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**9.45am Arrive on campus**

**10.00am** Location: Silberrad Student Centre

**10.00am Welcome Talk**

**10.20am** Location: ST1 - 4S.6.28

In our Welcome Talk we’ll give an overview of our School of Sport, Rehabilitation and Exercise Sciences and our four undergraduate degree courses on offer, which you’ll be able to experience throughout the day in a range of practical sessions.

**10.20am Sports Therapy**

**11.00am** Location: ST1 - 4S.6.28

Sports therapists specialise in a range of areas including injury prevention, assessment, treatment and injury management, rehabilitation and education. Speak to our staff about their experiences working in elite sport and discover whether sports therapy is the career for you.

**11.00am Tour of the campus or Accommodation talk**

**11.45am Location: 1N1.4.1**

**11.45am Lunch**

**12.15pm**

**Meet in Square 4 at 12.15pm**

**12.20pm Physiotherapy**

**1.00pm** Location: ESA 2.8/2.9

Chat with our physiotherapists and learn how we use exercise and movement to rehabilitate service users from disease, disability, illness and injury. Don’t miss an opportunity to get stuck in! Try your hand at some of our physiotherapy skills and techniques.

**All students will be split into two groups**

**1.00pm** (Group 1) **Sports Performance and Coaching**

**1.40pm** Location: ESA 1.20 (main arena)

You’ll be able to discover our newest degree course, BSc Sports Performance and Coaching. What separates the best coaches from the rest? How do they inspire their athletes, and feedback on performance? You’ll undertake the key coaching skill of performance analysis in our world-class Essex Sport Arena, using top of the range filming equipment to identify strengths and weaknesses in peer performance.

**1.00pm** (Group 2) **Sports and Exercise Science**

**1.40pm** Location: ESA 1.20 (main arena)

You’ll practically examine the effect sports and exercise science, and in particular psychological skills, has on performance. Discover how mental strategies, such as visualisation, self-talk and relaxation techniques, help athletes overcome obstacles and achieve their full potential.

**1.40pm Break**

**1.50pm**

**1.50pm** (Group 2) **Sports Performance and Coaching**

**2.30pm** Location: ESA 1.20 (in the arena)

**1.50pm** (Group 1) **Sports and Exercise Science**

**2.30pm** Location: ESA 1.20 (in the arena)

**End of day**

**Coaches to take students back to school**

ESA: Essex Sport Arena

ST: Sports Therapy clinic