



Chelsea School Newsletter



Keep Smiling

Olympic medallist Kate Allenby gave a tip to future would-be athletes – "keep smiling". Kate, who competed in two Olympics Games and collected a bronze medal at Sydney 2000, was offering advice at Fuelling the Flame, a 'Question Time' event hosted by the University of Brighton's Chelsea School in Eastbourne. The school is holding a series of such events in the run-up to the 2012 London Olympics. Kate, who retired in 2004, now sits on the British Olympic Association and runs a modern pentathlon club. She graduated from Chelsea in 1995 with a degree in sports science.



Kate Allenby

The pentathlete was among a panel of sporting experts, all Chelsea graduates or staff, chaired by head of Chelsea School, Professor Jo Doust. They fielded questions from an audience of alumni, staff, students and friends of Chelsea School.

Kate, who received an MBE for services to sport in 2008, had a simple piece of advice for any budding athletes: "All I could say is to enjoy yourself and keep a smile on your face."



Left to right: Head of Physiology at the English Institute of Sport Dr Stephen Ingham, Olympic hockey umpire Dr Gillian Clarke MBE, Kate Allenby MBE, Darren Kenny's coach and senior lecturer Dr Gary Brickley, Head of school Professor Jo Doust, Darren Kenny OBE six-time paralympic gold medallist

Money matters

Do you want to know more about funding, fees, bursaries, scholarships, students and benefits? Do you need help making a budget? Visit www.brighton.ac.uk/studentlife/money/

Gymtastic!

A £750,000 investment has brought stunning new state-of-the-art strength and fitness equipment to Eastbourne students. The new facility is packed with treadmills, rowers, cross-trainers, weights machines, six lifting platforms, a plyometrics track, a punchbag rail and a full television and sound system.

As well as helping students keep fit or reach peak sports performance, the facility will also be used for teaching, particularly on our popular strength and conditioning modules. One of the lifting platforms is equipped with a force plate and a 3-camera system to analyse weight-lifting actions. A side room houses scientific isokinetic dynamometers to allow precise measurement of muscle strength.



The new gym

Sport Journalism student Jon Vale said "The old gym was fine but it's been totally blown out of the water by this new one. It's so much bigger, the equipment is so much more advanced and you can go there and do whatever you want: weights, cardio, anything, every single base is covered. It's so user-friendly as well. Whereas the old gym's weights room was a little bit of a sweaty pit, the new one is really welcoming and you can feel happy working out there regardless of the physical condition you find yourself in. And the gym facilities here are infinitely better than the gym I use at home."

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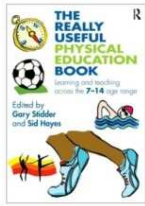
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Book corner

Your lecturers at Chelsea are renowned experts. Here are a few of the books that have been published recently, authored by Chelsea staff.

The Really Useful Physical Education Book (Routledge) Gary Stidder and Sid Hayes.



New and improved second edition published in 2010. Written predominantly by physical education lecturers from Chelsea School, it provides training and practising teachers with guidance and ideas to teach physical

education effectively and imaginatively at Key Stage 2 and Key Stage 3.

Key concepts in Sport Studies (Sage)

Wagg, S., Brick, C., Wheaton, B. & Caudwell, J.

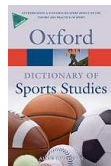
This book will help students and researchers find their way within the diverse field of sport studies.

Clear, well-researched entries explain the key concepts in the debates surrounding the social significance and social dynamics of sport. This is a teaching companion for undergraduates with short essays on 50 key concepts in sport studies.



A Dictionary of Sports Studies (Oxford Dictionaries) Alan Tomlinson

Professor Alan Tomlinson is an international expert in the field and head of research at Chelsea School. Wide-ranging coverage includes the social, political, economical and cultural theory of sport, as well as entries relating to exercise, preparation, and performance psychology, and key scientific terms, including nutrition and anatomy. It also features biographies of key sportspeople, information on international organisations and institutions, and detailed appendices with lists of sporting events and winners, including the Summer and Winter Olympic Games. This dictionary is essential reading for students of sports studies and the related disciplines of leisure and recreation studies, sports science, and physical education.



500-1 The Miracle of Headingley '81 (Wisden)

Rob Steen and Alastair McLellan

To commemorate the looming 30th anniversary of the game's greatest comeback, John Wisden, the most famous name in cricket publishing, have reissued this acclaimed account with forewords by Mike Brearley and Gideon Haigh.

Chronicling the remarkable exploits of Ian Botham and Bob Willis, and described by *The Guardian* as the "definitive" account of a Test match played amid the riots and high unemployment of the 1981 summer of discontent, the book was first published in 2001, shortly after *Observer* readers voted that third Ashes Test "Britain's Favourite Sporting Memory".



Marxism, Cultural Studies and Sport

(Routledge) Edited by Ben Carrington and Ian McDonald

The cultural, political and economic importance of sport presents fertile ground for analysis. This book ranges broadly, from mega-events like the Olympic Games, state programmes for nation-building and health promotion, to the cultural politics of race, gender, sexuality, age and disability.



Ready and waiting

At Chelsea School we know that once you have found the information about the course you wish to study by attending our course-specific Open Days, your mind will turn to questions about student life. So to help you we have student ambassadors from across our range of courses ready to answer your questions about life as a student. If you have been made an offer to study at Chelsea School why not join the Facebook group? This is a closed group so you will need to search for Chelsea School student ambassadors and request membership?



For all the latest news visit the Chelsea website www.brighton.ac.uk/chelsea

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TERM DATES 2011/2012
26 September - 16 December 2011
9 January - 23 March 2012
16 April - 8 June 2012



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Making the right choice

At Chelsea School, we are just as concerned as you that you make the right choice of university and course. After all, it will be the place where you are living, and the topic that you are studying for (at least) the next three years. There are a number of elements to take into account when making your choice. Is the course right for you? What are the facilities like? What do current students think? Do I like the environment? Because we know this is an important decision for you, we are keen to give you as complete a picture as possible about life as a student here.

We offer a number of Open Days during the academic year, which enable applicants (and their parents/guests) to visit Chelsea School and find out more about the school, the university and the course(s) that they are interested in. In October, we hold a whole campus Open Day. This is a "pre-application" day and is designed to help you decide which universities to put on your application. The day offers the opportunity to find out about the school and university in general, finance issues and student services, and the chance to meet lecturers and gather information about the courses available.

If you apply to us and are made an offer, you will be invited to a post-application course-specific Open Day. We would encourage you to attend these open days as they are particularly designed to offer more in-depth course presentations, time with the lecturers and current students, and a chance to experience what being a student at Chelsea School is really like. If your course requires you to attend an interview as part of the selection process, you will be invited to a specific day. Details regarding all our Open Days can be found at <http://www.brighton.ac.uk/chelsea/aboutus/opendays.php> All invitations to Chelsea School Open Days will be issued by email so please ensure that you check your e-mail (and your junk mail) regularly.

We firmly believe that by attending these events you will be able to make an informed and confident decision about your university future, and of course, we sincerely hope that your chosen destination will be Chelsea School, University of Brighton. Good luck!
Dr. Daniel Burdsey, Admissions Tutor

Ice-cool peak performance

University of Brighton student Charlotte Evans recently competed at the IPC Alpine Skiing World Championships in Sestriere, Italy with the British disabled team. Charlotte acted as a sighted guide for Kelly Gallagher who is visually impaired. The pair won a silver medal for the slalom and bronze in the giant slalom for Team GB. These are the first medals in any skiing event for Team GB and Charlotte said: "I've only been a guide for five weeks, so this is absolutely amazing."



Charlotte (left) and Kelly Gallagher

Charlotte, who is studying Sport and Exercise Science at Chelsea School, recently competed in the slalom, giant slalom and super G for England and was the women's English champion in 2009 until she was injured. Then by chance it was suggested that she should consider becoming a guide.

Charlotte said: "I have had to totally change the way I ski to accommodate and guide my partner Kelly. This has been one of the most rewarding experiences of my life and the team spirit was absolutely amazing. I am very grateful that Chelsea School and the university took the pressure off me so I could compete. Without their support it just would not have been possible and I would have missed the chance of a lifetime."

The University of Brighton Students' Union provides students with a range of opportunities to join clubs and societies where they can meet like-minded people and share common interests. The Union also promotes the formation of new clubs and societies. For more information visit www.ubsu.net



Sport Brighton are now on Facebook



University of Brighton

Chelsea School Newsletter



Meet some of our student ambassadors...

Naomi Lowe

I am studying Physical Education BA(Hons) with QTS. I really enjoy the course and all it has to offer. It has many practical aspects and this meant that it was very easy to get to know everyone and settle in quickly. The highlight of my first year was the ski trip to Claviere, which was part of our Outdoor Adventurous Activities module. During the week there, we got to know other students from different lectures, bond as a year group and get to know the lecturers better too.

I really enjoy the wide range of clubs available at the university. I am part of the Christian Union and love playing lacrosse and hockey for the university as well as attending the Kayak club. There are so many clubs and teams; even if you've never done the sport or activity before you're more than welcome to have a go. Other than its outstanding academic reputation and friendliness, I chose Chelsea School because of its seaside location. Coming from the Peak District where you are as far from the sea as can be, it's still a novelty to pop into the sea on sunny days - and it's warmer than you think!



Anna O'Brien

I'm 20 years old and I am from London. Originally I hadn't applied to University of Brighton, and after taking a year out to travel was expected to attend a different university back in London. I then came across Chelsea School and made a visit. As soon as I arrived I felt at home here as it was so welcoming and felt like such a close community. I then decided to apply here instead. I am now in my second year studying Sport and Exercise Science BSc(Hons) and love it! I chose this course as I knew it would be both challenging and interesting with a range of modules. Eastbourne itself is both relaxing and fun with its benefits of being close to the seaside and having a lively nightlife.



Find back issues of the Chelsea School newsletter at www.brighton.ac.uk/chelsea/news/

Alexandra Botting

I am currently in my second year of Sport and Leisure Management. I know it sounds so cheesy but I really love everything about university. Chelsea School has such a friendly feel about it and Eastbourne itself is really great with plenty of shops, bars and clubs. I was in a house last year as I didn't get into halls but living with 11 other students certainly made up for it. We are all living in the same house this year which is really lovely...if a bit messy! I'm currently in the process of applying for a placement as part of my course and I have an interview with LOCOG (London Organising Committee for the Olympic Games) in the next few weeks. I'm quite nervous but fingers crossed it goes well. Hope to see you at the university next year.



Chris Rowley

Hello, I am a second year student at Chelsea School on the Sport Journalism course. Originally I am from Kent, so not really that far to travel for a quick trip home. These two years at university have been amazing as I have met some great people and really enjoy my course. I think what makes Chelsea School special is that due to its size you do really know so many fellow students and with all the sports and societies to choose from it means you really do have a great choice. Personally, I am a member of the boxing team. We train three times a week and have a social which leads to the Atlantis nightclub every other Wednesday. On the whole university life is about working hard but making sure that you enjoy yourself at the same time.



Want to know about accommodation?

www.brighton.ac.uk/accommodation

Still have questions? Telephone 01273 643848/643810 and speak to Ros Dunican or Lesley Robertson email a.eastbourne@brighton.ac.uk



Want to know about the practicalities of student life? If you have been offered a place at Chelsea School why not contact one of our student ambassadors? Join our Chelsea School student ambassador Facebook group

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