

Postgraduate induction timetable 2026

Thursday 10 – Friday 11 September 2026

Department	Sport and Exercise Science
Programme title	MSc Strength and Conditioning
Level	7
Programme Manager	Dr Jenni Douglas

Time	Activity	Location
Thursday 10 September 2026		
10am	Report to Welcome Desk for Initial Welcome	University Learning Hub Foyer and ULH001
10.30 – 11am	Welcome to postgraduate studies at Hartpury University! Meet Professor Steve Draper and your Programme Manager, who will provide useful information relating to your induction and studies at Hartpury. It's also a great opportunity to meet your colleagues and peers.	MDC 1
	Meet your Programme Manager – Jenni Douglas	
11.00am-12.30pm	Welcome to Strength and Conditioning: Introductions This session will introduce you to the programme, staff and peers.	Graze 9 Classroom
12.30-1.30pm	Lunch Social Event Enjoy a free pizza from Gumbie's Wood Fired Pizza van, as well as a free drink. It's your chance to meet other students from your department.	Outside Legends
1.30-2pm	Campus tour - Main campus - with Sports and Exercise Science PG students This tour will help you get familiar with the Hartpury campus ahead of teaching. You'll explore key areas such as study zones, support services and social spaces.	
2:10-2.30pm	Visit Enrolment & Welcome Hub Meet outside Legends Bar During your visit to the hub, you'll: - complete your enrolment with the Registry team, - have your photo taken for your Student ID,	University Learning Hub

	- collect your Student ID card, lanyard, and car pass (you can order this here, if you haven't already), - visit our help desks, including IT, Finance, Admissions, Academic, Learning, and Wellbeing support, Student Advisors, Careers, and more, - meet out Students' Union to discover more about our clubs, societies, and student representation, - visit our kit and book suppliers to collect orders if needed – you can check the requirements for your course here and order online now, - speak to our external student insurance company. If you miss this timeslot, please visit main reception.	
2.30pm -3.15pm	Campus Tour - Sports academy with Sport and Exercise PG students This tour will help you get familiar with the Hartpury campus ahead of teaching. You'll explore key areas such as classrooms, laboratories, clinical spaces and gyms.	
3.15-4.00pm	Welcome to Strength and Conditioning: This session will introduce the MSc Strength and Conditioning including information about the specific requirements of the programme including modules, assessments, resources and placements. You will be guided through current protocols and procedures relevant to practical spaces.	Biomechanics Laboratory (Sports Academy)
4.15-4.30pm	End of Day 1 Discussion Answer any final questions and outline the plan for Induction Day 2	Biomechanics Laboratory (Sports Academy)
Friday 11 September 2026		
10-11am	Periodising Your Workload! Success comes from planning, not just effort. In this session, you'll learn to map your assessments and structure your time like a training programme, balancing intensity, recovery, and key deadlines. The goal is simple: stay in control, avoid burnout, and perform at your best when it matters most.	SAC10 Classroom (Sports Academy)
11-11.30am	Coffee Break	
11.30am-12.30pm	Coaching the Individual: Communication, Connection and Care Students will take part in a gym-based session exploring movement competency through communication and coaching. Emphasises how practitioners communicate	Performance gym (Sports Academy)

	observations, adapt approaches, and respond to individual needs through a biopsychosocial framework	
12:30-2pm	PG Research networking event with lunch	MDC1 Graze Classrooms (1,2,3,4)
2.00-3.00pm	Thinking Like a Practitioner: Evidence and Research in Action Students will explore evidence-informed practice and role of research. This session sets the foundation for critical thinking and applied practice essential for success.	Graze Classroom 8
3.00-3:30pm	End of Day 2 Discussion Answer any final questions and outline the plan for the beginning of teaching.	Graze Classroom 8
4pm	International student talk (organised by the international team)	