

Welcome to Sport, Health and Exercise Sciences at Brunel

A dark blue circular logo with the text "Discover Brunel" in white, bold, sans-serif font.

Discover
Brunel

Congratulations on securing your place at Brunel

We're looking forward to meeting you - either in person or online - and introducing you to life at Brunel.

To help us get started, we've put together a short activity and some further information to help you prepare for your course - including a snapshot of the topics you'll cover and useful resources.

If you have any questions please email chmls-tpo-shes@brunel.ac.uk.

Pre-arrival activity

We'd like you to complete a short activity before you join us. We can discuss your answers in one of your first personal tutor sessions. Your work will not be officially assessed however it will allow your tutor to get to know you better.

We would like you to read this academic journal [article](#) and the following BBC news [article](#) and consider the top three factors that you think lead to Olympic success.

You may also wish to consider how these factors relate to academic success as a Brunel Sport, Health & Exercise Sciences student.

Sample coursework questions

- What is sport pedagogy? Armour (2011). Chapter 1
- Learning Theories in PE and Youth Sport. Armour (2011). Chapter 3
- Why do people participate in sport? Coakley and Pike (2009/14). Chapter 2
- What is research? Jones and Gratton (2015). Chapter 1
- Research traditions. Jones and Gratton (2015). Chapter 2
- Cardiovascular System: The Heart. VanPutte et al., (2020). Chapter 20
- Nutrition, Metabolism, and Temperature Regulation. VanPutte et al., (2020). Chapter 25
- Welcome to Sport and Exercise Psychology. Weinberg and Gould (2018). Chapter 1
- Arousal, Stress and Anxiety. Weinberg and Gould (2018). Chapter 4

Reading list

- Armour, K. (2011). Sport Pedagogy: An introduction for teaching and coaching. London, UK: Pearson.
- Coakley, J & Pike, E. (2009/14). Sport in Society: Issues and Controversies. Boston; McGraw-Hill
- Jones, I. & Gratton, C. (2015). Research Methods for Sports Studies (3rd ed.). Routledge: London, UK.
- VanPutte, C. L., Regan, J. L., Russo, A. F., Seeley, R. R., Stephens, T. D., & Tate, P. (2020). Seeley's anatomy & physiology (12th Edition). New York, NY: McGraw-Hill Education.
- Weinberg, R. S., & Gould, D. (2018). Foundations of sport and exercise psychology. Human Kinetics.
- [The Physiological Society](#)
- [The Gatorade Sport Science Institute](#), particularly [this article](#) on hydration
- [Brunel article outlining how athletes can prepare for the expected heat and humidity at the Tokyo Olympic Games](#)
- [Playing with Research in Health and Physical Education](#)
- [Physical Activity Researcher podcast](#)
- [Government physical activity guidelines: infographics](#)
- [Creating peak performance using music with Dr Costas Karageorghis](#)
- [Beat the press podcast](#): Seeing how footballers – and the people around them – deal with pressure on and off the pitch with Dr Misia Gervis

We look forward to meeting you in Welcome Week (Monday 21 – Friday 25 September).

Sport, Health and Exercise Sciences Team



Find out more about Welcome Week
brunel.ac.uk/welcome-week

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