



Premier league degrees

Brighton ranks a lofty 12th in The Times' latest subject league tables in its authoritative Good University Guide. Well over 100 universities and colleges offer degrees in sports-related subjects. It is not only this type of national newspaper league table that demonstrates that Chelsea is one of the top departments in the UK. The government's teacher training official standards inspection rated Chelsea's PE degree as equal best in the country, the National Student Survey rated Sport & Exercise Science in the top 10, and the Sport Journalism degree is the only one in the country accredited by the National Council for the Training of Journalists, the industry training council.

Going swimmingly

Former world freestyle swimming champion [Karen Pickering](#) has opened her latest swim school at the University of Brighton pool at Eastbourne. Part of the deal was to give students from Chelsea School a chance to widen their experience by teaching in the school and earn some much-needed money. *Full story* www.brighton.ac.uk/chelsea

Labs get top kitemark

Chelsea labs have been accredited by the British Association of Sport & Exercise Sciences. The accreditation process is rigorous and there are only 17 accredited labs in England and Wales, including the Olympic Medical Institute and the Welsh Institute of Sport. Of the 100+ HE institutions that offer sports science in one form or another, just 15 have accredited laboratories.

Kick-Start Down Under

The Kick-Start dance company launched in 1999 by University of Brighton principal lecturer in dance, Fiona Smith, have recently returned from a tour of New Zealand. Fiona established the dance company to encourage male PE teachers to take up the challenge of performing and teaching dance to change the



stereotypes surrounding male dancers. In New Zealand the dance group performed and led workshops all over the country, including spells at Auckland University of Technology and Otago University. The tour culminated in a performance at the TAPAC Theatre in Auckland as part of the TEMPO Dance Festival – New Zealand's annual national dance festival.

Sport Journalism Student shortlisted for NUS award

Will Tidey, a second-year student on the [BA Sport Journalism course](#), was shortlisted in the Best Student Sports Journalist category of the 2006 NUS Student Media Awards for his work on the groundbreaking Chelsea School webzine OverTime. OverTime is produced by the sports journalism students and senior lecturer Rob Steen. You can see the latest edition on www.overtimeonline.co.uk

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Chelsea School Newsletter



Eastbourne Night Life

So, you're thinking of coming to Eastbourne to study? You've already had a look through the University prospectus and been to an open day, but what you're all really dying to know is whether or not it has a decent night life? The answer to that question is yes. Eastbourne does not fail to disappoint with its wide variety of bars, restaurants and clubs. Student nights in Eastbourne (which equal cheap beer and cheap entry) are on Mondays, Wednesdays and Fridays. On a Monday night there really is only one place to go if you're a student and that is the recently opened Funktion Rooms night club. Set on three floors, it has numerous bars and plays a vast selection from chart, R&B, Hip Hop and alternative music. Always packed with students, it's a great place to go to start the week and you're always guaranteed to see everybody you know. Did I mention that for those on a tight budget (is there any other type of student?) it's also free to get in? *Next newsletter: where to go on a Wednesday night.*

Gemma Nash

International Symposium

Chelsea School will host a two-day symposium on Exercise Tolerance in March. Experts from academia and applied practice will bring together their understanding of the latest physiological research on fitness. The symposium is being organised in conjunction with Inter-Ex, a major European Union project linking Sport and Exercise scientists from University of Brighton and University of Lille2. For more information visit www.inter-ex.co.uk

Diary of a school placement



"Mr Newbery will be taking your PE lessons for the next 15 weeks. Mr Newbery, over to you". Twenty-six year 10 children are staring at me. I think of my lesson plan and realise I forgot to allocate time to panic.

My 15-week school placement has begun with year 10 GCSE theory. What did they tell me in all those lectures? Speak clearly, speak slowly, allow yourself time to think. One lecturer said a teacher should be like a duck: calm to the observer but under the water frantically working hard to keep moving. Currently I'm the rabbit in the headlights and as running from class screaming is not an option (well not one I can really choose) I decide to come out fighting.

An hour later the class are shuffling away and one student even says "thanks sir" (me? Sir? This I could get used to!). Over the next 15 weeks I will teach about 195 lessons to children in years seven-11 in sports I know about (rugby, football, basketball) and sports I don't (netball, table tennis, badminton). The paperwork (lesson plans, school policies, reports, detention slips) will be enough to destroy a small wooded area and I will deal with class problems ranging from Boy Who Cannot Hold Racket Without Hitting Smaller Child to Boy Who Keeps Crying When He Loses Football. And somewhere along the line I stop thinking about being a teacher and become one.

Jason Newbery

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



Chelsea School Newsletter



From undergraduate to lecturer...

Dr Paul Castle

At the age of 17, Paul Castle set his mind on doing a PhD. He joined the BSc Sport and Exercise Science course at the University of Brighton. Initially Paul wanted to become a Sports Psychologist and work with Olympic athletes but halfway through his degree, he became fascinated by Environmental Physiology. Paul's 3rd year dissertation on performance enhancement in the heat carried through into his PhD. His work has been published in academic journals, featured on the BBC news and used by the British Paralympic team in Athens. Paul is now a lecturer in sport and exercise science at Chelsea.



Dr Paul Castle

Sport Matters

The University of Brighton's Men's **football** team have been drawn against the University of Reading in the first round of the National Cup after winning the Southern Premier League Division. They finished three points clear of nearest challengers Bath and lost just one of their 10 league fixtures. Katie Khosla (BA PE) came first in the individual floor event of the BUSA **Artistic Gym** competition and Brighton came fourth overall in the team event. The University of Brighton mixed **lacrosse** team pulled off a remarkable victory against Oxford (13-12) who had been unbeaten in the previous three seasons.

Football 4 Peace

14 volunteers from Chelsea School made the annual trip to Israel to run the Football 4 Peace project in December. The group spent five days working with 180 children from 18 different communities on a residential camp five kilometres from the border with Lebanon. The children took part in a programme of team and partner activities designed to bring those from different communities together, challenge them and instil trust and a shared experience. One of the most inspiring factors of this project is the joining together of the different communities from the Galilee region of Northern Israel. Children from conflicting communities and cultures are joined together in a team and are encouraged to work together, trust each other and ultimately play together cohesively in the tournament at the end of the week. It breaks down lots of barriers and prejudices, the results of which are truly amazing. F4P is a major Chelsea project which over the years has helped thousands of children. You can find full information on www.football4peace.org



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For more information about Chelsea School see our website www.brighton.ac.uk/chelsea



Chelsea School Newsletter



Meet the ambassadors



Hannah Gregson

"I chose to study Sport and Exercise Science at Chelsea School as I had heard of its high reputation. I wanted a degree that meant that I would not only come out with a degree, but one with an excellent reputation. In particular I chose Sport and Exercise Science as it was an area in which I've always been interested. You get the chance to apply what you know to a sporting, exercise or health context."



Ben Pollard

"I am currently in my second year of the Physical Education (QTS) course. I love nearly all sport and thoroughly enjoy teaching it. My favourite sport is football and I am a big Man United fan (which I'm not going to apologise for!). I am also a member of the university's all-male dance company, Kick-Start and we are planning to tour Switzerland in a few months time."



Matthew Williams

"I am currently acting as the Student Ambassador for the Sport and Leisure Management BA(Hons) degree course. In terms of sport, I love a wide variety from football to tennis. I am currently in my second year and am going on placement in March which will allow me to gain valuable experience (more about that in a forthcoming newsletter). The arena of sport and physical activity is exciting to study and be involved in, particularly during the lead-up to the 2012 Olympics. "



Gemma Nash

"I am a second-year Sport Journalism student. I am 20 years old and from a small seaside town called Clevedon which is near Bristol. I love to watch and play football, I am a big Arsenal fan but Bristol City are my favourite local club. I also enjoy watching motorbike racing, particularly MotoGP. I am also a keen traveller. After leaving school I took a year out before starting university and went travelling around the world for four months. Whilst on my travels I jumped out of an aeroplane in New Zealand which was one of the best experiences of my life."



Abena Boller

"I am studying sociology of sport and leisure 'with PE'. I thoroughly enjoy this course as it gives me the opportunity to learn about the theoretical side of sport and leisure as well as participate in various sports. I was attracted to this course because you can take sports such as athletics and swimming as part of your module choices. The course itself is extremely interesting and covers a wide variety of subject areas, from sport in the community to sport and social class."

All applicants offered a place to study at Chelsea School are assigned a Student Ambassador who will keep in touch with by email, answering questions and sending prospective students a copy of our newsletter.

More ambassador stories next issue...

For information about undergraduate study including accommodation, finance etc

Visit www.brighton.ac.uk/studentlife

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