

**WE ARE  
#CARDIFFMET**

**BSc (HONS) NUTRITION**

**CARDIFF SCHOOL OF  
SPORT AND HEALTH SCIENCES**

**Induction & Enrolment Information**

**Academic Year 2019/2020**



**Cardiff  
Metropolitan  
University**

**Prifysgol  
Metropolitan  
Caerdydd**

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## 1. Welcome from your Teaching Team

A warm welcome to BSc (Hons) Nutrition here at Cardiff Metropolitan University. We looking forward to meeting you soon as you embark on your professional nutrition training with us.

**High quality programmes** - The Cardiff School of Sport and Health Sciences has a long history of offering high quality programmes in dietetics, food science and nutrition, drawing on established links with the NHS and the food industry.

**Employability** - Nutritionists are employed to promote health and prevent nutrition-related illness in the health care sector as part of public health teams, health promotion and community development initiatives. There are opportunities for nutrition graduates to work with dietitians, government agencies, food manufacturers, retailers and the consumer. Opportunities also exist within developing countries as part of government nutrition and education programmes. In addition there are employment prospects in education, research, policy development, sports nutrition and journalism. Attaining this graduate qualification demonstrates a sound knowledge base in evidence-based nutrition and the practical skills to enable consumers to improve their health through better nutrition.

**Tailor your degree to your future career** - Students can tailor their degree to focus on the areas which they are most likely to need in their future career. Those who wish to go on to train to be Dietitians are recommended to study Nutritional Biochemistry and Physiology together with Health Sociology and Health Psychology. While those who wish to work in developing countries are recommended to study Global Nutrition and Health Promotion. There is a national shortage of qualified food science and nutrition professionals and food manufacturers are becoming increasingly aware of the role and importance of nutrition, in particular in new product development. Accordingly students who wish to expand their skills in this area are encouraged to study Food Product Development and Food Composition and Labelling.

**Professional Accreditation** - This programme is the only course in Wales to be accredited by the UK Association for Nutrition (AfN). This enables our graduates to be professionally recognised with the knowledge and skills which employers value. Completing an accredited course enables graduates to become Associate Registered Nutritionists and to use the title 'AssocRNutr'. After three years of relevant experience they can then become Registered Nutritionists and use the title 'RNutr'. For more information visit [www.associationfornutrition.org](http://www.associationfornutrition.org).

Please do get in touch with us with questions and queries before induction week. You can ring me directly on 029 2041 6877 or email at [hwickett@cardiffmet.ac.uk](mailto:hwickett@cardiffmet.ac.uk)

We look forward to meeting you soon

Hilary Wickett RD RNutr

Programme Director BSc (Hons) Nutrition

## 2. Pre-Induction Tasks

Many students find it helpful to prepare for University study by reading:

The Study Skills Handbook (5<sup>th</sup> edition) by Stella Cottrell (2019) Palgrave publishers.

ISBN: 978-1137610874. £15.

This book is very easy to read and provides a great opportunity to refine your study skills before embarking on University level lectures and assignments. Even students who have felt they already have good study skills have found this book helpful. It is also directly useful for one of the key professional skills assignments. It is however optional and copies are available in the University library once you have enrolled.

### Books

We have a well-stocked library with books, journals and e-resources to support your studies. If you wish to purchase your own copies of books, you are advised to wait until the course starts before doing so. During induction week, there will be an opportunity to browse relevant textbooks which you will refer to during your studies.

Those students who feel that their background in Biology or Chemistry is limited will benefit from some supplementary reading before the course commences. Recommended books are:

- Lewis, R and Evans W (2018) Palgrave Foundations, Chemistry (5th ed). Palgrave Macmillan.
- Waugh, A and Grant, A (2018) Ross & Wilson Anatomy and Physiology in Health and Illness (13<sup>th</sup> edition). Elsevier.

Students typically use a core nutrition textbook during Year 1 which is often one of the following:

- Geissler, C. (ed) (2017) Human Nutrition (13<sup>th</sup> edition). Churchill Livingstone.
- Mann, T. and Truswell, A.S. (Eds) (2017) Essentials of Human Nutrition (5<sup>th</sup> Edition). Oxford University Press

### Additional Course Costs:

**For this course you will be required to purchase a food grade white coat for kitchen practicals. You should have this ready for the start of term. These are widely available (e.g. through Amazon, Alexandra work wear or Blue Max Banner) for around £15.**

### Sport Kit Order

Once you have enrolled online, you will be sent information about ordering a free Cardiff School of Sport and Health Sciences kit package. Please place your order online prior to arrival should you want to. You will be able to collect your kit on campus during your Induction Week.

### 3. 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](http://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. The Programme Handbook is a vital manual through the Programme and should be retained for usage throughout your course of study. Each academic year, additional information relating to that level will be provided. The Handbook offers guidance on Rules, Regulations and Procedures and guidance on learning for practice with information on all modules to be undertaken and reading lists.

#### 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](mailto:immigrationregs@cardiffmet.ac.uk) 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](http://www.cardiffmet.ac.uk/library).

#### Your Student MetCard

A scheduled time for collection of your MetCard is 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](http://www.cardiffmet.ac.uk/additionalcosts). You should already be aware of these costs.

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

## 4 Induction Week Timetable

Your first semester as a new student starts with Induction Week, where you will settle into your accommodation, course and student life. Your Induction Week timetable is a schedule of events designed to familiarise you with Cardiff Met, its facilities and your fellow students. You will be given the chance to attend a range of events covering your course, library services, IT, student services and students union. You will also meet, and have a number of sessions, with your personal tutor to make your academic transition as smooth as possible.

There is the Freshers Fayre where you can sign up to a number of different societies and clubs, and the MetFest social event on Friday afternoon.

**Don't forget to get involved on Twitter with we are #cardiffmet.**

If you are new to Cardiff, there will also be plenty of opportunities for you explore the city, make new friends and settle into your new life.

Induction is a big occasion on campus and everyone gets involved. Don't be afraid to stop and ask - all of the staff and students are happy to welcome anyone new on campus.

Your events and confirmed timetable are currently being finalised and will be uploaded as a separate document on our [New Students](#) pages for you.

## 5. Draft Timetable / Typical Attendance

Our course is full time over 3 years. The exact timetable is still being finalised at the time of writing but we appreciate it's very helpful to know what the teaching commitments are likely to be so you can plan your other commitments.

Firstly, teaching is concentrated into 3 terms. These are likely to be shorter than the terms from your previous study, the dates can be viewed here: [Term Dates](#)

The timetable does vary from week to week depending on which tutorial and practical groups you are in but generally speaking you can expect to have teaching every day with a break on Wednesday afternoons for optional extra-curricular activities/study time;

Monday 9am – 5pm

Tuesday 9am – 5pm

Wednesday 9am – 1pm

Thursday 9am – 5pm

Friday 9am – 4pm

Each week varies, so some weeks, there will be no 9am starts and other weeks no 4-5pm finishes. We will spend time looking at the timetable in detail during induction week.

As the course progresses, your contact time reduces, therefore typically in your final third year, your teaching is concentrated on just two days of the week (Monday and Tuesday only).

As a first year student, you will have access to your confirmed timetable from Induction Week, which is prior to the first week of teaching. *NB: Timetables are subject to change, right up to and including the start of term.* The link to access the timetabling system is listed under the [Useful Links](#).

Please note that you will need to be enrolled before you can access this information. If your place has been confirmed but you have not been notified that you can enrol, please contact Admissions on what to do next.

## 6. Useful Links

### [Timetable](#)

This link will give you access to your confirmed timetable. You need to have enrolled before you can access this link, and you will be contacted when the information is available.

### [Additional Course Costs](#)

Additional costs are the mandatory or optional expenses, additional to tuition fees that need to be paid for by students to fully participate and complete their studies. This covers such things as equipment, trips, placements and DBS checks. Each programme has different additional costs.

### [Accommodation](#)

Students are able to move into Halls from Friday 14<sup>th</sup> September but internet access will only be available for those who have completed the enrolment process successfully. There will be events held throughout Induction, information of will be sent to you by Accommodation when confirmed.

### [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.

### [Student Finance](#)

For information on Tuition Fee Loans and Maintenance Loans, non-repayable grants, bursaries and scholarships that may be available.

### [Cardiff Met Sport & Facilities](#)

### [Cardiff Met SU](#) *including Freshers information & wristbands*

### [Term Dates](#)



### [Campus Maps, Bike Shelters & Met Rider](#)

Cardiff Met offers its own bus service called the Met Rider, you will be sent an application with your Induction & Enrolment Information. We also have Bicycle Storage shelters on each campus, with changing and showers available. The shelters are secured and are only accessed using your MetCard when you have requested permissions via the i-zone.

### [Safe Taxi Scheme](#)

Cardiff Met operates a Safe Taxi scheme through Dragon Taxis which ensures you always have a way to get home.

### [Virtual Tours](#)

Have another look around our campus and facilities with our guided virtual tours

### [Student Handbook](#)

### [Academic Handbook](#)

### [Admissions Policy](#)

# WELCOME 2019

## induction week timetable

**COURSE TITLE:** Nutrition

**CAMPUS:** Llandaff

MONDAY 16 <sup>th</sup> SEPTEMBER Dydd Llun 16 Medi	TUESDAY 17 <sup>th</sup> SEPTEMBER Dydd Mawrth 17 Medi	WEDNESDAY 18 <sup>th</sup> SEPTEMBER Dydd Mercher 18 Medi	THURSDAY 19 <sup>th</sup> SEPTEMBER Dydd Iau 19 Medi	FRIDAY 20 <sup>th</sup> SEPTEMBER Dydd Gwener 20 Medi
<p><b>10:00-12:00</b> Course Orientation 1 Hilary Wickett Room O307</p> <p><b>12:00-13:00</b> Lunch break</p> <p><b>13:00-14:00</b> Rough guide to year 1 Year 3 BSc Nutrition students Room A0.21b</p> <p><b>14:00-14:45</b> ID cards</p> <p><b>15:00-15:30</b> Campus orientation Hilary Wickett Meet at front reception</p> <p><b>Evening</b> SU Activities</p>	<p><b>10:00-12:00</b> Course Orientation 2 Hilary Wickett Room A0.17b</p> <p><b>12:00-12:20</b> Sports kit collection Room CO.21</p> <p><b>12:20-13:00</b> Lunch break</p> <p><b>13:00-14:00</b> Course Orientation 3 Hilary Wickett Room A017b</p> <p><b>Evening</b> SU Activities</p>	<p><b>10:00 – 16:00</b> <b>Freshers Fayre</b>  Cyncoed Campus National Indoor Athletics Centre (NIAC)  <i>Your Student MetCard can be picked up throughout the day from the Enrolment Team based in the fayre.</i></p> <p><b>Evening</b> SU Activities</p>	<p><b>10:00-10:30</b> Nutrition resources with Shirley Hinde Room A0.31</p> <p><b>10:30-11:30</b> Academic Skills with Andrew Morgans – TBC Room A0.31</p> <p><b>11:30-12:00</b> Meet the team Room: D1.25 Consumer kitchen</p> <p><b>12:00-12:30</b> Meet your personal tutor as a group D1.25, A0.17a, O0.23, A0.17b</p> <p><b>12:30 -13:00</b> Lunch</p> <p><b>13:00-14:00</b> Course Orientation 4 with Hilary Wickett Room A017b</p> <p><b>14:00-17:00</b> Scheduled 1 to 1 appointments with personal tutor Rhiannon Harris D1.14 Vicky Krawec D1.15 Hilary Wickett D1.15 Shirley Hinde D1.13 Katherine Gallimore D1.13</p> <p>Bus tours</p>	<p><b>Free Time</b></p> <p><b>12.00 - 17.00</b> <b>MetFest</b> Llandaff Campus</p>

Course specific events

Social Events