BUCKINGHAMSHIRE
NEW UNIVERSITY

EST. 1891

YOUR JOINING INSTRUCTIONS

BUCKINGHAMSHIRE NEW UNIVERSITY
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THE BNU WELCOME

Welcome to Buckinghamshire New University!

We are looking forward to you joining our part-time **BSc (Hons) Sport and Exercise Science** course in September.

At BNU we pride ourselves on the support we offer our students to succeed in their academic learning and creating graduates ready for employment. This information pack has been created by the BNU Welcome Team and your course leader, **Rich Collins,** to provide you with information that you will need for a successful start at BNU. Please read it carefully before you join us.

THE ESSENTIALS…

YOUR WELCOME WEEK AT BNU

Your Welcome Week will run from **Monday 19th September to Friday 23rd September 2022** at our **High Wycombe Campus** and you will be provided with a full Welcome Week timetable in the coming weeks. All the information you need will be on the Welcome Page on our website so please check that regularly.

ABOUT YOUR COURSE

BSc (Hons) Sport and Exercise Science degree combines underlying scientific principles from the sport science disciplines of physiology, biomechanics and sports psychology with the highly practical skills of the more contemporary sports science disciplines of strength and conditioning, sports coaching and performance analysis to help prepare you for a career within the field of sport and exercise science.

You can access your recommended reading list to prepare and support you for your studies at https://bucks-new.keylinks.org/#/list/1407.

Details of your pre-joining project can be found at the end of this pack.

ENROLMENT

UK Students

You need to enrol online with BNU before you join us. You will receive an email giving you all the information you need, so don't worry. More information can be found on our website and we have included a handy checklist to make sure you cover everything.

International Students

You need to pre-enrol online and show proof of ID in-person to complete your enrolment process. Please see our website for full details.

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ID / Qualifications Check
You will be required to show proof of ID when you start with us. This can be:

- Current passport
- EU / EEA National Identity Card
- Birth / Adoption certificate

You will also require proof of your qualifications. Please make sure you have these documents available prior to joining us.

Photograph
You will need to email us a head and shoulders photograph of yourself before you start at BNU. This photo should be in a JPEG format and sent to students@bucks.ac.uk with the subject line "Student ID." Please include the following information in your email:

- Your student ID (if you know it)
- Your full name (include all forenames and surname)
- Your date of birth
- The name of the course you will be starting

YOUR TEACHING TIMETABLE

Your teaching timetable for your first semester will be available closer to your starting date via MyBNU.

IT SERVICES

When you receive your enrolment email it will include all the information you need to access the digital services at BNU, including setting up your IT account and accessing MyBNU to access all university systems and information. To find out more about the IT services available to you see our quick start guide.

ADDITIONAL INFORMATION THAT YOU MAY FIND USEFUL…

ACCOMMODATION

We guarantee accommodation for all new students at BNU who have applied by 31st August 2022 so if you need accommodation check out our website. If you have already applied for accommodation, moving in information will be sent out at the end of August.

BURSARIES

At BNU we offer an impressive package of scholarships and bursaries to make sure that all our students can reach their potential. Please visit our Bursaries and Scholarships page to find out more about additional financial support that you may be entitled to.

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INCLUSION, DIVERSITY AND DISABILITY TEAM

Did you know that the government offers Disabled Students' Allowances (DSAs) to help meet the extra costs of studying that some students face as a direct result of a disability? More information about how we can support students with a disability can be found at https://www.bucks.ac.uk/life/student-success-and-support/inclusion-diversity-and-disability.

Please contact the Inclusion, Diversity and Disability team via inclusion@bucks.ac.uk to introduce yourself and make arrangements for a registration appointment.

For more information on DSA or to start your claim, visit: https://www.gov.uk/disabled-students-allowance-dsa/how-to-claim.

YOUR STUDENTS' UNION

When you enrol at BNU you will automatically become a member of Bucks Students' Union and will have the opportunity to enrich your student experience by taking part in a diverse and exciting range of activities. Why not explore our website at https://www.bucksstudentsunion.org/ to find out more about what's on offer?

If you have any general questions before you start please contact welcome@bucks.ac.uk or for course specific questions please get in touch with Rich Collins via rich.collins@bucks.ac.uk..

We look forward to welcoming you soon!

The BNU Welcome Team

We will consider any request for accessible formats that may be required. Please send your request to welcome@bucks.ac.uk.

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THE BNU WELCOME

SUMMER TASK – DEVELOPING A COACHING PHILOSOPHY

"A coaching philosophy is a precursor to action – every aspect of coaching is affected by personal beliefs"

BACKGROUND

It is a coach's responsibility to communicate a positive philosophy to athletes that will help them achieve their goals.

With every sporting environment requiring a set of guidelines, it is the coaches that have the most input into defining and following them in the way they coach their athletes. For example, if your goal is to develop athletes without considering competition outcomes, then your coaching methods will reflect this. Developing a philosophy will enable you to set a foundation and stay consistent throughout the season.

You should first consider your athletes. Sport belongs to the athletes, and so as a coach you should always try to have an athlete-centred approach. The quality of experience that an athlete gets out of a season will depend on the coach's approach. Consider the difference between success vs winning: *"success is not forever – and failure isn't fatal (Don Shula)"*. How do you define success? How do you measure it? Is it through trophies? Or is it an athlete giving a better performance every session regardless of competition outcome?

A coaching philosophy is a personal statement based on your values and beliefs that direct your coaching. Writing a guided coaching philosophy clarifies personal values and goals and provides a reference point for not only yourself but also your athletes; fostering a positive environment that values accountability and transparency. Your coaching philosophy will change with time, as it is shaped by your experiences, so don't be afraid to update this periodically.

THE TASK

You are required to consider your own coaching philosophy and put together a short statement ahead of starting your course in September. There is no formal word count, but you are encouraged to use the following questions to help develop your philosophy:

1. What do you value about sport?
2. What do athletes value about sport?
3. Why are these athletes participating?
4. What can I do to ensure these athletes reach their goals and expectations?
5. What are the qualities of people who have influenced you?
6. What type of coach do you wish to be? It may be the coach you wish you had had!

Based on your answers, you may find you have identified some key beliefs, values, and assumptions about athlete development, your coaching goals, and your view of success. From this, you should be able to formulate your philosophy in a similar way to the example below.

"To create within the athletes an interest and enthusiasm for the events… then direct that interest and enthusiasm along the lines of sound fundamentals, taught imaginatively, intelligently, purposefully, and even inspirationally. It sounds rather simple, but it isn't." – Brutus Hamilton (athletics coach)

This task will be discussed in Week 1 of your coaching module (SL411)

Task Core Reference: The Coaching Process (Kidman & Hanrahan, 2011)

HIGH WYCOMBE CAMPUS

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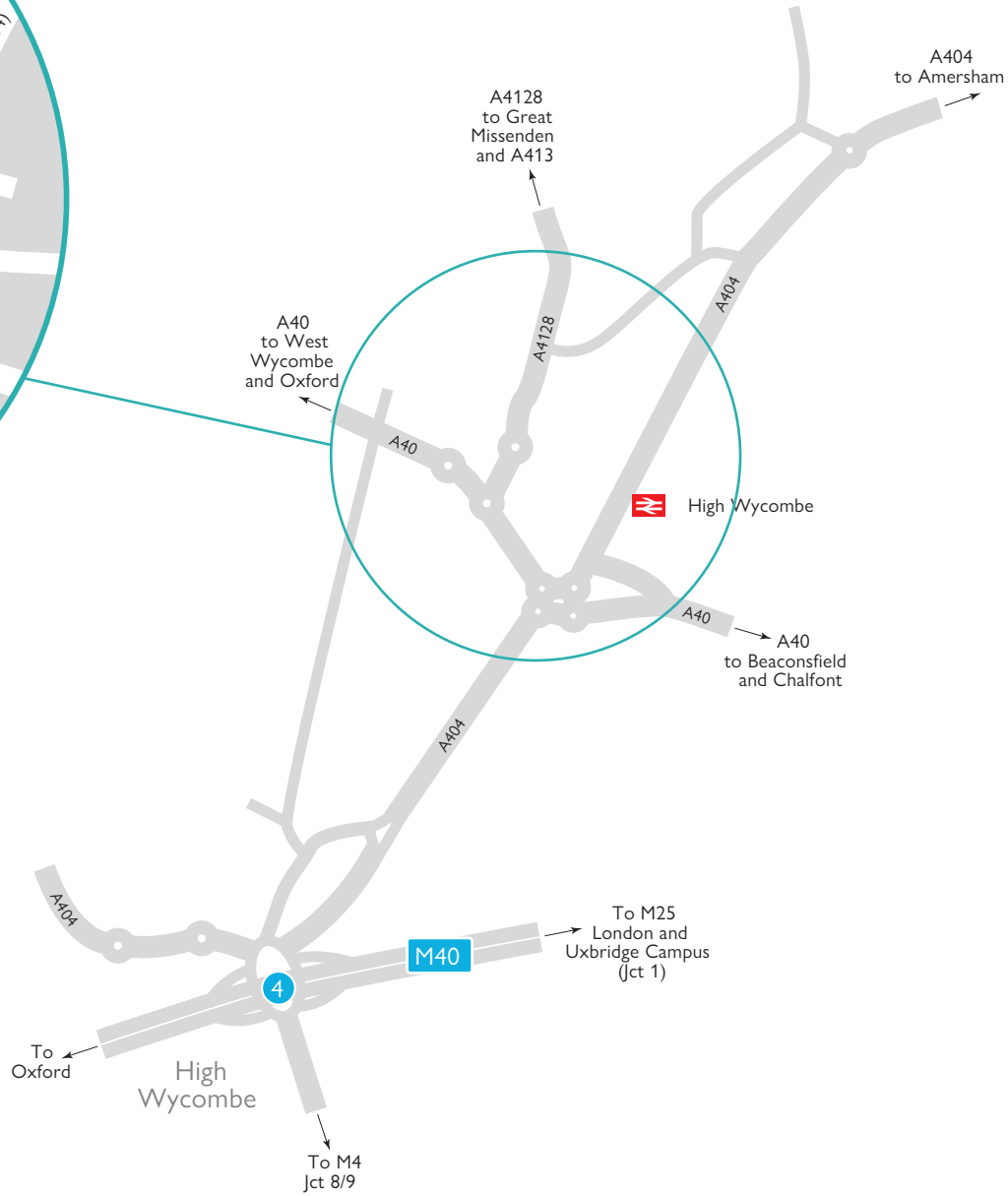


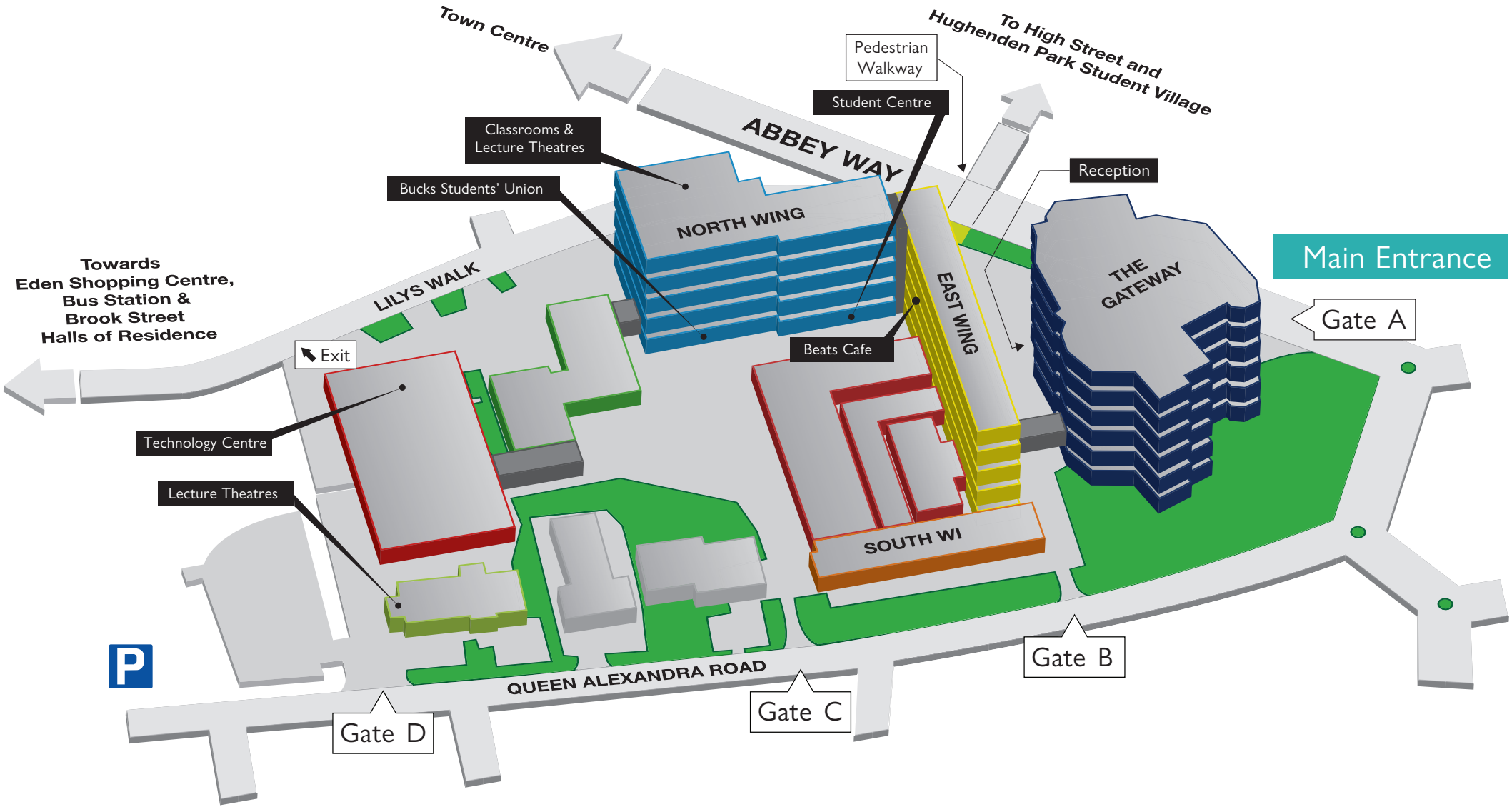
Queen Alexandra Road
High Wycombe
Buckinghamshire HP11 2JZ

By rail
Chiltern Railways from Marylebone to High Wycombe. The campus is approximately a quarter of a mile from the station.

By bus
The campus is a few minutes' walk from the bus station.

More information can be obtained from Traveline on 0871 200 2233

HIGH WYCOMBE CAMPUS



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HIGH WYCOMBE VISITOR INFORMATION

SUPERMARKETS

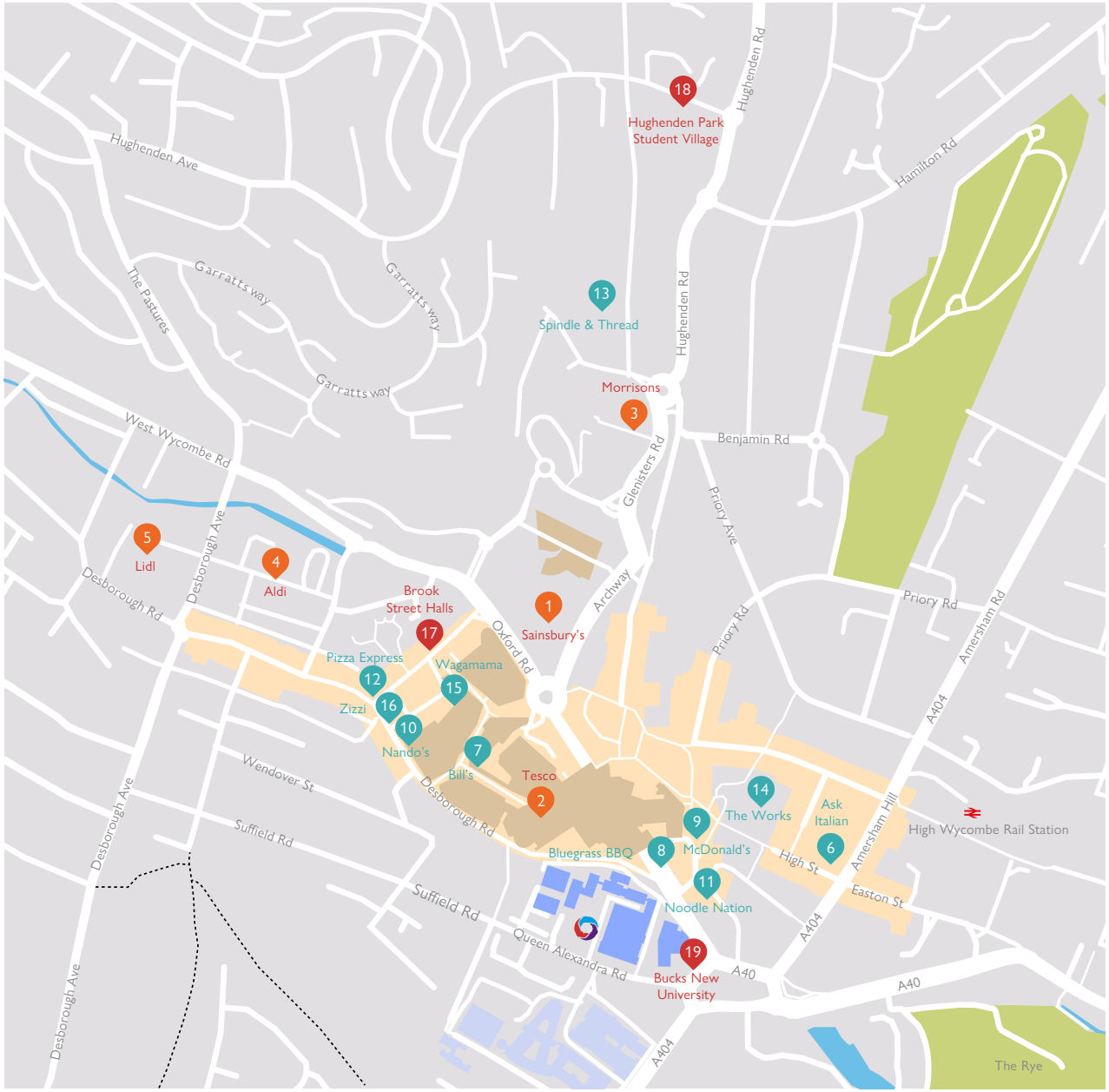
1. Sainsbury's Superstore
2. Tesco Superstore
3. Morrisons
4. Aldi
5. Lidl

RESTAURANTS

6. Ask Italian
7. Bill's
8. Bluegrass BBQ
9. McDonald's
10. Nando's
11. Noodle Nation
12. Pizza Express
13. Spindle & Thread
14. The Works
15. Wagamama
16. Zizzi

UNIVERSITY LOCATIONS

17. Brook Street Halls
18. Hughenden Park Student Village
19. Bucks New University Main Campus



UXBRIDGE CAMPUS

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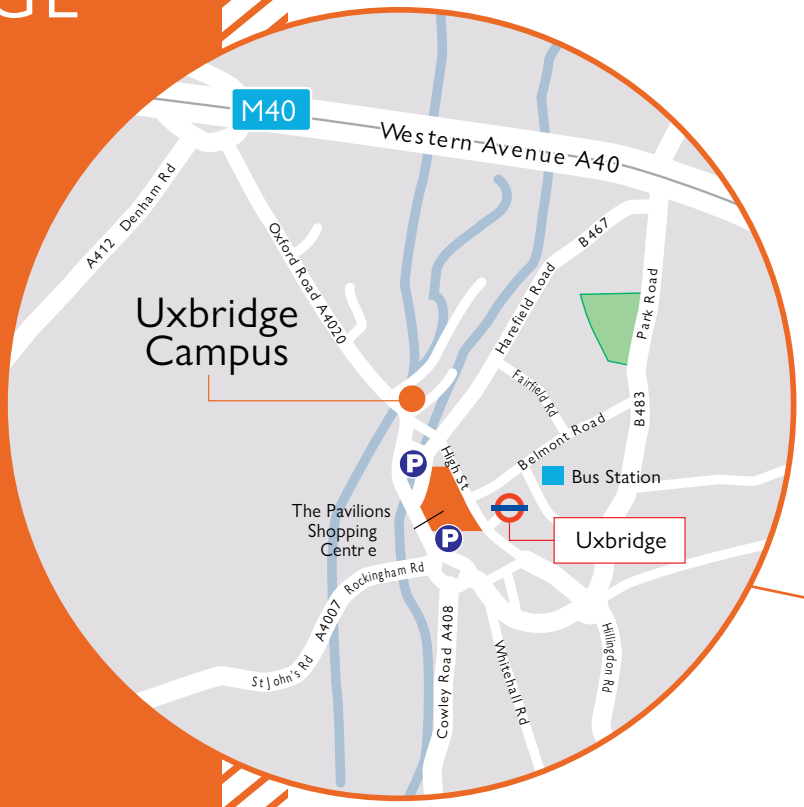
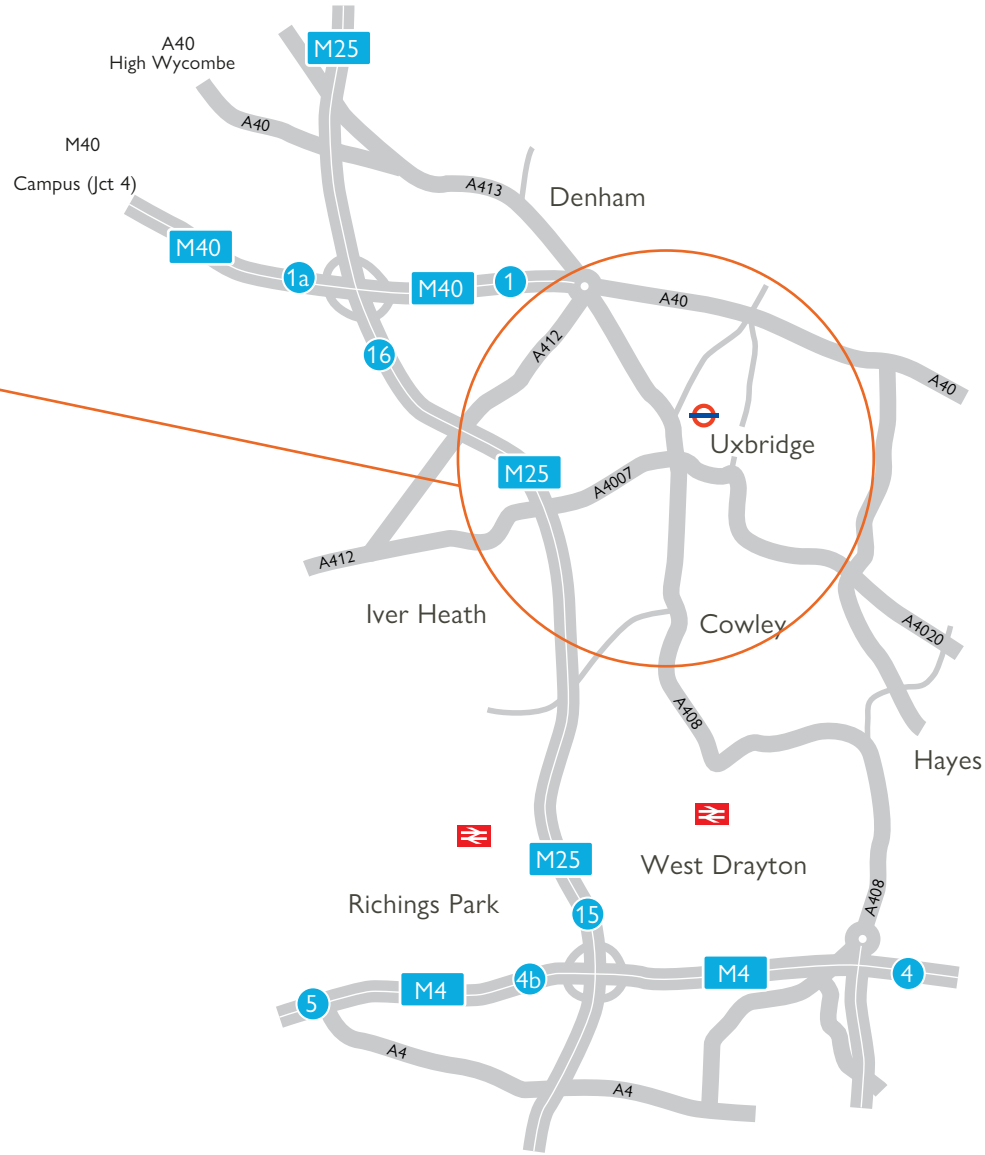




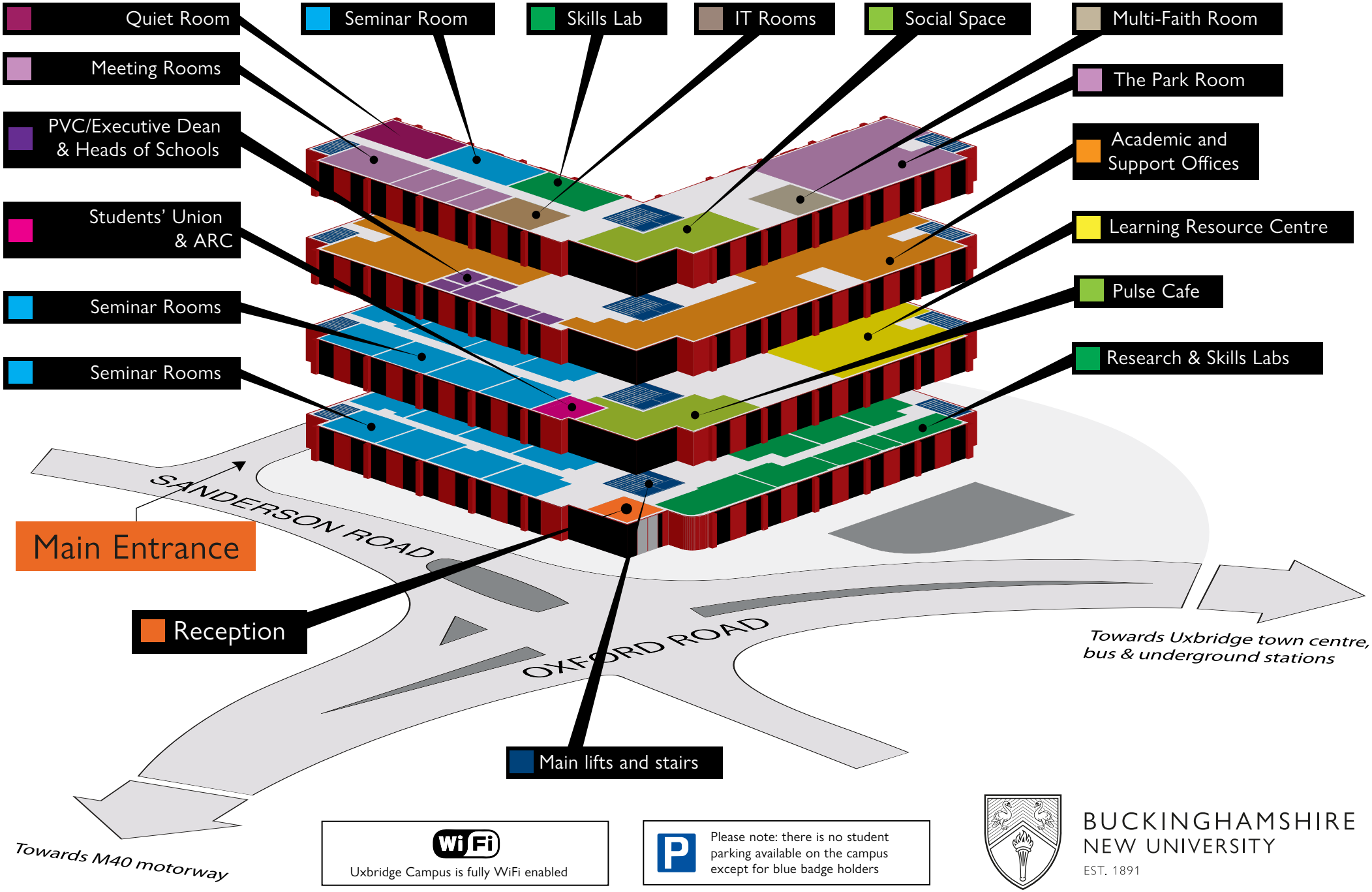
106 Oxford Road
Uxbridge
Middlesex UB8 1NA

By tube
Metropolitan or Piccadilly Line to Uxbridge. The campus is approximately five minutes' walk, and quarter of a mile from the station.

By bus
The campus is approximately five minutes' walk from the tube and bus station.

More information can be obtained from Traveline on 0871 200 2233

UXBRIDGE CAMPUS



Uxbridge Campus is fully WiFi enabled

Please note: there is no student parking available on the campus except for blue badge holders

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AYLESBURY CAMPUS

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Aylesbury Campus
Walton Street
Aylesbury
Buckinghamshire HP21 7QG

By rail
Aylesbury Station is approximetly 8 minute walk via Great Western St and Walton St

By bus
The campus is a few minutes walk from the bus station by walking via Market Square

More information can be obtained from Traveline on 0871 200 2233

High Wycombe Campus
Queen Alexandra Road
High Wycombe
Buckinghamshire HP11 2JZ

Aylesbury Campus
Walton Street
Aylesbury
Buckinghamshire HP21 7QG

Uxbridge Campus
106 Oxford Road
Uxbridge
Middlesex UB8 1NA

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