



MSc Sport Rehabilitation

**CARDIFF SCHOOL of SPORT
& HEALTH SCIENCES**

**Induction & Enrolment Information
Academic Year 2019**



**Cardiff
Metropolitan
University**

**Prifysgol
Metropolitan
Caerdydd**

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1. Welcome from your Teaching Team

Congratulations on gaining a place on your Masters programme. On behalf of your programme team, I would like to welcome you to the start of your postgraduate studies here in the Cardiff School of Sport & Health Sciences. The 'Sport' programmes within the School constitute one of the largest and most comprehensive set of sport-related postgraduate courses in the UK. Your teaching will be provided by experienced staff with high levels of professional and research knowledge.

Cyncoed campus, where these programmes are delivered, is a vibrant and friendly campus with a wide range of sport and exercise activities happening on a daily basis. These activities may range from the training of elite national athletes through to local children taking part in many of our community-focused sport and activity sessions. Please take time away from your studies to get involved with some of these activities as they may help to further develop your professional skills and employability. If you have aspirations to compete on our sports teams (or even to help in support roles) please refer to the section on 'performance sport' link later in this document.

The nature of study on a postgraduate programme is that you will mostly be taught in fairly small group sizes and we hope that this lends itself to creating a friendly and nurturing atmosphere in which to further your knowledge. Please get involved with the possibilities that are presented during your Masters programme and from the broader University community of which you are a part.

Finally, welcome to Cardiff, our exciting capital city of culture and sport. Should you need a change of scene, wonderful countryside and seaside are never far away!

We are delighted that you have chosen us for the next step in your career and we hope that your experience on the Masters programme is all that you wished for.

Michael Hughes, PhD.

Coordinator of Postgraduate Programmes (Cardiff School of Sport & Health Sciences).

2. Enrolment / Student MetCard Collection

Enrolment is an important process which confirms your status as a Student. You can complete the online self-enrolment process from any computer through our Self Service system. Please note that in order to self-enrol; your status must be Unconditional Firm (UF).

You will receive an email notifying you when you are eligible to enrol online. The email will direct you to a password reset facility in order to request a password to be able to login and complete the enrolment process. For information and guidance on this process please make sure you visit our enrolment page – www.cardiffmet.ac.uk/enrolment.

This process is essential in that it will allow you access to your student loan (if applied for), payment of fees, Cardiff Met's IT systems and importantly enable you to obtain your Student MetCard.

You will also receive your Programme Handbook during your Induction Week.

Enrolment for International Students from outside the EU

If you are an international student (from outside the EU) you **will not** be required to enrol online before arriving at Cardiff Met. This is because it is a legal requirement for the university to check immigration documents of international students before they are permitted to enrol onto their courses. For more information about international student enrolment and a list of documents you will need to bring with you, please access the [international student pages](#) or contact the Immigration Compliance Team at immigrationregs@cardiffmet.ac.uk or Tel: 029 2041 5644.

Library & Information Services

You will have access to Cardiff Met's Library & Information Services soon after completing your online enrolment. A confirmation email will be sent to you with your Cardiff Met login details. To see the facilities and services available, please refer to www.cardiffmet.ac.uk/library.

Your Student MetCard

A scheduled time for collection of your MetCard will be stated within your Induction Week information. Your MetCard gives you access to all main campus buildings and doors. You can also add money to your MetCard to be able to access and pay at the self-service printers, copiers and Print Studio services. For further benefits of MetCard please click [here](#).

Fees

Your programme fees for September 2019 entry have been set at £9,000. If your programme has any additional costs attached to it, they will be listed on www.cardiffmet.ac.uk/additionalcosts. Please make sure you check these to make sure you are aware of any additional costs associated with your course.

Details about fees for international students (from outside the EU) can be found [here](#).

3. Countdown to starting your studies

This joining information will be the first in a series of communications with you over the next few weeks preparing you for the start of your programme. Most of these messages are through general emails and links but some of you may also have specific contact from your programme director. If you have questions that remain unanswered about your programme please contact our admin team (ccprogadmin@cardiffmet.ac.uk) or your own programme director (see details below).

- One of your main general tasks before starting the programme will be to complete your **Enrolment**. This can only happen once you have accepted the offer made to you by the University and once you have fulfilled all conditions of the offer made. Enrolment will involve you picking your modules but please note that you can still make changes in option modules until the first term begins.
- The first recommended activity for your **Induction** will be to attend Fresher's Fair on Wednesday 18th September on Cyncoed Campus. Here, you will find lots of general information about the university including many stalls showcasing the Societies, Sports Clubs and the Student Union
- The main postgraduate Induction event will take place on **Thursday 19th September at 11am**. Please meet in Room C1.04. There will be further general induction events for all students on the postgraduate (Sport) programmes at 3pm, followed by the first chance to meet your new course mates and teaching staff. There will be allotted times for obtaining your all-important ID cards and some introductory academic tasks to prepare you for the first week of teaching.
 - This induction event will finish with a social event on Campus between 6pm and 8pm.
- **Teaching** will begin on the week commencing 23rd September. At this stage, your programme timetable is not yet confirmed but we will communicate this to you by the time of induction week if not before. The academic calendar follows.

Academic Calendar 2019 / 2020

Week Commencing:	Week Number	General Notes	Post-graduate notes
16 Sep 2019	8	Enrolment & Induction Week	
23 Sep 2019	9	Term 1 Teaching Begins	
30 Sep 2019	10		
07 Oct 2019	11		
14 Oct 2019	12		
21 Oct 2019	13		
28 Oct 2019	14		
04 Nov 2019	15		
11 Nov 2019	16		
18 Nov 2019	17		
25 Nov 2019	18		
02 Dec 2019	19		
09 Dec 2019	20	Terms 1 Teaching Ends	
16 Dec 2019	21	CHRISTMAS VACATION	Final Term 1 assignment submissions around here
23 Dec 2019	22		
30 Dec 2019	23		
06 Jan 2020	24	Plans for this week may vary between programmes – your programme director will advise	
13 Jan 2020	25	Term 2 Teaching Begins	
20 Jan 2020	26		
27 Jan 2020	27		
03 Feb 2020	28		
10 Feb 2020	29		
17 Feb 2020	30		
24 Feb 2020	31		
02 Mar 2020	32		
09 Mar 2020	33		
16 Mar 2020	34		
23 Mar 2020	35		
30 Mar 2020	36	Terms 2 Teaching Ends	
06 Apr 2020	37	EASTER VACATION	Final Term 2 assignment submissions around here
13 Apr 2020	38		
20 Apr 2020	39		
27 Apr 2020 - onwards	40 – onwards	Term 3 Begins The taught (classroom-based) modules of many programmes will have finished by now but some will continue into term 3 – these plans will be communicated by your Programme Director	

4. Contact with your Programme Team

If you need to contact us concerning any aspect of your programme, or any information contained within this letter, please contact your Programme Director or:

Cardiff School of Sport Programmes admin team (CCProadmin@cardiffmet.ac.uk)

Programme name	Programme Director	Email for PD
Professional Practice (Performance Analysis)	Lucy Holmes	lholmes@cardiffmet.ac.uk
Sociology and Ethics of Sport	David Brown	dbrown@cardiffmet.ac.uk
Sport & Exercise Science	Michael Hughes	mghughes@cardiffmet.ac.uk
Sport Broadcast	Joe Towns	jtowns@cardiffmet.ac.uk
Sport Coaching and Pedagogy	Gethin Thomas	glthomas@cardiffmet.ac.uk
Sport Management & Leadership	Mark Lowther	mlowther@cardiffmet.ac.uk
Sport Performance Analysis	Peter O'Donoghue	podonoghue@cardiffmet.ac.uk
Sport Psychology	Karen Howells	khowells@cardiffmet.ac.uk
Sport Rehabilitation	Adeline Miles	ajmiles@cardiffmet.ac.uk
Strength & Conditioning	Jeremy Moody	jmoody@cardiffmet.ac.uk

5. Contact with Performance Sport Staff

If you are interested in participating in our high-level sport clubs, contacts for many sports are given below. A wider range of clubs will also publicise themselves at Fresher's Fair.

Sport / Coach or Performance Director	Email
ATHLETICS - James Thie	jthie@cardiffmet.ac.uk
BADMINTON - Donal O'Halloran	donal.ohalloran@badminton.wales
BASKETBALL - Stef Collins	scollins@cardiffmet.ac.uk
CRICKET - Mark O'Leary	mdoleary@cardiffmet.ac.uk
FOOTBALL (Men) - Dr Christian Edwards	cedwards@cardiffmet.ac.uk
FOOTBALL (Women) - Dr Kerry Harris	kharris@cardiffmet.ac.uk
HOCKEY - Luke Hawker	luhawker@cardiffmet.ac.uk
NETBALL - Suzy Drane	sdrane@cardiffmet.ac.uk
ROWING - Owain Jones	owainaron@gmail.com
RUGBY (Men) - Daniel Milton	dmilton@cardiffmet.ac.uk
RUGBY (Women) - Alan Sheppard	asheppard@cardiffmet.ac.uk
SQUASH - Greg Dainty	gdainty@cardiffmet.ac.uk
SWIMMING - Dan Davies	jddavies@cardiffmet.ac.uk
TENNIS - Ellen Jones	emjones@cardiffmet.ac.uk
TRAMPOLINE - Mark Samuels	msamuels@cardiffmet.ac.uk
TRIATHLON - Luke Watson	ntpcw@welshtriathlon.org

6. Useful links

The links below may prove useful over the next few months. Additionally, you can also find more information on what to expect when you arrive on our New Students pages

www.cardiffmet.ac.uk/newstudents

- [Academic Handbook](#)
- [Accommodation](#) Or contact the Accommodation Officer on 02920 416188.
- [Admissions Policy](#)
- [Campus Maps & Met Rider](#)
- [Cardiff Met News](#)
- [Cardiff Met Sport & Facilities](#)
- [Cardiff Met SU](#)
- [Library services](#) Or contact the Campus Librarian on 02920 416242
- [Performance Sport](#)
- [Student Finance](#)
For information on tuition fees, alumni discount, loans and scholarships, as well as contact information for the Student Finance Advisory Service.
- [Student Services](#)
For help during your time with us in relation to your health, welfare, lifestyle and future career. The aim is to provide you with all the support you need to ensure your studies are as enjoyable and successful as possible. Services also include counselling, disability and chaplaincy.
- [Term Dates](#)
- [Virtual Tours](#)
Have another look around our campus and facilities