Get ready for MSc Sport and Exercise Psychology

I hope that you are excited about studying MSc Sport and Exercise Psychology. Myself and the team are really looking forward to welcoming you to the University of the West of England in September. We are hoping to run an online session at the end of the summer to introduce you to the teaching team and to your new classmates. Further details will be emailed closer to the time. But in the meantime, we have provided some information below that will help you to prepare.

We are really looking forward to meeting you.

Danny Holmes
Programme Leader

Before you start

We are looking forward to welcoming you in the week commencing 14 September for Starting Block and the beginning of your programme. Induction for this programme will be on **Wednesday 16 September from 10am - 4pm.** The room number will be confirmed closer to the time.

Starting Block will help you settle into university and to help you get to know your teaching team and course mates. We will help you find your way around, get used to our systems, and practise the skills you need to make a strong start. Look out for further emails and explore the Starting Block website with more details.

Your timetable will be available to you via MYUWE (login required) once you have started the enrolment process. Please visit the 'Understanding your teaching timetable' website to find out when your timetable will be published.

Preparing and arrival

You can find everything you need to know about enrolment, Starting Block and the start of teaching, on our Preparing and Arrival webpage. Take a look at our website to familiarise yourself with our facilities and services such as the library, study skills, academic support, health and wellbeing support and much more.

Enrolment

Once you have satisfied all admissions requirements, we'll send you your login details for our IT systems to enable you to activate your university email account. Once your account has been activated, you'll gain access to the MYUWE platform where you can enrol. Note

that your login details for MYUWE are different to those used for the UWE Welcome website. Enrolment for September programmes will only be open from August onwards. You can find guidance and further information on our Enrolment website.

ID card - upload your photo now

We can only print your ID card if you have added your photo to MYUWE. To avoid delays, upload your photo as soon as you receive login details. For help, go to our student card guidance.

Key dates

Please note the term dates for the 2026/27 academic year have been published. You will be able to access them here.

Induction is on **Wednesday 16 September from 10-4pm** and the room number will be confirmed closer to the time. There will also be an on campus in the second induction week, taking place on Wednesday **23 September from 10-4pm.**

If you would like to understand the core on-campus teaching days for the programme then please feel free to reach out to me (Danny, the programme leader) for an up-to-date provisional timetable. My email address is danny.holmes@uwe.ac.uk

Engage with your programme

Start your learning

We would recommend you do the following before you arrive at UWE:

- If you are interested in pursuing a career as a sport and exercise psychologist, explore the Stage 2 routes through the British Psychological Society or the Chartered Association of Sport and Exercise Sciences.
- Attend the virtual 'getting to know you session' in September. An invite will be sent closer to the course starting.
- Watch some sport and sports documentaries through the lens of a sport psychologist!

Read around your subject

A key skill which is required to achieve a high level of success within your chosen programme is the ability to think critically about key issues and practices. To help you to enhance these skills and be ready to engage with your studies, you should start to read and research around your subject before you arrive. Explore the Library web pages to see the wide range of resources available to you once you become a UWE Bristol student.

Here are some of our recommended titles for you to read, to be inspired by and to understand the scope of your degree programme:

- Keegan, R. (2016) *Being a sport psychologist*. London: Macmillan Education.
- Zenko, Z. and Jones, L. (2021) Essentials of exercise and sport psychology: An open access textbook.

Be prepared

Access support

Check the information on our Disability web pages so you know what you need to do. If you need any urgent additional mobility or other support to fully access all activities during your studies, contact me as your programme leader.

Get equipped

The University has computers on all our campuses for you to use during your studies. These provide access to our core digital learning tools and any specialist software required for your course. You may have scheduled sessions in computer labs or other specialist facilities, and you will be able to use open-access PCs for self-study.

UWE Bristol licenses many specialist software packages for use on personal laptops for the duration of your course. If you're struggling to meet the financial demands of your course, please contact the Student Money Service team for advice and guidance.

See the UWE website for detailed information on choosing your IT equipment including recommended specifications.

For this programme we recommend the **Core Specification**.

International students

The Global Student Support Team offer information and advice to ensure you receive all the support you need to get the best from your time at UWE Bristol. They are here to help you to settle in when you first arrive at UWE Bristol and organise social events to help you to adapt to your new environment.

Who to contact if you have questions

For any questions about the course, please contact me, the Programme Leader: **Danny Holmes** via email at danny.holmes@uwe.ac.uk.

Please note: this information has been provided on the assumption that you will meet the conditions of your offer and be eligible to take up your place.

Entry: September 2026 Last updated: Spring 2026