



Chelsea School Newsletter



How will a Chelsea degree help your career?

Sport is big business. It is valued at more than £15 billion to the UK economy and employs over half a million people. Its influence spreads beyond the simple playing of the game. It was a broad sporting, political and cultural momentum that led the UK to glory in the award of the 2012 Olympic Games, confident that the immediate and long-term benefits of the Games would outweigh costs of over £8billion.

Integral to the Games' legacy vision is the recognition that good health requires an active lifestyle. Add to this the continued rise in commercial fitness facilities, sports nutrition products, and equipment development, and it is easy to see why sports-related career opportunities continue to grow.

Chelsea students are well placed to get these jobs. The P.E. and PGCE courses are renowned and close to 100% of students go straight into a teaching job. Our other degrees develop specialist skills. A career might involve



Prof Jonathan Doust

working for a sports organisation, helping athletes achieve peak performance, working in sport journalism, or sport management. But it is not just sport that requires the graduate. In fact, the

main growth is in the exercise and leisure sectors. While Sport England proudly proclaimed that in 2008 more adults than ever before were taking part in 'physical activity at least three times a week' the 11.7 million regular exercisers still reflect less than 20% of the U.K. population. Much remains to be done if the rise in obesity and other hypokinetic diseases is to be stemmed. This concern acts as a driving force to a diversity of businesses and public sector organisations concerned with health, fitness and well-being. Whether your skills lie in management, hands-on doing, policy and development, or science, career opportunities continue to arise.

It may sound strange to say but we expect half our students not to earn a living through their degree subject. This is also true for many traditional degrees such as English,

Archaeology or Chemistry. While sport will probably remain a lifetime passion, other opportunities and ambitions may take your career in other directions. So at Chelsea our courses ensure you develop as a multi-skilled graduate. Our subject modules help you learn how to gather and appraise evidence, how to construct reports, how to present to an audience, how to evaluate complex situations, and how to handle information and data. We have vocational modules with names like Work Placement, Graduate Skills, Professional Enquiry, and Leadership. And there are many opportunities to get involved in extra-curricular activities which can help your career ambitions. A Chelsea degree is particularly strong in intellectual skills and in team working. Look on www.brighton.ac.uk/chelsea under *Graduates* for career examples and case studies and at *Prospective students* and *What our students say about life at Chelsea*.

*Prof Jonathan Doust
Head of Chelsea School*

Five go to Crawley

Four third-year Sport and Exercise Science students and Rob Harley, Principal Lecturer, Sport and Exercise Science, went to Crawley K2 Leisure centre to enthuse 200 year ten schoolchildren interested in pursuing careers related to health care.



Chelsea student James Green (centre) assessing aerobic power using a jump mat

The Chelsea team delivered a session linking the benefits of exercise to health and outlined some of the careers our exercise science students go into.

The school children took part in a variety of assessments (lung function, blood pressure, grip strength and vertical jump) to test their health and physical fitness.

Editor

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Student reporters

Sport Journalism
BA (Hons)
Joe Strange

Physical Education
BA (Hons) with QTS
Chris Martin



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KICK-START and FIDGET in Switzerland

2009 saw the University Men's and Women's dance company Kick-start and Fidget visit the International School of Zug in Switzerland. This was a great opportunity for year two Physical Education with QTS to experience teaching dance to an international school.



Arriving on Sunday morning we were whisked from the airport up the Swiss mountaintops for some sledging in the thick snow, a perfect start to the week. Monday was an early start and we quickly switched into teaching mode. The pupils thrived on the opportunity to be creative and expressive in their movements. It was great to see so many pupils enjoying what was for some their first real experience of a dance lesson. By the end of each workshop pupils had developed tremendously and wrapped up each lesson with a mini dance performance of their own. Further days of teaching combined with indoor climbing, dinner at a Mongolian Restaurant and a social in the centre of Zug, adding up to a packed week. On Friday we signed off with our own grand Kick-start and Fidget dances. The journey back was a chance for us all to relax and reflect on what was an amazing experience and a fun week of dancing!

Chris Martin



30 undergraduate and post-graduate students from Chelsea School took part in the annual skiing and snowboarding experience in Alpendorf, Austria,

Bowled over by Chelsea

I'm 20 years old, and a first year student at the University of Brighton studying Sport And Leisure Management BA(Hons). After visiting Australia to play rugby in 2005, I took a year out after my A-levels to return to Oz to explore the country further and learn a little more about myself before I took the leap into university life. My first year at Chelsea has gone really well and I've met some awesome people. I chose to study Sport and Leisure Management because my whole life to date has been centred around sport. I couldn't envisage a career outside this field, and I believe that this degree will give me a head start into pushing myself as far as I possibly can in life. So far the course has been as I expected, although the workload is increasing as we approach the crunch time of exams and coursework deadlines at the end of the year. I'm looking forward to the challenges and experiences that I will encounter over the next two years, most notably our work placement months.

With all the sport-related courses being based at Chelsea, there is obviously a strong sporting network with something for everyone; whether you want to take part in a competitive or recreational environment, and the social side of all the sports has been a major plus for me. My personal choice of sport is cricket; back home I have captained my club side since I was 16. At university I have been training with the squads since before Christmas, and with the season about to start I am eagerly waiting to hear what squad I will be playing in.

Eastbourne has everything you need whilst being compact enough to feel safe. There is also the obvious major plus point of having a beach right on your doorstep which is a great place to be in the warm weather. I would recommend coming here to anyone.

Will Stemmings

Bursaries and scholarships

For information about income-related bursaries and scholarships for elite athletes, talented performers and disabled athletes and general finance information:

www.brighton.ac.uk/prospective/undergrad/fees

"I chose the University of Brighton because of the facilities available for my course. With top-class equipment, expert lecturers and the fact that Chelsea School is predominantly for sport-based courses made the decision easy for me. All that, and you get to live beside the sea! Best decision of my life."



Elliott Williams
Sport and Exercise
Science BSc(Hons)

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

News and Events

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Eastbourne Nightlife

Holly Ball

On a chilly Friday night in December hundreds of students from the University of Brighton once again descended on Eastbourne's Winter Gardens for the annual Holly Ball. The biggest student event held on the Sunshine Coast was once more a huge success as students enjoyed live musical performances, top DJs and a number of fun festive games.

The black tie event kept its traditional red carpet entrance and winter wonderland theme with a professional photographer in place to capture those special moments. Live band Acusis started the ball with a bang as they belted out covers of popular songs and Christmas classics. They were followed by an excellent live PA from chart-toppers Basement Jaxx with Kele Le Roc taking vocals on a number of their hit tracks including 'Romeo'. Away from the music, the student union had ensured that everyone would be entertained with a casino, Santa's grotto, bucking Rudolph, face painters and inflatable boxing being just some of the activities on offer. Back in the main room the live acts continued with Bodyroxx taking the stage, their performance of 'Yeah' featuring Luciana a particular highlight. Second year Sport and Leisure Management student Simon Williams said: "This year's Holly Ball was amazing. The performances were great and the games add something a bit different to the night. I'm looking forward to next year already!"

Joe Strange

Sport matters



American football, athletics, basketball, canoeing, cricket, football, kickboxing, kung fu, motorsports, mountaineering, ski and snowboard, triathlon, equestrian and surfing...what do all these have in common? They are all sports clubs available at the University of Brighton. To find out more about the full list of clubs and societies visit www.ubsu.net The student union also promotes the formation of new clubs and societies.

Dance Rivals '09

The legendary 'dance rivals' event is held annually to raise money for charity during the Chelsea School RAG week. The university sports teams perform their own choreographed dance masterpieces in front of a packed crowd at the Atlantis nightclub on Eastbourne pier. This year's event delivered bigger throws, lifts and



We don't like cricket....we love it! The team celebrate

spins than ever before. The four-times champions 1st team rugby squad produced a dance that wowed the crowds once more. But this year belonged to the cricket team who soared to victory with a combination of funky and comical dance movements plus an element of surprise which impressed the judges and crowd. Dance Rivals night was once more a night to remember. After the competition the dancefloor was a sea of random costumes and hilarious outfits as Brighton students partied the night away, a truly unique event that never fails to satisfy and raised £3,352 for the Chelsea Children's Camp.

Chris Martin



Information about accommodation can be found at www.brighton.ac.uk/accommodation Still have questions? Then email a.eastbourne@brighton.ac.uk or telephone 01273 643848/643810 and speak to Ros Dunican or Lesley Robertson

'The Pebble', the official newspaper of the University of Brighton Students' Union, now available online www.ubsu.net/

All applicants offered a place to study at Chelsea School will be designated a student ambassador who will keep in touch by email, answering questions about the course, living in Eastbourne etc. If you have been offered a place and would like a student ambassador to contact you, email m.i.doust@brighton.ac.uk with your full name and the course/s you have applied to study

For more information about Chelsea School see our website

www.brighton.ac.uk/

[Chelsea](#)

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University of Brighton

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Meet our student ambassadors ...

Nick Teale

I'm a second year Sport Journalism BA(Hons) student. I'm 19 years old and from Liverpool. I chose the course because it offers a degree in exactly what I want to do. It's good to think that when I leave the course I could be being paid to report on games I would have watched anyway. I am also a University ambassador



Sarah Hubbard

I am a second year on the Sport and Exercise Science BSc(Hons). I have had no regrets in choosing Brighton University. The nightlife is great and it's what you make it, socials are fantastic and everyone knows everyone. The university has great facilities, a good atmosphere and excellent staff. I'm so pleased with my university, I would never have met my best friends and I'm living by the sea - what could be better?



Joe Strange

I am currently in my second year of the Sport Journalism BA(Hons) degree. I chose to study here as the course has a high reputation, the facilities are excellent and the location really appealed to me. I play football for Glynde Albion, a team made up of students, in the Lewes and District Sunday league. I have loved my time at university thus far and do not want it to end.



Sam Walters

I'm a second year Physical Education BA(Hons) with QTS student. I thoroughly enjoy both studying and living in Eastbourne. I also love watching and participating in most sports and getting involved in all parts of University life, including running a quiz every Tuesday night in the on-site Bar.



Terry Pierce

I'm 22 and a second year Sport Journalism BA(Hons) student. I chose to study at Chelsea School because it's the only sport-based journalism course to be accredited by the NCTJ, but I soon realised that there are many more positives to studying in Eastbourne. The small, close-knit community and first-class facilities create a welcoming and vibrant student life. I've made so many good friends, had some great experiences and met some fantastic people that can really help me get to where I want to be.



Charlotte Wilson

I am 19 years old and from the Isle of Wight and I am currently in the second year of the Sports Studies BA(Hons) degree which I am really enjoying. As well as being a student ambassador, I am the year two Sport Studies course rep and the health and safety officer for the university's swim team. I chose to study at the University of Brighton because I thought the area was really nice and the staff and lecturers were very friendly and welcoming from day one and are still the same now, making me feel comfortable in my studies.



Sophie Rudd

I am currently in my second year, studying Physical Education BA(Hons) with QTS. I have recently joined the Women's rugby team and am also part of the Swim team. Although Eastbourne is not as big as Brighton, there are plenty of events and activities to get involved with, both within the university and outside. I know when I came to university I was worried about not knowing anyone, but it is so friendly and welcoming here, which is why I chose it.



Chelsea School and the Student Ambassadors wish all students taking exams over the next few months good luck

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University term dates 2009-10

Autumn: Sep 28 - Dec 12 2009
Spring: Jan 4 - March 26 2010
Summer: April 19 - June 11 2010

Visit <http://www.eastmagazine.co.uk/> to find out more about what's on in Eastbourne www.brighton.ac.uk/studentlife for information about being a student at the University of Brighton

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