

Welcome to **NATS!**

Sport & Exercise Sciences Welcome Pack

Welcome information and timetable.

University of
Kent

Division of
Natural Sciences

Welcome to the **School of Sport & Exercise Sciences**

From understanding the mechanics of human performance to exploring the intricacies of exercise physiology, you'll delve into a realm that merges theory with practice. Our expert faculty, state of the art facilities, and a team of fellow enthusiasts are here to guide you towards excellence.

University-Wide Events

Check out what else is going on during Welcome Week by heading over to the [Central Calendar](#)!

Need to Find a Room? Use the [Campus Map](#)

Learn About Your Student Union - [Kent Union](#)

Get Familiar With Your [Academic Advising Moodle Page](#)



Sport & Exercise Sciences Welcome Week Timetable

	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
09:00-10:00					
10:00-11:00			Sports Kit Pickup (Chipperfield Lab 111)		
11:00-12:00					
12:00-13:00					
13:00-14:00		Sport & Exercise Sciences Programme Induction (Chipperfield Lecture Theatre)	Sport & Exercise Sciences Academic Advising Group Sessions (Check your emails for further information)	Sport & Exercise Sciences Health & Safety Talk (Chipperfield Lecture Theatre)	
14:00-15:00	NATS Divisional Welcome Talk (Woolf Lecture Theatre)	Cookies & Fizz Social (NATS Marquee/Stacey Lawn)		Sports Kit Pickup (Chipperfield Lab 111)	
15:00-16:00					
16:00-17:00					
17:00-18:00					
Evening					

Note: Underlined text indicates a hyperlink – click on these to access room location information. For a full list of events being held across the University, please see the online [Central Calendar](#).

Sport & Exercise Sciences Welcome Week Events & Descriptions

Event	Description	Location
Divisional Welcome Talk	The Divisional Welcome Talk is the beginning of your student journey here at Kent where you will embark on a path of discovery, growth, and boundless opportunities.	<u>Woolf Lecture Theatre</u>
Sport & Exercise Sciences Programme Induction	We are thrilled to welcome all our new students onto our Sport Science programme. This event will mark the commencement of an exciting journey that will give you the skills for future success!	<u>Chipperfield Lecture Theatre</u>
Cookies & Fizz Social Event	Join us for a delightful afternoon of delectable cookies and sparkling beverages! This is a great chance to mingle with your cohort as well as fellow freshers in the Division of Natural Sciences. This will also be an opportunity for you to pick up your School of Sport & Exercise Sciences Lanyard!	<u>NATS Marquee (Outside on the Stacey Lawn)</u>
Academic Advising Group Sessions	These individualized sessions have been designed to provide you with personalized guidance and support, helping you navigate the intricacies of your academic path and maximize your potential at every step. Our Academic Advising group Sessions are designed to empower you with the knowledge, strategies, and confidence to excel academically and beyond. You should have received an email letting you know who your academic advisor is and where/when you are expected to meet them.	<u>Various Chipperfield Building Rooms</u> (Please check your emails for more details)
Sport & Exercise Sciences Health & Safety Talk	Become familiar with the labs you'll be working in throughout your student journey. You will be given a laboratory tour, hear a safety talk, learn lab etiquette, and some basic equipment familiarisation. This is also an opportunity to be allocated a locker and lab coat.	<u>Chipperfield Lecture Theatre</u>

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Sport & Exercise Sciences Welcome Week Events & Descriptions

Event	Description	Location
Sports Kit Pickup	The School of Sport and Exercise Sciences will provide you with your very own school-based hoodies! Make sure you drop on by to grab your free hoodie, and to see some of the technicians you will be working alongside.	<u>Chipperfield Lab 111</u>