

YOUR APPLICANT DAY SCHEDULE

WEDNESDAY 6 FEBRUARY 2019

Check In

Thank you for booking onto an Applicant Day. This is a fantastic opportunity to explore your course in more detail and meet your future course-mates. When you arrive on the day, please remember to check in at the [Student Hub](#) at [Headingley Campus](#) where we will give you details about your course sessions and will answer any questions you might have. Our check-in desk is open from 09:30 - please try to arrive around 30 minutes before your first activity.

Sport & Exercise Nutrition

Session	Start	Finish
<p>Welcome Talk & Course Presentation</p> <p>This presentation will provide you with a brief overview of your chosen course, including an introduction to the course team, details of the course structure, the exciting new campus facility developments and career prospects. A short sample lecture will also give you an insight into the teaching of one of the key sport and exercise science disciplines and how we deliver lectures in that particular topic.</p>	11:00	11:50
<p>Interactive Workshops and Free Time for Lunch, Accommodation and Campus Tours</p> <p>During this period, you will have the opportunity to take part in the following two interactive workshops, each 50-minutes in length, as well as enjoy an hour's free time for lunch, or to take part in any of the tours listed over the page.</p> <p>The order in which you take part in these workshops will vary depending on which group you are assigned to on the day.</p> <p>Workshop 1 – Nutrition and Physiology</p> <p>This interactive session will simulate a laboratory practical with our student volunteers put through their paces in a submaximal exercise test. Supported by our physiology and nutrition lecturers, you will examine acute physiological responses to exercise. You will use a range of cardiovascular, respiratory and metabolic measures to evaluate the body's response to exercise and increasing demand for energy. The session will provide you with a snapshot of how we evaluate the body's integrated response to exercise and demonstrate applications in sport and exercise nutrition.</p> <p>Workshop 2 – Nutrition for Health & Performance</p> <p>This interactive session will explore the links between physiology and psychology using examples of biofeedback relevant to sport performance. With the help of our student volunteers put through their paces you will gain an understanding of the relationships amongst deception, perceived exertion and physiological response to exercise. You will experience first-hand how staff research and applied practice will inform your learning on this course.</p>	12:00	15:00
<p>Open Drop in Session</p> <p>We do not want you to leave with any unanswered questions. Please feel free to pop in and share any questions and comments before departing. This opportunity will be facilitated by members of our course team whom you will have met throughout the day.</p>	15:00	15:50

Please see over the page for details on our campus and accommodation tours



Your Journey to Beckett: What Happens Next?

This 40-minute talk will prepare you for the next steps in your journey, offering advice and guidance on financing your studies, the application process, accommodation, student support and how to get ready for uni life.

Times: 10:00 – 10:40

Campus Tours

Experience a taste of university life as our Student Ambassadors show you around Headingley Campus.

Times: Every 20 minutes, from 09:30 to 17:30

Duration: 30 to 45 minutes

Accommodation Tours

Visit our halls of residence where you will see our accommodation first-hand. The tours will provide a great insight into what living away from home is really like.

Carnegie Village (walking)

Times:

Every 15 minutes, from 09:30 to 17:30

Duration:

45 minutes to 1 hour

Kirkstall Brewery (via coach)

Times:

Every 30 minutes, from 09:30 to 16:30

Duration:

1 to 1½ hours

Student Support & University Life Exhibition

Staff from the following areas will be available to provide further information and answer any questions you may have:

- ✓ Accommodation & Residential Services
- ✓ Exchanges, Study Abroad & Volunteering
- ✓ Job Shop
- ✓ Sport & Active Lifestyles
- ✓ Student Admissions
- ✓ Student Money
- ✓ Student Services
- ✓ Students' Union

We hope you enjoy your day.



Leeds Beckett University has been awarded silver status in the Teaching Excellence Framework.



93.3% of our UK undergraduates are in work or further study six months after graduating.

Destinations of Leavers from Higher Education survey 2016-17.



85% Student Satisfaction in the National Student Survey 2018, above the sector average.