



LAETICIA

**/ BSC (HONS) SPORTS SCIENCE (HUMAN PERFORMANCE) GRADUATE
AND CURRENT MSC CLINICAL EXERCISE PHYSIOLOGY STUDENT**



I graduated from the Sports Science course at Salford in 2020. I chose the Sports Science, Human Performance pathway because I was really interested in the physiological and psychological side of Sports Science and this module allowed me to explore that further by devising an intervention for a basketball player to improve his performance psychologically, physiologically and bio-mechanical performance.

I was attracted to Salford initially because I liked how you could specialise in a pathway in the final year of the programme. As well as this, Salford Quays is such a nice place and I liked how Manchester is such a short distance away so you are in the midst of everything.

The support on the course was really good. All the lecturers would go the extra mile for you if you showed that you were interested and dedicated to the course. They reply to your emails very quickly and help you with any queries or problems that you have. The best thing about my course was how interactive it was. There were always practical sessions which helped to put theory into practice.

I completed two placements whilst on the course, one at Bolton Lads and Girls Club where I worked with underprivileged children. When I was there, I would organise sports clubs or activities for the children to make their time there enjoyable or just offer a listening ear if they wanted to offload their troubles. I also completed hours in the physiology laboratories at Salford where I led multiple virtual reality sessions where individuals would take part and we would measure their physiological variables such as heart rate and oxygen saturation to see how different virtual reality is to normal exercise.

I am now studying for a Master's in Clinical Exercise Physiology at Salford. The Sports Science course has definitely helped me prepare for this course by teaching me the foundations of physiology and overall sports science.

Laeticia's Top Tip: Definitely join a society! It will help you make lots of friends and is one of the best things I have done at University.

