

ORIENTATION WEEK

**MSc Sports & Exercise Nutrition**

Full Time/ Part Time

Orientation and Welcome Programme

September 2018

University of Westminster, 115 New Cavendish Street, London W1W 6UW

## Introducing your Postgraduate Orientation Programme

A complete timetable of all the events and sessions that make up your orientation & welcome programme are set out on the next page, and it is very important that you attend the scheduled activities. The first session begins at **9.30 am on Thursday 13<sup>th</sup> September**.

The orientation programme has been designed to introduce you to the University, your course, the key teaching staff and not least fellow students who are starting their courses with you.

## Where is it all taking place?

The programme commences on Thursday with a full day of events/sessions at the University's 115 New Cavendish Street building. Your course has a designated enrolment slot on this day, during which you will complete the formalities and receive your ID card.

There is a second day of sessions on Friday 14<sup>th</sup> September. This is an important day, as you will learn about all the various modules, which make up the two courses, so that you can make any necessary choices between them.

115 New Cavendish Street is in the heart of Central London and within close walking distance of a number of Tube stations: Warren Street, Great Portland Street, Oxford Circus and Goodge Street.

## Upon Arrival

There will be a Postgraduate Reception point in the ground floor lobby, where University staff can direct you to the designated room for the start of your programme.

## For your enrolment in person with us, please make sure you have completed pre-enrolment and bring with you:

- 1) Printout of the completed enrolment form
- 2) Proof of identity, only a valid passport or Identity Card will be accepted
- 3) Certificates of courses/ examinations, which do not have VERIFIED on the enrolment form
- 4) If you have not paid your fees online, bring payment or proof of payment (sponsorship/ SLC letter) with you
- 5) If an international student, original Passport and BRP card

Want more information? Visit [www.westminster.ac.uk/newstudents](http://www.westminster.ac.uk/newstudents)

## MSc Sports & Exercise Nutrition

### ORIENTATION SCHEDULE

#### THURSDAY 13 SEPTEMBER 2018

9.30	<b>Arrive for Induction &amp; coffee</b>	C1.03, New Cavendish Street
10.00 – 10.30	<b>Introduction</b>	C1.04, New Cavendish Street
10.30 – 11.15	<b>Course Welcome</b>	C1.02, New Cavendish Street
12.45	<b>Enrolment</b>	C1.15, New Cavendish Street
14.00 – 14.40	<b>Health &amp; Safety Briefing</b>	C1.04, New Cavendish Street
14.40 – 15.00	<b>Introduction to IT / Blackboard and Library Facilities</b>	C1.04, New Cavendish Street
15.00 – 15.10	<b>Students' Union</b>	C1.04, New Cavendish Street
15.10 – 15.30	<b>Student Services</b>	C1.04, New Cavendish Street
15.30 – 15.40	<b>Green Agenda</b>	C1.04, New Cavendish Street

#### FRIDAY 14 SEPTEMBER 2018

10.00 – 11.30	<b>Library Literature Search</b>	CG.25, New Cavendish Street
11.30 – 13.00	<b>Academic English Assessment</b>	C1.03, New Cavendish Street
13.00 – 14.00	<b>Lunch and Module Fair</b>	C1.18 - Pavilion, New Cavendish Street
14.00 – 15.00	<b>Introduction to the MSc SEN Team, modules and research areas</b>	C4.07
15.00 – 16.00	<b>Research ideas and gap areas in Sport &amp; Exercise Nutrition</b>	C4.07

NB: Elements of the programme may be subject to minor modification

## KEY CONTACTS FOR ORIENTATION WEEK

CONTACTS	NAME	TEL	EMAIL
MSc Sports Exercise & Nutrition	Dr Michael Newell	64133	m.newell@westminster.ac.uk

### Contacts

Department of Life Sciences

### Fitzrovia Registry Office

E-mail: [fstregistry@westminster.ac.uk](mailto:fstregistry@westminster.ac.uk)

Telephone: 020 7911 5884 or 5866

### Essential Westminster

Essential Westminster is the University's student handbook and all new students will receive copies at their enrolment sessions. You can also download a PDF version of the guide at

[www.westminster.ac.uk/essential-westminster](http://www.westminster.ac.uk/essential-westminster). The guide provides an introduction to the University, its services and resources, with links to more detailed online information.

### Current students' webpage

The "current students" webpage is your main gateway to the University's online resources. The latest news and events are also published here, so make sure you visit the page regularly to keep up to date with what's going on at the University. The webpage can be found at [www.westminster.ac.uk/students](http://www.westminster.ac.uk/students).

### Key University Services

Contact details for other key University services and administrative offices can be found at [www.westminster.ac.uk/key-contacts](http://www.westminster.ac.uk/key-contacts).

### Academic Staff

Contact details for all academic staff are available at [www.westminster.ac.uk/academic-staff](http://www.westminster.ac.uk/academic-staff)

## University Location Map

You can also find interactive maps and directions via this link:

[www.westminster.ac.uk/about-us/visit-us/directions](http://www.westminster.ac.uk/about-us/visit-us/directions)

