



University of
Salford
MANCHESTER

YOUR GUIDE TO STUDYING

SPORT AND EXERCISE

AT THE UNIVERSITY OF SALFORD

SCHOOL OF
**HEALTH
& SOCIETY**

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SPORT AND EXERCISE AT SALFORD

Sport, exercise and rehabilitation are major global industries. For those at the cutting edge of athletic performance, sport scientists provide specialist technical support and guidance to optimise and maximise physical function, working predominantly with trained individuals or groups.

More broadly, as part of a drive to increase the health and wellbeing of a largely inactive and unhealthy UK population, nutrition and exercise practitioners devise and deliver physical activity and nutritional interventions to improve health outcomes and enhance quality of life for general populations and those with chronic disease.

In clinical settings, sports rehabilitators are well-positioned to design and deliver treatment programmes for individuals across a broad spectrum, from those with chronic illness to elite athletes returning to sport following injury or trauma. For these reasons, career opportunities for those with interests in sport, exercise and rehabilitation are increasing dramatically in range and scope.

We are proud of our sport and exercise offering at Salford. Our courses are well-established and we have a strong reputation, recognised by professionals working across the industry.



OUR COURSES

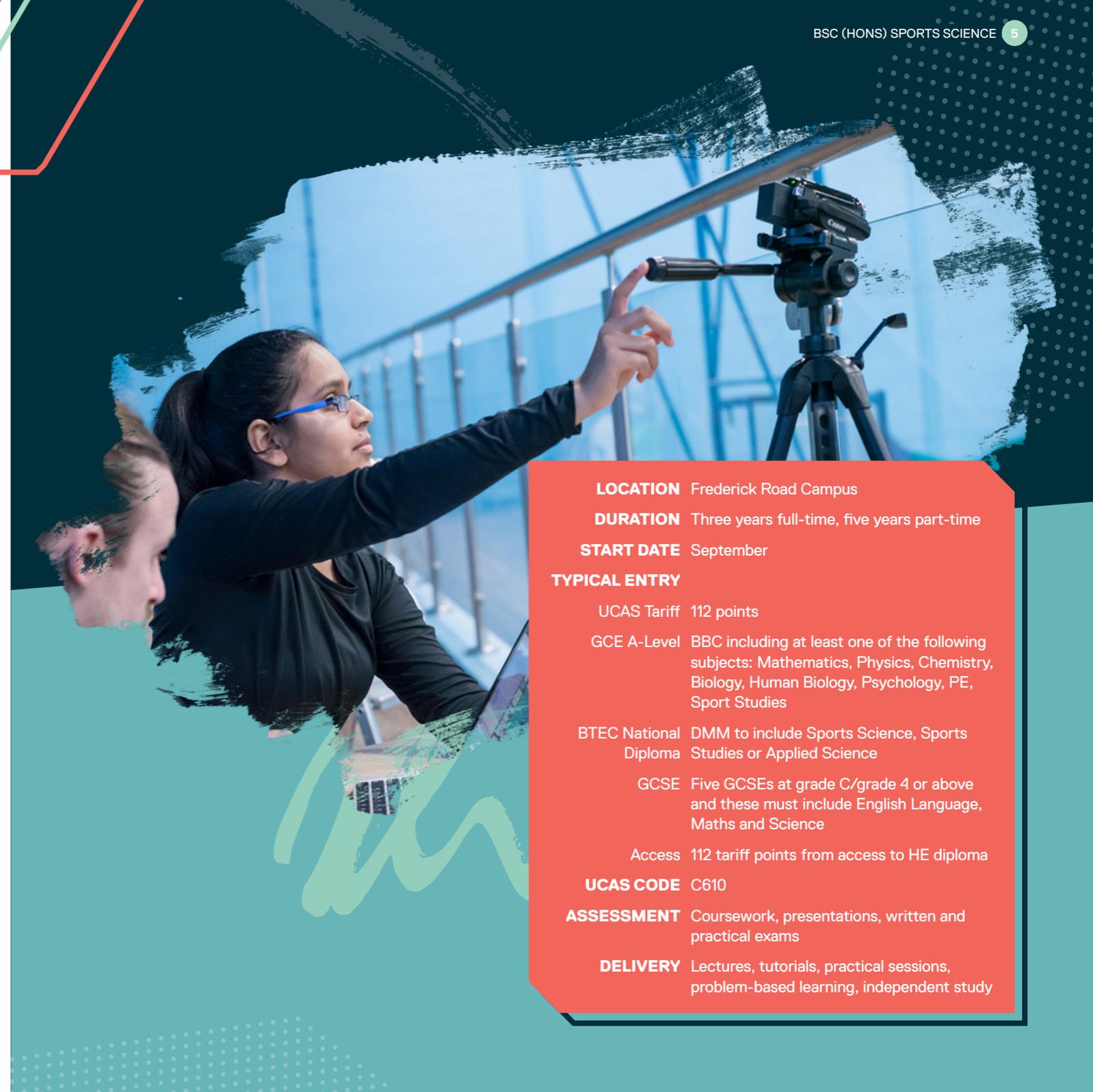
BSC (HONS) SPORTS SCIENCE

 @UoSSportsSci

If you have a passion for sports, an interest in science and would like a career helping others, then this is the right course for you.

This course is accredited by the British Association of Sport and Exercise Sciences (BASES) and is designed to develop your skills in analysing and evaluating performance and providing interventions within the traditional (including exercise physiology, psychology, biomechanics and nutrition) and the contemporary sports science disciplines, such as performance analysis and strength and conditioning.

In your third year, you'll have an idea about what makes you tick, so we provide you with the opportunity to specialise in your area of interest by choosing either our Strength and Conditioning or our Performance Analysis pathway. You will also undertake a dissertation and a placement which will enable you to put some of what you have learnt into practice.



LOCATION Frederick Road Campus

DURATION Three years full-time, five years part-time

START DATE September

TYPICAL ENTRY

UCAS Tariff 112 points

GCE A-Level BBC including at least one of the following subjects: Mathematics, Physics, Chemistry, Biology, Human Biology, Psychology, PE, Sport Studies

BTEC National Diploma DMM to include Sports Science, Sports Studies or Applied Science

GCSE Five GCSEs at grade C/grade 4 or above and these must include English Language, Maths and Science

Access 112 tariff points from access to HE diploma

UCAS CODE C610

ASSESSMENT Coursework, presentations, written and practical exams

DELIVERY Lectures, tutorials, practical sessions, problem-based learning, independent study

SPORTS SCIENCE PLACEMENTS

You will undertake a mandatory placement module in your third year. This provides you with a vocational opportunity to develop your skills and gain experience of sport and exercise science in a real world setting, both of which will enhance your employability when you graduate. Here are some of our student's placement stories:

CAREERS IN SPORTS SCIENCE

The sports science market is currently undergoing significant growth in the UK and has a wide range of career opportunities in areas including sports science support, sports development, health and fitness, coaching, teaching, postgraduate study and research.

The Strength and Conditioning pathway can lead to a number of opportunities for employment as a Strength and Conditioning Coach or a Sports Coach. The Performance Analysis pathway can open many doors within elite sport, enabling students to become Match Analysts, Scouting and Recruitment Analysts, Talent Identification Specialists or Technique Analysts. Internship opportunities with our industry partners in both of these areas have noticeably increased within the last few years.

Previous graduates of this programme have gone on to work for Manchester City Football Club, Salford Red Devils Rugby League Football Club, Quintic Consultancy, Fitness First, and the NHS. Some students go on to further study or research, while others use their degree as a stepping stone to a career in teaching or higher education.

Some examples of roles our graduates have progressed into are:

- ✓ **Sports Scientist and S&C coach** (Manchester City Women; Burnley FC Women)
- ✓ **Physical Performance Coach** (England Football Association)
- ✓ **First Team Performance Analyst** (Manchester Thunder Netball)
- ✓ **Academy Performance Analyst** (Sale Sharks; Salford FC; Manchester United)
- ✓ **Physiologist** (Greater Manchester Fire and Rescue)
- ✓ **Clinical Respiratory Physiologist** (Wythenshawe hospital)



ADAM

During my third year, I did a work placement at Manchester City FC as a Performance Analyst within the academy. During this time I gained invaluable experience using various pieces of equipment and analysis software commonly found within an elite sporting environment.



LAETICIA

I completed two placements whilst on the course, which gave me a good idea of the different careers in Sports Science. One was 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.

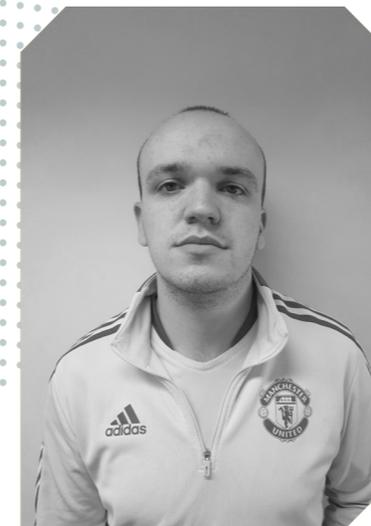


JONATHAN

I undertook a few different work placements as part of my course; in years one and two I worked as an Academy Performance Analyst at Oldham Athletic FC and Salford City FC and in my final year I worked as a First Team Technical Recruitment Analyst at Bury FC.



STUDENT STORY



Meet Matt, current student on the BSc (Hons) Sports Science course.

I am studying the Performance Analysis pathway, and my main interest is sport/performance psychology. I am studying this pathway as I have a genuine interest in the role of psychology in maximising not only sporting performance but the mental health of athletes and performers. A big part of it for me is that it is applicable outside of sporting contexts – performance psychology can help anyone who may be dealing with adversity and pressure in their everyday life.

I was attracted to the course at Salford as it offers a placement opportunity in third year, which I found that not a lot of universities do. The lecturers also have a wealth of experience working in the field and so are able to offer not only connections but invaluable advice for when you are working in an applied setting.

The support for students is great, both academically and non-academically. There are lots of opportunities to engage with lecturers on a one-to-one basis, and the practical side of the course means that often you are being shown what to do and how to do it first-hand. I haven't utilised much of the extra-curricular support, however there's always an email or poster on campus you can refer to if you have any issues.

The best part of the course is that you genuinely feel like you're a valued member of the course, and that it isn't just a case of "bums on seats". The examination periods are spread out to take the pressure off, and you are given every opportunity to succeed.

So far, I have completed one placement through the university and have just begun a second for my final year. My first placement was with a local EFL club doing performance data analysis for the first team. Here, I learned the value of data in modern football performance and recruitment and the pressures surrounding a lower-league football club.

"Through my first placement and recommendation for an interview through a lecturer, I was also able to obtain paid work at a local elite football academy as a performance analyst which I continue to do on a part-time basis."

My second placement is due to take place in a school setting, working with student athletes in a sport psychology support role. This placement will be invaluable as not only will it provide experience working within a multitude of disciplines, most importantly I will be working with young people who are experiencing the ups and downs of life outside of sport.

Following my graduation, I plan to undertake a master's in Clinical Psychology. Although sport psychology is not the main focus of the degree programme, I feel that with the support of my tutors and the knowledge I will gain in my final year through studies and placements, I will be in an advantageous position to progress my career in this area.

OUR COURSES

BSC (HONS) NUTRITION AND EXERCISE AS MEDICINE

 @Salford_NEM

Current statistics around obesity, diabetes, inactivity, and poor dietary intakes are alarming, showing **29%** of UK adults classified as obese and **20%** and **14%** of year 6 primary school children classified as obese and overweight respectively. In addition, **4.8 million** adults in the UK are living with diabetes which emphasises the opportunity and demand for lifestyle-based interventions to facilitate change in morbidity and premature mortality rates.

Those who are active and eat well have a decreased chance of developing lifestyle disorders and enjoy an enhanced physical, social and mental health status. Moreover, those who are suffering with disease, disorders, physical restrictions or impairments can benefit greatly from a change in behaviour, which sees them incorporating new approaches within their lifestyle. However, being able to recognise the importance of a healthy lifestyle right through to making positive and consistent behaviour change, requires specialised knowledge and skills.

To ensure success, the practitioner must have an in-depth understanding of underpinning scientific principles yet also be skilled in advocating and incorporating change into a person's daily schedule. For this reason, the art and science of exercise prescription and dietary intervention is tremendously complex and takes years to

learn and hone. On our Nutrition and Exercise as Medicine (NEM) course, you will learn the skills and competencies associated with all aspects of exercise prescription and dietary intervention through a combination of theoretical and practical applications.

As part of this course, you will undertake applied work in the workplace, schools and clinical settings to equip you to prescribe exercise and nutrition-based strategies for the prevention and treatment of ill-health.

The University of Salford is one of a small number of UK institutions to be listed as an official education partner of the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). This course is formally endorsed by CIMSPA to deliver professional qualifications in gym instruction, personal training, health navigation and exercise prescription for long-term conditions, meaning you will have the opportunity to gain vocational qualifications in these areas as part of your degree.

You will have the opportunity to undertake a practitioner placement (150 hours) during your final year, which will give you valuable learning experience and enhanced employability.



LOCATION Frederick Road Campus

DURATION Three years full-time, five years part-time

START DATE September

TYPICAL ENTRY

UCAS Tariff 112 points

GCE A-Level BBC, with at least one A2 science subject preferred (can include biology, psychology, sociology, sport, PE)

BTEC National Diploma DMM (to include specific subjects: sport, exercise, health or applied science)

GCSE Five GCSEs at grade C/grade 4 or above and these must include English Language, Maths and Science

Access 112 points from Access to HE Diploma. 60 Credits total, including at least 45 graded credits at level 3. Science and health subjects preferred.

UCAS CODE CB71

ASSESSMENT Assignments, practical assessments, presentations, case studies, simulated interviews, exams, laboratory reports

DELIVERY Lectures, seminars, workshops, practical sessions, peer teamwork, guided study.



CAREERS IN NUTRITION AND EXERCISE

The rising prevalence of obesity and associated long-term conditions means that the population-wide adoption of regular physical activity and well-balanced and nutritious diets is of increasing importance. This has further been compounded by the impact of COVID-19, and the associated lockdowns which have clearly impacted both metabolic and mental health among the general population. This means that the development of competent practitioners in nutrition and exercise has never been more imperative.

Recent graduates from this course have gone on to work for Salford Community Leisure, Manchester Primary Care Trust, Fitness First and BUPA Wellness. Following graduation, some students choose to undertake a postgraduate teaching qualification.

There are career opportunities in a wide variety of areas including exercise referral, promotion of healthy eating in communities, specialist weight management, health and exercise promotion, workplace health, cardiovascular rehabilitation, personal training, health-based intervention design and delivery, postgraduate research and teaching. Some examples of roles our graduates have progressed into are:

- ✓ **Prehab Cancer Programme Manager**
(Greater Manchester Active)
- ✓ **Health and Wellbeing Regional Manager**
(Independent Clinical Services, Manchester)
- ✓ **Project Manager for Empower You**
(Supporting disabled people to be physically active, Salford)
- ✓ **Cardiac Rehabilitation Exercise Physiologist**
(Royal Sussex County Hospital)
- ✓ **Director at Frontline Fit** (Advanced personal training)
- ✓ **Director Active Angels** (Family yoga)
- ✓ **Founder of 'We do Wellbeing'**
(Health and wellbeing training and consultancy)
- ✓ **Psychology and Multidisciplinary Team Coordinator**
(ABL Health, weight management services)
- ✓ **Health and Wellbeing Coordinator** (BUPA)



NUTRITION AND EXERCISE PLACEMENTS

You will have the option to undertake a placement module in your third year. This provides you with a vocational opportunity to develop your skills and gain experience within an area related to the nature of the programme, both of which will enhance your employability when you graduate. Here are some of our students' placement stories:

SARAH

Last year, when the world locked down, it occurred to me that it would be difficult to find a final year placement, so I decided to start volunteering with ABL Health, a company that deliver weight management services. They had already implemented their curriculum online. I became their first online volunteer and then when I returned to university, I was advised that I could do my placement there. Since then, I have been offered a full-time job with the company as a Health and Lifestyle Coach.

SAM

In my final year, I undertook a practitioner placement with Manchester Storm as a Performance Nutritionist. It gave me valuable work experience and enabled me to see how the professionals work. It was a time of real development for me.

LAUREN

I chose to do a placement at Buzz Health Manchester, which is a GP and Exercise Referral Scheme run by the NHS. I worked in GP practices, introducing patients who were struggling with a multitude of different conditions that could be managed with the right exercise, for example people suffering from back and neck pain after car crashes or motorcycle accidents.

CHLOE

I worked at Wythenshawe Hospital doing Cardiac Rehab. I provided circuit classes and one to one exercise interventions for individuals with varying heart conditions. Aside from training individuals and monitoring their heart rate and RPE scale during exercise, I also gained experience measuring blood pressure and blood sugars, which better prepared me for the cardiac rehab module we undertake in third year.



STUDENT STORY



Meet Sarah, a recent graduate from our BSc (Hons) Nutrition and Exercise as Medicine course.

I chose Salford based on location and the Nutrition and Exercise as Medicine course specifically. I applied to three separate universities but as soon as I attended the Open Day at Salford, I knew it was what I was looking for. The fact that I could attain industry recognised REPS (Register of Exercise Professionals) 2 and 3, plus the additional GP referral qualifications, were definitely the selling points - no other courses I applied for had this on offer!

The course is very engaging and the fact that it covers so many areas means there is a real mix of people on it which I love. There is nutrition, physiology, psychology, and real-world application of theory which helps ingrain the methods that are taught.

My confidence has grown immensely - public speaking was a big fear but the course is designed to build up skills like these so that you're ready for interviews when you graduate. The lecturers are all very different and each brings their area of expertise to the course in their own way. They are always on hand to give advice and help.

I have also been the student rep since level 4 which has helped me work on my team building and leadership skills - so university has been everything I'd hoped for, even in these unprecedented times.

During Level 4 (year one) we delivered a school-based intervention that, when finished, demonstrated that we had increased self-esteem in primary school aged children. This application of theory definitely helped me believe in the job I wanted and that I could make a difference.

I volunteered with ABL Health throughout lockdown, supporting with their weight management service online. I worked with children, families and adults to reduce their BMI and delivered nutritional advice and exercise classes at all levels and abilities. I was then asked if I would like to take on a placement with them, using their data to complete my dissertation. This has since been used by ABL Health and sent to the Care Quality Commission England to form part of their assessment. Once I started placement at ABL Health I found out that my Project Lead Manager and her Manager had also graduated from the same course at University of Salford, so they knew I had all the knowledge I needed to carry out the role. The course is known well in the industry which is amazing!

SARAH'S TOP TIP

To anyone thinking about studying this course – just go for it! As there is no stringent career pathway on this course, you will learn so much. Plus, as the course progresses in year two and three, you can tailor your work around the things that interest you the most. That way, you will get the most out of your degree and pick the career pathway that suits you the most.

OUR COURSES

BSC (HONS) SPORT REHABILITATION

 @UoSSportRehab

On this degree course you will study musculoskeletal injuries, assessment and diagnosis, therapeutic techniques and exercise rehabilitation skills, supported by a foundation in anatomy, pathophysiology, biomechanics and psychology.

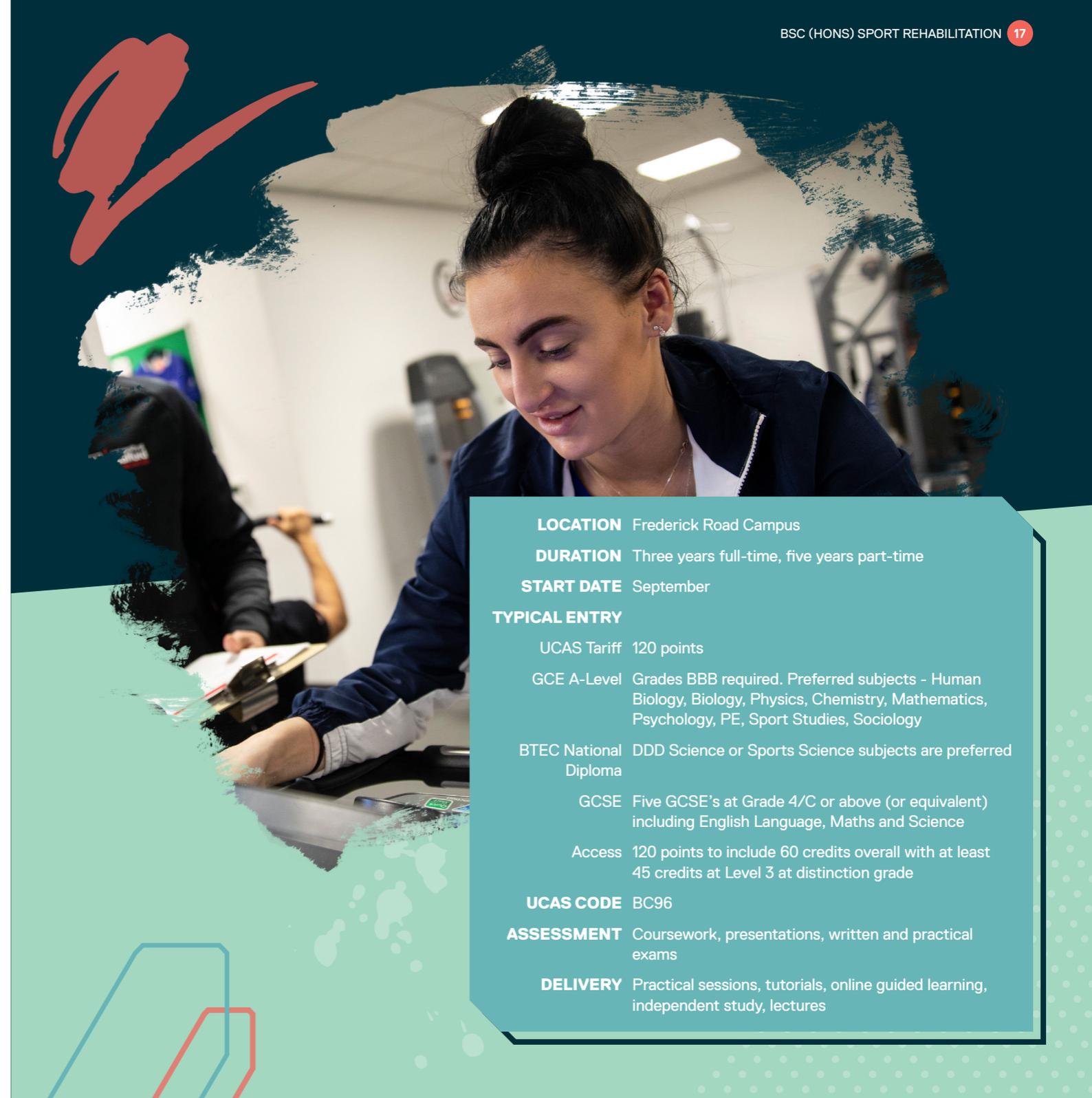
You'll learn to provide effective care for people with injuries, illness and disease in order to improve their health and function, either autonomously or as part of a multi-disciplinary team.

You'll learn how to help injured people get back to full sporting activity by applying cutting-edge rehabilitation techniques in a lively and supportive environment. Throughout the course, you will have the opportunity to apply your knowledge and skills in real-life situations.

You'll complete a minimum of 400 hours of clinical placement, supervised by a registered healthcare or medical professional, to help you graduate confident and ready to step into the world of work.

We currently have placement opportunities across a variety of settings, including professional sports clubs, private clinics, NHS and professional baseball internships in the USA.

The course is accredited by the British Association of Sports Rehabilitators (BASRaT), meaning you'll be eligible for membership with them when you graduate. Graduates are now eligible to sit the certification exam for entry to the BASRaT register. This would enable graduates to work in the USA, Canada, Ireland, Spain and Japan as an Athletic Trainer without undertaking additional qualifications in their chosen country.



LOCATION Frederick Road Campus

DURATION Three years full-time, five years part-time

START DATE September

TYPICAL ENTRY

UCAS Tariff 120 points

GCE A-Level Grades BBB required. Preferred subjects - Human Biology, Biology, Physics, Chemistry, Mathematics, Psychology, PE, Sport Studies, Sociology

BTEC National Diploma DDD Science or Sports Science subjects are preferred

GCSE Five GCSE's at Grade 4/C or above (or equivalent) including English Language, Maths and Science

Access 120 points to include 60 credits overall with at least 45 credits at Level 3 at distinction grade

UCAS CODE BC96

ASSESSMENT Coursework, presentations, written and practical exams

DELIVERY Practical sessions, tutorials, online guided learning, independent study, lectures



This course opens up a wide range of career opportunities in the management of musculoskeletal injuries in venues such as professional sports clubs, clinics, private hospitals and the NHS. Examples of roles include Exercise Rehab Instructors at The Ministry of Defence, Physician Associate (via Postgraduate study) in the NHS and Sport Rehabilitator at a professional sports club.

Some graduates choose to go on to further study or research while others have used their degree as a stepping stone to joining the armed forces or emergency services.

Some examples of roles our graduates have progressed into are:

- / **Physician Associate** (NHS)
- / **Lead Physiotherapist** (England men's football team)
- / **First Team Sport Rehabilitator** (Manchester City FC)
- / **Sport Rehabilitator** (British Cycling)
- / **Physical Development Coach** (Help for Heroes)
- / **Rehabilitation Instructor** (DMRC Stanford Hall)
- / **Assistant Sport Rehabilitator** (Leicester City Ladies FC)
- / **Physiotherapist** (Southampton FC)
- / **Lead Athletic Trainer** (Bosco High School (USA) American Football)
- / **Medical Lead Consultant** (Yorkshire Rugby Academy)

Other destinations of previous graduates include BASRaT Executive Committee, Lecturers at universities across the country, Vita Health Group, Warrington Wolves, Leicester Tigers RUFC, Sale Sharks RUFC and Manchester Storm Ice Hockey.

CAREERS IN SPORT REHAB

SPORT REHAB PLACEMENTS

Our linked placement providers, which currently include Manchester Storm, Sale Sharks, Stockport County FC, Oldham Athletic FC, Ormskirk Hospital and the Ministry of Defence, allow you to gain valuable experience while you study.

KIRSTY

Throughout my three years at Salford, I have been privileged to gain hands on rehabilitation experience with Macclesfield Rugby, Manchester Storm, Winnington Rugby Club and the Salford Sports Injury Clinic, all of which were arranged through the extensive contacts of our lecturers.

IDA

Placements were organised by the university which was great as I didn't have to stress about sorting them out all by myself. I had an internal placement in the university sports injury clinic where I assessed, diagnosed and treated patients under the supervision of the lecturers that I knew which created "a safe place" to learn. I also completed external placements at Oldham RLFC, Clinic Equilibrium Pilates Studio and Leigh Centurions Rugby Club.

LIZZI

If you want to work in sport, this course is for you, as it provides a lot of sport-based placements and experiences. I have taken part in numerous volunteering and placement opportunities as part of this course including Stockport County FC, Sedgley Park RUFC, Toulouse Rugby League, Wigan Warriors and Sale Sharks.

AARON

I spent six weeks in Tampa, Florida working with the Major League Baseball (MLB) team Tampa Bay Rays. It was an amazing opportunity working with elite professionals at the top of their game in the Florida sunshine. I was working in world class facilities, and I was pitch side with the players in games against teams like the New York Yankees. It was an amazing experience all round! It allowed me to develop hugely and gave me great confidence in myself when I got back to the UK.

/ **AARON**
Pictured in the dugout during his MLB Tampa Bay Rays internship





STUDENT STORY

Meet Ida, recent graduate of the BSc (Hons) Sport Rehabilitation course.

I chose Salford because I enjoyed the Open Day: the course presentation by Jules, cheesy jokes by Bob and the way students who lead the tour were talking about the course, they all encouraged me to study here. I also liked the facilities (modern buildings, new equipment, performance labs and Sport Injury Clinic), a great location and price for the student accommodation and the surrounding area with lots of places to spend free time and have fun (Manchester City Centre and Salford Quays). The course lecturers are all very kind, friendly and always offer the support if needed.

I found the University of Salford when I was searching university rankings for physiotherapy and sport related courses to see which universities seemed to be the best in that area. I visited the university on the Open Day and I loved it, so I really recommend that you do that too!

I'm an athlete and sport has always been a part of my life since I was a kid. I knew I wouldn't be a professional athlete, but I still wanted my career to be sport related. I find the human body and injuries very interesting so since secondary school, I had been planning to study physiotherapy.

At the time I didn't know about sport rehabilitation. I discovered the subject when I started looking at the universities during my A levels. Sport rehabilitation is better than physiotherapy for me because it is focused on the area that I am interested the most which is musculoskeletal problems and working with athletes. When I started visiting different universities, I stopped considering physiotherapy, and I knew that sport rehabilitation was the course for me.

My experience on the course was great, very positive. It was just as I expected. It's mostly practical sessions: massage, injury assessment, treatment modalities. We learn by practicing on each other and on real patients in the Sports Injury Clinic. Practical classes often start with a bit of theory and then are continued by practicing that theory. The most theoretical classes are in the first year, (to learn about anatomy and professional different injuries, then later on in the course, it's usually just 1-2 classes per week, to learn about psychology, nutrition and scientific research.

To graduate, I needed to complete at least 400 placement hours, which were organised by the university so I didn't have to stress about getting placements all by myself. I had an internal placement in the Sports Injury Clinic where I assessed, diagnosed and treated patients under the supervision of the lecturers that I knew which created "a safe place" to learn.

I also completed external placements, where I was able to practice and test my knowledge and learn from experts at Oldham RLFC, Clinic Equilibrium Pilates studio, Leigh Centurions Rugby Club, Sedgley Rugby Club. I also volunteered at sports events as a Sports Massage Therapist in Manchester Marathon, U14 Female Basketball Tournament, Salford vs Chester Varsity. I only participated in a few events but there were lots of opportunities to volunteer!

When I graduate, I plan on working in a sports injury clinic and part-time/volunteering in sports clubs and at events.

IDA'S ADVICE

Just do it! You won't regret it. Sport Rehabilitation is an awesome course and it involves a lot of fun, but it is not easy and it requires a lot of studying. Firstly, "I like football, I want to be a physio so I can meet my favourite player" is not good enough to start this course. You need more than just liking sport. You need a true passion for the human body, injuries and helping other people. I'd also advise you to take as many volunteering opportunities as you can!

SPORTS PARTNERSHIPS

We work closely with many professional, semi-professional and amateur sports clubs and athletes. Being able to transfer our academic and research expertise into practice is a key part of ensuring our graduates are skilled and employable.

Currently, we have formal partnerships with Sale Sharks RUFC, Salford Red Devils RLFC and Oldham Athletic FC. These formal partnerships allow both the University and clubs to benefit from a transfer of knowledge, allied to providing excellent opportunities for placements and collaborative research.

Our students benefit from our extensive network of contacts across multiple sports and with many different populations. These have included student success in generating placements with many high-profile sports clubs and organisations. Gaining practice experience is a vital part of ensuring your graduate CV stands out from the crowd, so we work with you to ensure support in securing and benefitting from real-world experiences.



/ OLDHAM ATHLETIC FC



/ SALE SHARKS RUFC



/ SALFORD RED DEVILS RLFC

STRENGTH AND CONDITIONING SUITE 1

The Strength and Conditioning Suite boasts the following equipment:

- ✓ 10 dedicated PowerLift lifting platforms for both students and athletes alike to learn advanced training techniques.
- ✓ Biodex isokinetic dynamometer to assess muscle function/asymmetries.
- ✓ FT700 Power Cage with integrated force platform and linear position transducer to assess force and power output during a variety of athletic performances, plus a portable isometric mid-thigh pull station.

HUMAN PERFORMANCE LABORATORY 3

Our world-class human performance laboratory is one of the best equipped in the country and contains almost every type of physiological, performance analysis and biomechanical testing equipment, including industry standard hardware and software for performance analysis such as HiPod filming equipment, Sportscode, Wyscout, and Nacsport, 30-metre sprint track with inbuilt force platforms, motion capture systems, blood and gas analysis equipment and speed guns.

EXERCISE PHYSIOLOGY LABORATORY 2

We also have extensive equipment in our Exercise and Physiology Laboratory including:

- ✓ Portable and static online gas analysis systems for breath-by-breath cardiopulmonary exercise testing, including VO2 max tests.
- ✓ A Lode Cycle Ergometer to provide isokinetic testing conditions within cycling.
- ✓ An Analox G37 Multi-Assay Blood Analyser to study blood lactate concentration. We also have a range of field-based Lactate Pro analysers, which have been used to test professional athletes as part of our partnerships.

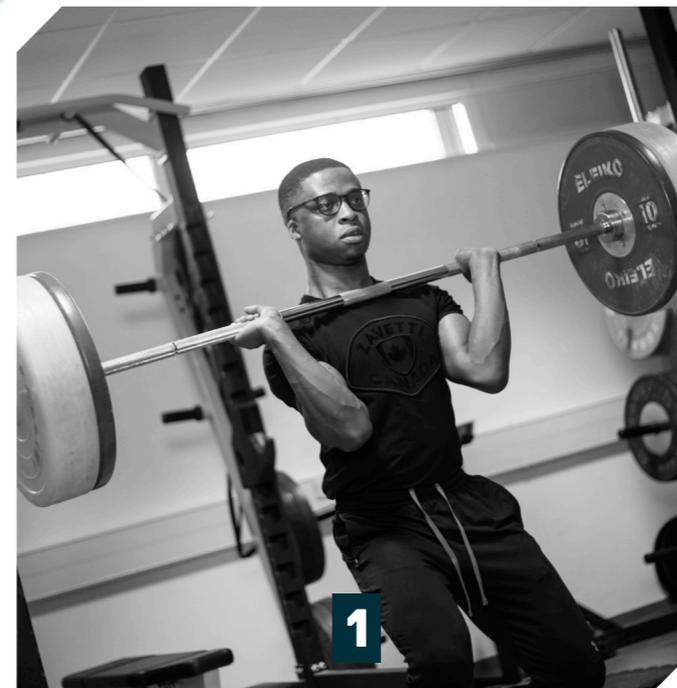
The University is also home to three gait labs, which, together with the human performance lab, are used to conduct ground-breaking research by the Centre for Health Sciences Research that underpins your learning.

SPORTS INJURY CLINIC 4

Our Sports Injury Clinic provides valuable practical experience for you to practice your skills under the direct supervision of qualified staff. The clinic is open to staff, students and the general public and offers a full range of rehabilitation services including:

- ✓ Injury assessment and rehabilitation
- ✓ Musculoskeletal screening
- ✓ Injury prevention, exercise and conditioning courses
- ✓ Emergency pitchside first aid

We also have a new specialist Dance Clinic which means students will get direct hands-on experience working with dancers.



OUR COMMUNITY

Our students and graduates often say that one of their favourite things about Salford is the “community feel” and we are very proud of our sport and exercise community at Salford. Our team is made up of professionals who are very active in their respective fields of expertise. We stay in touch with our graduates, who are advocates for our courses, and our teams have excellent connections with industry, ensuring that you have access to experts across all fields, whether that’s through placements, field trips or guest lectures.

COMMUNITY NEWS

Here are some examples of the types of work our staff, students and graduates are doing.

EDDIE CALDOW Nutrition and Exercise as Medicine Lecturer

As part of his role on the British Association of Cardiovascular Prevention and Rehabilitation (BACPR) Exercise Professional Group, Eddie has been involved in developing guidance on how to deliver Cardiovascular Rehabilitation during the COVID-19 pandemic. Most programmes within the UK had to switch to remote delivery using digital platforms and video consultations, something that had not been done on such a scale before, therefore the guidance has supported programmes to deliver the best service possible during lockdown restrictions.

HANNAH RUSSELL Sports Science graduate (2015)

Hannah secured a Gold and Bronze medal at the Tokyo 2020 Paralympic Games, retaining her title in the S12 100m Backstroke and coming in third in the S12 100m Freestyle for Great Britain (GBR). She previously competed in both the London 2012 and Rio 2016 Paralympic Games, winning a silver and two bronze medals at London 2012, and a further two golds and a bronze at Rio, before being awarded an MBE for services to swimming in the Queen’s New Year’s Honours list.



/ HANNAH

Gold and Bronze medalist at the Tokyo 2020 Paralympic games and former University of Salford Sports Science student.



/ ANDREW
Pictured supporting Team GB athletes for the sport of Boccia as a Psychologist.

ANDREW EVANS

Sports Science Programme Leader and Lecturer in Sport Psychology

Andrew has been working with the English Institute of Sport (EIS) in the sport of Boccia since 2020. His role as Performance Psychologist involves providing psychological support to Team GB athletes, staff and assistants on the World Class Programme. The programme consists of 11 athletes who compete in different classifications based on the nature of their disabilities.

CARON DOYLE

Clinical Director of Salford's Sports Injury Clinic and Assistant Lecturer

Caron has a background in dance and martial arts, and has recently set up a dance clinic on campus for local dancers and students on our performance courses. This came about after Caron found that dancers feel there is a lack of therapists that understand the physical requirements of dance and the dancer's body, and subsequently avoid visiting therapists and soldier on through their injuries.

NEM STUDENTS

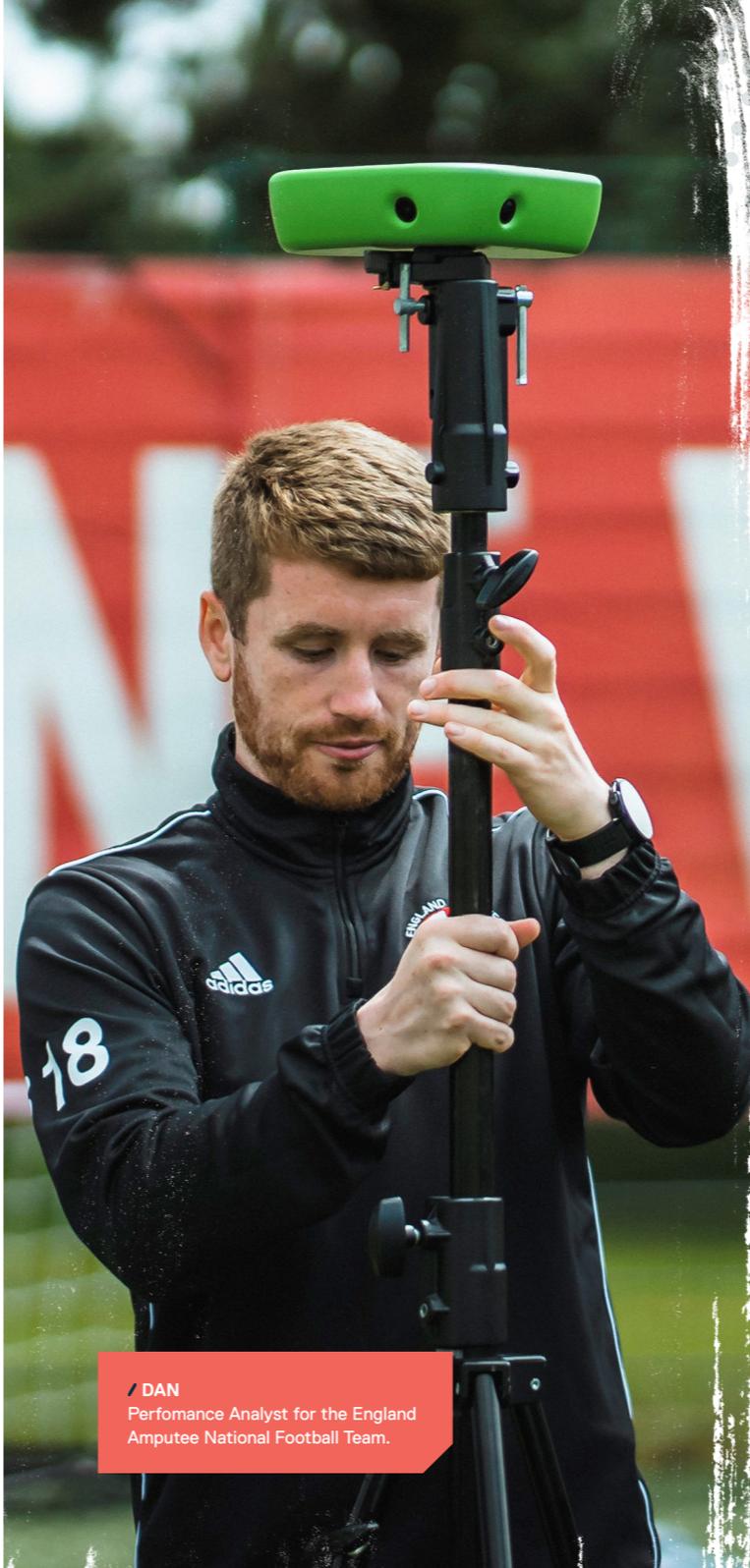
Delivery of a healthy behaviours intervention in Greater Manchester Primary Schools

Over the last three academic years, Nutrition and Exercise as Medicine (NEM) students have delivered a healthy behaviours intervention in schools across Greater Manchester. This has involved delivery of education sessions on nutrition and exercise, exercise sessions, demonstrations of cooking nutritious meals, and a range of other behaviour change methods. Most recently this has been delivered online due to the COVID-19 pandemic. The interventions have proven successful, increasing physical activity levels, healthy eating, fitness, positive attitudes, and self-esteem among the children involved.

MIKE CAROLAN

Sport Rehabilitation Lecturer

Mike works with local basketball teams Manchester Magic and Mystics Basketball on their academy project, which works with U18s who have aspirations of playing representative basketball. He also supports England and GB basketball age group teams with performance and strength and conditioning.



/ DAN
Performance Analyst for the England Amputee National Football Team.

BOB BRAMAH

Sport Rehabilitation Lecturer and keen Ice Hockey player announces new partnerships

The University's Sport Rehabilitation department have teamed up with not one, but three North West ice hockey teams. Manchester Swarm, Widnes Wild and northern police ice hockey team, Peelers IHC, will be providing student placements for the forthcoming season. Bob said: "The pandemic severely restricted opportunities in sport for our students and this is a great opportunity for them to learn about a sport at which GB is ranked 16th in the World. I am excited to be involved with the three teams."

OLLIE COBURN

Sport Rehabilitation Graduate

Ollie has recently set up Freehab, a social enterprise that aims to provide high-quality advice, support and rehab for injuries, aches and pains, without any financial barriers.

KIRSTY ROWLINSON-GROVES

Nutrition and Exercise as Medicine graduate (2012)

An expert fitness instructor, Kirsty pioneered the successful CAN:Move, a cancer exercise referral scheme in Salford. Kirsty is now the GM Active Programme Manager for the region wide Prehab4Cancer programme. It will enable 2,000 GM residents diagnosed with cancer to engage in physical activity for improved clinical outcomes and lifetime benefits. Kirsty has been awarded the Greater Manchester Mayors Award, which recognises outstanding commitment to Greater Manchester Moving and the plan's twelve priorities to increase physical activity across our county.

DAN TOWERS

Current Sports Science student

Dan has been working in a performance analysis role with the England Amputee National Football Team. He will support them this year in Krakow for the European Championships.

NORTHERN QUARTER

ARNDALE SHOPPING CENTRE

PRINTWORKS

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MANCHESTER ARENA

MANCHESTER TOWN HALL

DEANSGATE

BEETHAM TOWER

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CASTLEFIELD

MANCHESTER

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SALFORD

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PEEL BUILDING

PEEL PARK

CLIFFORD WHITWORTH LIBRARY

LADY HALE BUILDING

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NEWTON BUILDING

SALFORD CRESCENT TRAIN STATION

PEEL PARK QUARTER

ATMOSPHERE KITCHEN AND BAR

CHAPMAN BUILDING

SPORTS CENTRE

UNIVERSITY HOUSE

FAITH CENTRE

MARY SEACOLE BUILDING

BRIAN BLATCHFORD BUILDING

ALLERTON BUILDING

As pioneers of the Industrial Revolution, there's always been an entrepreneurial spirit here in North-West England – we've got big ideas and we make them happen. Thousands of students from over 100 countries have already found that Salford is the place where they can gain skills and knowledge to unlock their career ambitions.

Salford students are part of a 100,000 collective making up one of Europe's largest student populations. Famous for music, culture, sport, art and science, the cities of Manchester and Salford offer an unrivalled student experience where you can balance your academic studies with a wealth of world-class culture, exciting events and legendary nightlife. It's no surprise Manchester has been voted the UK's most liveable city for two years running, and just recently, voted the third best city in the world.



/ MEDIACITY

Salford is a unique place to study for many reasons, but especially for our location. Our Peel Park campus is set in 46 square kilometres of lush green space – one of the UK's first public parks. We're also the only university with a campus in the creative hub at MediaCity, home to BBC, ITV, and the UK's largest media facilities outside of London. Whichever campus you're based, you'll have the buzzing city of Manchester on your doorstep.

University is a time to make new friends, discover new passion and find your voice. Our Student Union runs a range of student-led societies which cover all aspects of student life – from gaming to sports, politics to the environment, performance to faith. You'll be sure to find your place here.

There's more to our campus than places to study. Fitness fanatics can take advantage of our large sports centre, 3G sports pitches and swimming pool, while culture vultures can revel in Atmosphere Café, the Art Gallery and our New Adelphi Theatre. There's lots of options to keep you busy!

If you're travelling from further afield, you can make your first year an even more memorable one by living in our stylish student accommodation right at the heart of campus.

If you're here for the day, our specialist facilities, onsite parking and handy train and tram station access make commuting a breeze. Our new commuter lounges feature comfy seating, cooking facilities and extra study space – your home from home when you're studying on campus.



/ PEEL PARK



/ SPORTS CENTRE



/ PEEL PARK QUARTER

HOW TO APPLY

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If you want to discuss any course or the application process, our dedicated course enquiries team is on hand to answer your queries:

+44 (0)161 295 4545
enquiries@salford.ac.uk
[salford.ac.uk/enquiries](https://www.salford.ac.uk/enquiries)

MAKING AN APPLICATION

If you are applying directly from school or college, you'll make your application through UCAS – the organisation which processes applications for UK higher education.

If you're not applying directly from school or college, you can complete our online application form. Find out more at:

[salford.ac.uk/how-to-apply](https://www.salford.ac.uk/how-to-apply)

ENTRY REQUIREMENTS

Places on some of our courses can be highly competitive and may also require you to attend an interview.

Interviews are nothing to be nervous about, they just allow us to talk to you about your chosen subject area in more detail and learn more about your ideas and current skills.

For detailed course information and entry requirements, use our handy Course Finder on our website: [salford.ac.uk](https://www.salford.ac.uk)

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[salford.ac.uk/how-to-apply](https://www.salford.ac.uk/how-to-apply)

INTERNATIONAL APPLICATIONS

As an international applicant, you are able to apply through UCAS, the organisation which processes applications for UK higher education, or you can apply directly through our regional offices or approved education consultant in your country.

To find out more and for help you with your application, you can visit our website where you will find advice on how to apply, entry and English language requirements, documents required, help and advice with visa requirements, and much more.

[salford.ac.uk/international](https://www.salford.ac.uk/international)

Apply to the University of Salford through UCAS using the code S03.

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** Dates subject to change*

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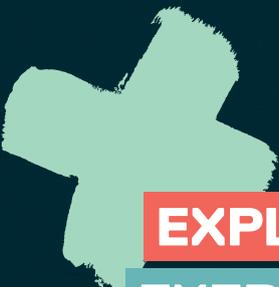
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