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# Health, Sport and Exercise

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and Exercise



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# Talented **Athlete Day**

Bring your talented athletes to the university to work through a carousel of interactive seminars around physiology, psychology and nutrition, designed to give them a taste of the support they would receive as a professional athlete.

A sports-specific skills matrix will be designed and small-sided games will be introduced as a talent ID format to align with our junior and senior sports scholarship scheme.

**Venue:**

Staffordshire University,  
Stoke-on-Trent

**Number of students:**

5 - 20 Students

**Year groups:**

Year 12 - 13

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# Does pressure affect **your performance?**

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Discover what performing under pressure is like and what methods and techniques are used to help athletes perform to their potential. Learn how goal setting and profiling can keep teams focused throughout the competitive season and how psychological skills are used to train athletes to perform to optimum levels.

**Venue:**

Staffordshrie University,  
Stoke-on-Trent or at  
your location.

**Number of students:**

5-20 Students

**Year groups:**

GCSE, A Level or BTEC

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# Why Study **Sport and Exercise?**

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Learn about what degrees are awarded and what career prospects are on offer. See how key components of Sport and Exercise help develop elite athletes and further discover how sciences consider the theoretical knowledge and use practical application of scientific principles relating to physiology, biochemistry, nutrition, biomechanics, sports therapy, coaching and psychology!

**Venue:**

Staffordshire University,  
Stoke-on-Trent or at  
your location.

**Number of students:**

10-60 Students

**Year groups:**

GCSE, A Level or BTEC

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# Sports Camps - we are looking for talented athletes!

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Come and be part of TEAMSTAFFS! This is an opportunity to attend our sports camps and work through a matrix small skills workshops with our coaches on campus.

Showcase your skills and impress our coaches in small sided games competitions and impress our coaches! This could lead to an offer of a TEAMSTAFFS junior sports scholarship.

Sports on offer will be: Rugby, Futsal, Volleyball, Basketball, Badminton

**Venue:**

Staffordshire University,  
Stoke-on-Trent

**Number of students:**

Contact for details

**Year groups:**

GCSE, A level or BTEC

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# Heads Up on **Health Psychology**

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A one hour interactive workshop. Psychology impacts all aspects of life! Is laughter really the best medicine? Can owning a pet make you healthier? In this health psychology session your students will explore how psychology can be used to improve people's health. Some of your students will also have the opportunity to be morphed using APRIL Age Software to see what effects smoking could have on their appearance as they get older! In addition they'll learn more about the types of career they could have if they chose to study psychology at university.

**Venue:**

School of Psychology,  
Staffordshire University,  
Stoke-on-Trent campus or at  
your venue.

**Number of students:**

6 to 20 students

**Year groups:**

Year 9 - 13

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# Injured? ...Oh not again!!.....

## **Injury prevention workshop**

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Discover how functional movement screening is used to assess an athlete's potential capacity to injury. Learn what methods and techniques assess and rehabilitate an injured athlete.

**Venue:**

Staffordshire University,  
Stoke on Trent

**Number of students:**

10-20 Students

**Year groups:**

GCSE, A Level or BTEC

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# Explore Health and Social Care Day

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Are your students thinking about a career in the Health and Social Care professions? Join us to find out about the courses and careers available in the sector. Our qualified tutors, most of whom are experienced clinicians/practitioners, and current students will talk your students through all aspects of Staffordshire University's Health and Social Care portfolio; from Nursing, Midwifery and Health and Social Care, to Paramedic Science and Operating Department Practice. Taking place in the Centres of Excellence and our Stoke Campus, our dedicated healthcare learning environments, our "Explore Health and Social Care" day offers hands on workshops in our new £5.5 million facilities and provides useful information to help your students make an informed decision about their futures.

## **Venue:**

Staffordshire University, Centre of Excellence in Healthcare Education, Stafford and the Royal Shrewsbury Hospital and Stoke Campus

## **When:**

Available throughout the year upon request

## **Number of students:**

Maximum of 90

## **Year groups:**

BTEC Health and Social Care students and A Level students considering a career as a Healthcare Professional.



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# Can we find the next **Mo Farah**?

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An interactive two hour workshop on what it takes to be the World and Olympic 5km and 10km champion. Students will learn about the physiological determinants of endurance performance before conducting and participating in a range of physiological tests important for successful endurance performance. Do your students love sport but are not as motivated by science? Why not bring them to this workshop to help them convert their passion for sport into an interest in science. It could inspire them to pursue an exciting future career to find the next Mo Farah.

**Venue:**

Sport and Exercise Laboratories at Staffordshire University, Stoke-on-Trent campus

**Number of students:**

15 to 20 students

**Year groups:**

12 and 13

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# Create your own sports science lab!

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Workshop to provide students with the knowledge and tools to create their own sports science lab back at school for their own sports teams. This exciting lab will demonstrate our high end equipment and how these can be replicated with regular equipment that most secondary school PE departments have available.

**Venue:**

Staffordshire University,  
Stoke-on-Trent or at  
your location.

**Number of students:**

5-20 Students

**Year groups:**

Year 9 - 11

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# Can athletes execute skills accurately **under pressure?**

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How do people miss penalty kicks from 12 yards? Introduction to how pressure can affect performance. The inflatable dart board penalty shoot out will be used to show the students exactly what difference pressure makes to performance.

**Venue:**

On & Off Campus

**Number of students:**

5-20 Students

**Year groups:**

Year 7 - 13

**Additional Information:**

This includes the practical use of the Battak and Inflatable dart board (1.5 to 2 hours)

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# The Dark Side of Sport

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An investigation into incidents of performance enhancing drugs in elite sport. What affect do these drugs have on performance and what implications do they have to the athletes' health? (This is in line with the GCSE specification requirements around drugs in sport).

**Venue:**

Staffordshire University,  
Stoke-on-Trent or at  
your location

**Number of students:**

5-20 Students

**Year groups:**

Year 10 - 13

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# What do you mean my body needs fuel?

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During this 1.5 hour workshop students will explore all about nutrition and fuelling their body correctly. What foods should they eat and what foods should they eat less of? This workshop will focus particularly around sugar and fatty foods and the importance of fueling the body correctly.

**Venue:**

Staffordshire University,  
Stoke-on-Trent or at  
your location.

**Number of students:**

20-30 students

**Year groups:**

Year 4 - 9