge and experience to share.

We've also had guest lecturers come in to talk to us, including Paralympic athletes and Premier League football club personnel. The lecture from GB wheelchair rugby athlete Aaron Phipps was incredibly inspirational and gave a great insight into a side of sport you would never normally be exposed to. ”

**Adam**, BSc (Hons) Sport Coaching graduate

BSc (Hons)

## Sport Coaching

**Helping Southampton's talented young athletes fulfil their sporting potential is just one of the things you could be doing on this course.**

Working with individual athletes and teams, you can build professional experience organising coaching and teaching in schools, colleges and professional sports clubs.

You can work alongside staff in a range of professional organisations – including national governing bodies (NGB) – supporting their coaching and sport science work. And in your third year you could work alongside a high-performance coach in your chosen sport – in the past this has included work for GB diving coach Lindsey

Fraser, world champion boxer King Davidson, GB Wheelchair Rugby and Southampton FC.

You can also learn about the science and art of coaching human sports performance, gaining plenty of practical experience along the way. Access is also available to our sports facilities, including two sports halls, a 3G astro turf pitch, numerous grass pitches and our Warsash Watersports Centre, as well as four purpose-built multi-million-pound sport science laboratories.

We have worked closely with a range of external specialist facilities too, from The Quays Swimming and Diving Complex to the Ageas Bowl cricket

centre and the David Lloyd tennis centre – helping you access the sports you're interested in.

Our graduates have gone on to work for Southampton FC, Bath Rugby and Action for Children, and as teachers and swimming, diving, gymnastics and football coaches.



**LENGTH: 3 and 4 years**  
**THREE-YEAR UCAS CODE: CX6D**

**[solent.ac.uk/CX6D](http://solent.ac.uk/CX6D)**



The course meets the needs of industry and prepares students for employment in sport. The inclusion of work placements and liaison with local employers are particularly strong points. SkillsActive and CIMSPA look forward to working with Solent on other initiatives to support student employability. ”

**Ben**, interim endorsement director at the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

BA (Hons)

## Sport Coaching and Development

**CIMSPA**

**On this dynamic coaching and development course you can work closely with industry practitioners such as Sport Hampshire and Isle of Wight, the Saints Foundation, Solent Health and various sporting national governing bodies (NGB).**

You could have many chances to coach and volunteer – including leading your own community coaching project through the coaching innovation programme (CIP).

There are opportunities for you to gain extensive work experience, drawing on Solent’s excellent relationships with local sports clubs, organisations, fitness clubs, sports centres and summer camps.

You can build a strong grounding in coaching theory, sociology, management, policy studies and the development of sport, preparing you for a range of strategic roles in UK sport after graduation.

If you’re planning to progress to a PGCE in physical education, there are opportunities for you to do a placement with local schools. We offer you a variety of supportive activities throughout your degree, such as learning from guest lecturers from the industry, attending sports conferences and carrying out research on behalf of local sports programmes.

In your spare time you also have access to Solent’s excellent sporting facilities, such as our multi-million-pound Test Park football centre and well-equipped Watersports Centre. And if you’re a talented sports person yourself, you could be eligible to apply for a place in Solent’s High Performance Academy which provides exceptional support, training and facilities for elite athletes.



**LENGTH: 3 and 4 years**  
**THREE-YEAR UCAS CODE: CX61**

[solent.ac.uk/CX61](http://solent.ac.uk/CX61)



We had opportunities to attend guest lectures, hearing the experiences of ex-Premier League footballers and managers. I took part in coaching, fitness and lab-based lessons. I participated in two- to three-day coaching courses to gain valuable coaching qualifications. During my final year I went on a field trip which involved a week of adventure activities on the north coast of Devon, a thrilling and exciting learning experience. ”

**Dan**, BA (Hons) Sports Studies graduate



BA (Hons)

## Sports Studies

**If you love sport and want to make it your career, this course gives you all the options you could want.**

It prepares you for a wide choice of roles in sports coaching, development, research, administration or PE teaching.

You can get both practical training and hands-on experience alongside theoretical studies in the sociology and psychology of sport. There are also a wide range of options which allow for potential specialisation in years two and three. You can also put your learning into practice on sports work and volunteer placements.

We have some fantastic sports facilities here at Solent, including our bespoke sports psychology laboratory and 'outstanding' Ofsted-rated Watersports Centre. Our sports psychology lab includes a computerised psychological assessment tool, an eye-tracking system, a Stabilometer and a Batak reaction wall.

And if you're outstanding in your sports field, you could also have the chance to qualify for one of our high-performance sports awards, receiving practical financial support and expert coaching to enable you to follow your sporting dreams.

There are also plenty of volunteering or work placement opportunities with local sports and fitness clubs, sports centres, summer camps and schools, so you can boost your CV with some brilliant practical experience.

If football's your thing, we're one of the best – and home to the Lawrie McMenemy Centre for Football Research, one of the country's leading research and consultancy centres.



**LENGTH: 3 and 4 years**  
**THREE-YEAR UCAS CODE: C601**

[solent.ac.uk/C601](http://solent.ac.uk/C601)





**Daniel Feist**, head of cricket operations,  
Essex Cricket – BA (Hons) Sports Studies  
graduate

"My studies at Southampton Solent University were built around the needs of employers in the sports industry. Learning was driven by real-life examples and live briefs from within the industry itself, and we were able to put the coaching qualifications we earned into practice straight away through the University's links with the local community.

"After graduating, the network of contacts that my tutors encouraged me to build helped me to secure work at Essex County Cricket Club, where I am now head of cricket operations. This is a dream role for me, as I get to help shape the future of one of my favourite sports and work alongside players who compete at the highest level."



BA (Hons)

## Sports Studies and Business

**If you love sports and business, and want a career in both, you'll love this course. Recent graduates have worked for APB Soccer Schools and Planet Sport, or taken on project management and operational management roles within sports businesses.**

On this innovative degree you can study marketing, human resource management, law and finance alongside sport development, administration, coaching, fitness training and research. You'll be supported to gain professional skills and experience in coaching and fitness, as well as national governing body (NGB) and industry awards.

You'll also have the chance to qualify for one of the high-performance sports awards offered by Solent Sport, the University's sport and recreation provider.

We have some fantastic facilities here at Solent and during your course you will have the opportunity to use them. They include our bespoke sports psychology laboratory, our full-size 3G multi-purpose all-weather sports pitch and floodlit football stadium, and our 'outstanding' OFSTED-rated Watersports Centre.

You'll also be encouraged to gain work experience through volunteering or work placements, drawing on Solent's excellent relationships with local sports clubs and organisations, fitness clubs, sports centres and summer camps.



**LENGTH: 3 and 4 years**  
**THREE-YEAR UCAS CODE: N2N1**

[solent.ac.uk/N2N1](https://solent.ac.uk/N2N1)





Work shadowing and volunteering opportunities in the criminal justice system



Dedicated psychology labs



Regular optional study visits, including to US criminal justice agencies



Practical learning placement opportunities with local councils



My lecturers are very helpful and nice, easy to talk to – and they're always trying to make the lectures as fun and engaging as possible. ”

**Mark, BSc (Hons) Psychology (Counselling) student**





# HEALTH AND SOCIAL SCIENCES

Discover what makes people behave and think the way they do with this exciting range of interdisciplinary courses.

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Maybe you want to help the most vulnerable and follow a career in the charity sector, or become a professional social worker to support people in difficulty. If you're a good listener and can create a trusting relationship with people, you could become a youth worker.

Alternatively, your dedication to health and fitness could see you working in the community promoting the benefits of sports participation, or helping elite sportsmen and women to improve their performance and motivation.

Perhaps your understanding of criminal behaviour and motives could see you working with law enforcement or criminal justice agencies, or mental health charities.

There is a wide range of careers on offer in both the public and private sectors. The NHS is a major employer for health and social science graduates, and there are also well-established graduate schemes within the police force and probation service.

Solent offers access to industry-standard facilities to support your learning, from experimental cubicles and computer laboratories to our ultra-modern sport science laboratories.

Many of our courses are also validated by relevant industry bodies, which can allow you to obtain additional professional qualifications alongside your degree.

During your studies there are plenty of chances to gain relevant professional skills. Many of our courses feature a strong emphasis on scenario-based learning, and we always encourage students to undertake a placement in industry.



BA (Hons)

## Criminal Investigation with Psychology

**This exciting interdisciplinary course will help you understand the underlying social and psychological causes of criminality, focusing on the various forms of criminal behaviour and the ways in which the UK handles criminal justice.**

Alongside a foundation of psychological inquiry and research, you'll study the methods by which crimes are investigated, responsibility allocated and prosecutions secured.

The course offers you the opportunity to build a solid knowledge of criminal investigative practices, seeking to understand how and why people think and interact in the ways they do, and to consider the implications of

psychological and criminological research for criminal investigation.

There will be plenty of opportunities to get hands-on, and you may also have the chance to go on a study trip to the USA, visiting criminal justice agencies there and comparing the approach and attitudes of the USA with those of the UK.

You'll receive support to get that all-important internship and work experience with criminal justice groups, and attend a varied programme of guest lectures.

You can also volunteer or do work shadowing, getting a behind-the-scenes look at agencies such as the

special constabulary, or drugs, alcohol, youth and victim support services.

On graduating, opportunities could be available to you in criminal justice agencies such as the police and the National Crime Agency where a good knowledge of criminal investigation and psychological theory are particularly important for understanding and preventing crime.



**LENGTH: 3, 4 and 5 years**  
**THREE-YEAR UCAS CODE: L4C8**

[solent.ac.uk/L4C8](https://www.solent.ac.uk/L4C8)



Studying criminology at Solent University has been life-changing. The lecturers made studying this course even more interesting, due to them all being so passionate about their field. We had the opportunity to go to Washington DC, undertake great volunteer roles and develop lots of professional contacts within our field. ”

**Hannah**, BA (Hons) Criminology graduate



BA (Hons)

## Criminology

**Explore the definition, nature and incidence of crime – and explanations for criminal behaviour – on this fascinating course which our students have given a 96 per cent overall satisfaction rating in the National Student Survey (2015).**

Different perspectives on policing, investigation, prosecution and punishment will be looked at, as well as the experience of crime victims and how crime is portrayed in the media.

Guest lectures and study visits offer you inside knowledge and a fascinating insight into the world of criminology. Visits have included to the Old Bailey, prisons and the Houses of Parliament,

as well as to the USA to see American criminal justice agencies in action

You can take part in mock sentencing scenarios, business impact reports and crime scene management, helping to bring the subject to life.

You will be offered access to work experience opportunities through Solent’s strong ties to the local criminal justice system. Previous internships and work placements have included the Association of Chief Police Officers Criminal Records Office and the prison service, as well as positions with criminal justice groups.

You can also volunteer or do work shadowing, getting a behind-the-scenes look at agencies such as the special constabulary, or drugs, alcohol, youth and victim support services.

On graduating, opportunities could be available to you in the police, youth offending teams or customs and excise. You could also take a more specialist role depending on your interests, whether as a crime analyst in police services, a cyber-security officer, a fraud investigator or similar.



**LENGTH: 3, 4 and 5 years**  
**THREE-YEAR UCAS CODE: M930**

[solent.ac.uk/M930](http://solent.ac.uk/M930)





**PC Jeanette Denton, Southampton Solent University  
Engagement Officer, Hampshire Constabulary –  
BA (Hons) Criminology graduate**

"The variety of modules, flexibility of learning experience and lecturer knowledge in the field was amazing.

"My course gave me a good grounding and insight into criminology-related subjects at work.

"Uni life was a great experience all round. Studying certainly makes you feel more confident in completing CVs and applications.

"The main focus of my job is geared towards crime prevention in the local community, raising awareness of

certain issues, identifying patterns of criminal behaviour and responding to them. I also work with the partner agencies to ensure that we are engaging with the local community. I enjoy my job – every day is different."



BA (Hons)

## Criminology and Psychology

**This exciting course gives you the opportunity to focus on different aspects of both criminology and psychology.**

You'll have the opportunity to learn to understand the social, psychological and economic factors contributing to criminal behaviour, examine forms of crime and criminality, and study criminal justice structures and processes.

The course offers you the opportunity to build a solid knowledge of psychological working practices, seeking to understand how and why people think and interact in the ways they do and to consider the implications of psychological findings for criminology.

There will be plenty of opportunities to get hands-on, with the possibility of study visits to the USA, internships and work placements with criminal justice groups, and a varied programme of guest lecturers. Previous placements have included the Association of Chief Police Officers Criminal Records Office, the prison service and the Youth Offender Panel.

If you have a particular interest in criminal psychology, you could choose to work as a mental health case worker in local authority community safety units, or within the National Crime Agency, for instance, where psychological theory is particularly important for an understanding of crime.



**LENGTH: 3, 4 and 5 years**  
**THREE-YEAR UCAS CODE: MC98**

[solent.ac.uk/MC98](https://solent.ac.uk/MC98)





MSci

## Mental Health and Psychological Wellbeing

**This integrated master's degree provides specialist training in mental health issues for varied career opportunities in the health and social care sectors.**

Mental health issues are increasingly being understood and recognised, and there is a real demand for skilled professionals who understand these issues and can work with people to improve their emotional wellbeing and quality of life.

The course provides a solid ground in psychology before specialising in mental health. You'll gain practical insights into assessing and working with people experiencing mental health problems such as depression

and anxiety. Additionally, you'll explore the therapeutic techniques used to treat these problems and help people lead healthier, happier lives. Optional units cover everything from cognitive behavioural therapy and mindfulness through to applied psychopathology, enabling you to tailor the learning according to your interests.

You'll have the chance to put learning into practice and we'll support you in arranging a clinical placement. This will involve at least 80 hours of clinical contact time in your final year. There is also an opportunity to study abroad as part of our European placement scheme.

On successful completion of this course, your master's degree will

qualify you to work as a psychological wellbeing practitioner in the National Health Service or as a therapist in the voluntary and private sectors.

Solent has a long and successful track record of professional accreditation for its courses from the British Psychological Society (BPS). Our course content is regularly reviewed and updated to reflect best practice, and continued accreditation is subject to approval of these changes by the BPS. We will seek accreditation for this revised programme shortly.



**LENGTH: 4 years**  
**UCAS CODE: CC84**

**[solent.ac.uk/CC84](https://www.solent.ac.uk/CC84)**





Having been out of full-time education for several years before deciding to return to university, I was unsure about whether I could actually do it. The staff and student support at Southampton Solent University, however, laid a foundation that allowed me to feel confident – building on my academic abilities and continually improving my personal skills.

In my third year I was able to complete my dissertation on the experience of post-traumatic growth following bacterial meningitis survival, and achieved a 'high first' grade – something I could not have dreamed of before arriving at Solent and benefiting from all it had to offer. ”

**Ross**, BSc (Hons) Psychology graduate



BSc (Hons)

## Psychology

**Delve deep into the mysteries of human behaviour, memory and learning on this fascinating course – not merely studying the theory but looking at the practical real-world applications of psychology.**

You'll explore key areas within psychology and discover how psychological study helps us understand and address everyday issues such as coping with stress and maintaining successful relationships.

The course is highly flexible, and optional units allow you to tailor it to suit your interests in wide-ranging areas such as psychology and education, mental health, crime, and sport and fitness. As you learn, access is available to Solent's

dedicated psychophysiological recording equipment, eye-tracking facilities and experimental cubicles.

The teaching team has extensive professional experience, and you'll also gain industry insights from guest lecturers.

There is the option to complete a work placement, and live briefs are included in some units. Previous students have had the opportunity to present their work at British Psychological Society conferences, building their skills and experience further. Recent graduates from our courses have gone on to careers such as mental health support worker, assistant psychologist, therapeutic practitioner and NHS

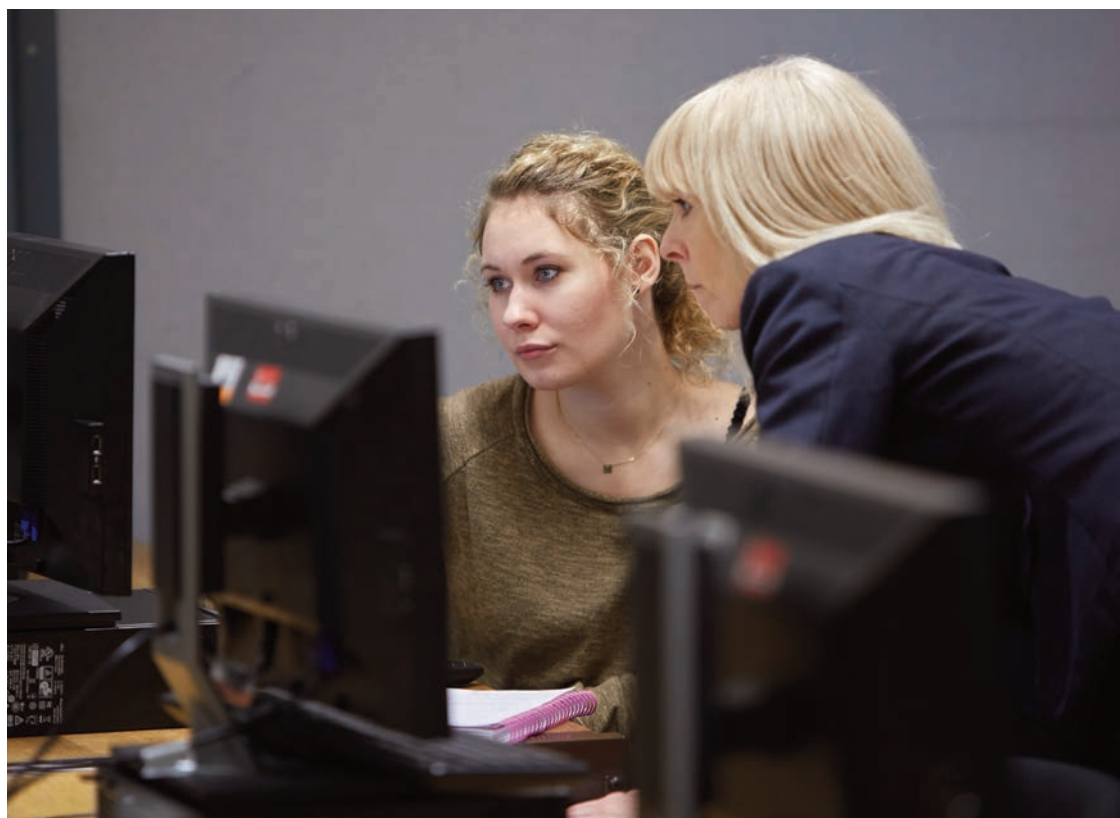
children's health advisor. This course can lead directly to postgraduate training if you wish to work towards registered or chartered status as a psychologist.

Solent has a long and successful track record of professional accreditation for its courses from the British Psychological Society (BPS). Our course content is regularly reviewed and updated to reflect best practice, and continued accreditation is subject to approval of these changes by the BPS. We will seek accreditation for this revised programme shortly.



**LENGTH: 3 years**  
**UCAS CODE: C800**

[solent.ac.uk/C800](https://www.solent.ac.uk/C800)



BSc (Hons)

## Psychology (Child Development and Education)

**If you're interested in finding out how children develop and learn about the world around them, then this course is for you. With a strong focus on real-world applications, you'll gain the skills and knowledge to work in various educational and social care settings.**

You'll get to grips with the fundamentals of psychology before being introduced to the fascinating field of educational psychology and child development.

The course looks at how children develop socially and cognitively, and how psychology has contributed to, and been influenced by, educational practice.

You'll learn to design and conduct scientific research on educational issues and improve your presentation skills, helping you build the transferable skills that employers are looking for.

Throughout your studies you'll work with our experienced course tutors who have specialist expertise in the child development field. You'll have the chance to do a work placement and to study abroad, which could give you the edge in the international employment market.

When you graduate you'll be prepared to pursue diverse opportunities in the educational and healthcare sectors. You may be able to progress to postgraduate training to work towards registered or chartered status as a

psychologist. Recent graduates have gone on to careers such as NHS children's health advisor, psychology and TEFL teacher and English tutor.

Solent has a long and successful track record of professional accreditation for its courses from the British Psychological Society (BPS). Our course content is regularly reviewed and updated to reflect best practice, and continued accreditation is subject to approval of these changes by the BPS. We will seek accreditation for this revised programme shortly.



**LENGTH: 3 years**  
**UCAS CODE: CC80**

[solent.ac.uk/CC80](https://www.solent.ac.uk/CC80)



BSc (Hons)

## Psychology (Counselling and Mental Health)

**Gain practical insights into mental health issues and learn how to help people improve their wellbeing.**

This course explores the methods and approaches used to assess and understand human behaviour – with an emphasis on mental health and counselling.

There is a strong focus on the real-world applications of learning. Practical role-play sessions enable you to put your counselling skills to the test, and you'll be encouraged to find a work placement in a relevant setting, such as a mental health charity.

During your studies, you'll have access to our experimental cubicles, specialist

psychophysiological recording equipment and eye-tracking facilities. You will also have the opportunity to participate in a variety of research projects.

The course provides an excellent starting point for further specialist training in clinical or counselling psychology, mental health support or psychological wellbeing. With relevant work experience, it could lead to postgraduate training if you wish to work towards registered or chartered status as a psychologist.

Graduates from our psychology courses have gone on to a range of careers, including psychological wellbeing practitioner, learning support

worker, therapeutic practitioner and research assistant.

Solent has a long and successful track record of professional accreditation for its courses from the British Psychological Society (BPS). Our course content is regularly reviewed and updated to reflect best practice, and continued accreditation is subject to approval of these changes by the BPS. We will seek accreditation for this revised programme shortly.



**LENGTH: 3 years**  
**UCAS CODE: CC88**

[solent.ac.uk/CC88](https://www.solent.ac.uk/CC88)





BSc (Hons)

## Psychology (Forensic and Psychopathology)

### **Develop an understanding of psychology and its application to criminal behaviour and psychopathology.**

Focusing on real-world applications, this course explores the full range of psychology themes and provides insights into the psychology of crime, psychopathology and mental disorders.

You will hone your problem-solving skills through case studies and gain practical insights into the work of a psychologist. Additionally, you'll have the chance to do a work placement in your third year, and also to study abroad to further enhance your employment prospects.

The course team has wide-ranging professional and academic experience, as well as close links with the prison service and criminal justice agencies. Previous speakers on our psychology courses have included offender managers, voluntary agency workers and members of the prison service.

This degree provides an excellent starting point for a career in the police, prison and probation services and in mental health settings. It could also lead to postgraduate training if you wish to work towards registered or chartered status as a psychologist.

Graduates from our courses have gone on to many different career roles, including probation service officer,

initial crime investigator and police community support officer.

Solent has a long and successful track record of professional accreditation for its courses from the British Psychological Society (BPS). Our course content is regularly reviewed and updated to reflect best practice, and continued accreditation is subject to approval of these changes by the BPS. We will seek accreditation for this revised programme shortly.



**LENGTH: 3 years**  
**UCAS CODE: C80C**

[solent.ac.uk/C80C](https://www.solent.ac.uk/C80C)



BSc (Hons)

## Psychology (Sport and Exercise)

### **Develop an understanding of psychology and its application to sport and exercise.**

This fascinating course allows you to look in depth at human behaviour, with a particular focus on the psychological demands and benefits of sport and exercise.

You'll be taught by an experienced course team, ensuring your learning is right up-to-date with the latest professional developments. As you learn, you'll have access to our outstanding facilities which include professional-standard specialist psychology and sports psychology labs.

In your final year, you'll complete a sports or exercise psychology research project, providing an opportunity to apply your learning in a real-life setting. In recent years, students from our courses have completed research projects with Southampton Football Club and Harlequins Rugby Club.

You'll also have the chance to do a work placement, helping you build your professional connections as well as your practical skills.

Studying this course could provide a starting point for a career in sports psychology, behavioural change or health promotion, and work with elite athletes or sports teams. It could also

lead to postgraduate training if you wish to work towards registered or chartered status as a psychologist.

Solent has a long and successful track record of professional accreditation for its courses from the British Psychological Society (BPS). Our course content is regularly reviewed and updated to reflect best practice, and continued accreditation is subject to approval of these changes by the BPS. We will seek accreditation for this revised programme shortly.



**LENGTH: 3 years**  
**UCAS CODE: C808**

[solent.ac.uk/C808](https://solent.ac.uk/C808)



BA (Hons)

## Social Work

**If you care about equality and want to develop a rewarding professional career helping others, this course offers the professional and academic qualifications you need.**

It's suitable for all levels of industry experience and provides up-to-the-minute training that incorporates the latest news and developments from the social work sector.

The course is also approved by the Health and Care Professions Council (HCPC) – the regulatory body for health and care education and training programmes.

Taught by an experienced professional team, you will have the opportunity to develop a thorough grounding in social work theory, as well as the skills, values and first-hand experience needed to work in this sector.

You can build valuable experience and meet guest lecturers from the profession. The course offers you the skills to work in child or adult services, mental health teams, specialist residential units, advocacy services and a wide variety of community-based services, giving you good career options.

As part of your studies you can complete two periods of work experience in either local authorities or voluntary, private or independent organisations in the region.

Solent University has the professional connections and partnership arrangements for learning placements with four local authorities (Southampton City, Hampshire, Portsmouth and the Isle of Wight), as well as many other social care organisations.



**LENGTH: 3 years**  
**UCAS CODE: L501**

[solent.ac.uk/L501](https://solent.ac.uk/L501)





**Sonya,**  
BA (Hons) Social Work student

"I chose to study at Southampton Solent because the University is right in the heart of a vibrant, student-friendly city.

"The course was rated highly in comparison to those offered by other universities, and I found the interview process to be far friendlier and more relaxed than others that I had been to. The tutors were approachable and enthusiastic, which made me feel really positive about accepting my place here.

"I have thoroughly enjoyed the last two years; I have had two placements

within the mental health field, which at first I felt apprehensive about because I had no experience at all, but now I can't think of another area of social work that I would like to work in more. Through my placements I have met some amazing and inspiring people, and working with service users and other professionals has been an invaluable learning experience.

"My time on campus has also been positive; we have had the opportunity to interact with guest speakers and professionals, which has contributed to our learning.

"I've also had time to settle into student life and get to know my peers, who are now some of my best friends.

"I would recommend the social work course at Southampton Solent University as it has made me view society from a range of perspectives, and it has given me some invaluable and positive experiences. Although it is often very challenging, I have realised how rewarding it is to help vulnerable people live their lives as happily and as independently as they can."





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