



## **Abi – Sport and Exercise Science at Loughborough University**

Hiya, my name is Abi! I am currently in my first year at Loughborough University and I study Sport and Exercise Science, my undergraduate course is three years long with an option to do a placement (an extra year but working with a company) after my second year.

I chose to come to Loughborough University as the atmosphere on campus made me feel at home, and everyone I spoke to at Loughborough was really friendly, helpful and welcoming. I love that there is everything you need on the campus, and I can walk to my lectures, the gym, the library and the shops within 15 minutes of my accommodation so it is all close by!



I stay in one of the 16 halls on campus, (a hall is like a little village of blocks that contain flats where groups of students live, before coming to university I had no idea what a hall was!) and the environment in halls at Loughborough is amazing! I have found that the people in your hall have become like my little family as Loughborough provide you with so much opportunity and activities to get to know everyone. Some of these include competing against other halls in sport (this becomes very competitive, even if you aren't taking part you go along to cheer on the side line), volunteering projects (dog walking, this one was so fun as whilst at University I really miss my dog, helping at local schools and old people's homes, the photo is of me and my friends helping clear leaves outside elderly people's homes), social events (movie and pizza nights, themed fancy dress nights, as shown by the minion photo, and a chance to go on tour!).



I was really keen to begin studying Sport and Exercise Science as I have a passion for sport and the processes that are responsible for allowing the body to work in challenging conditions. My degree allows me to develop a good understanding of the way in which the different systems in our body work and how they help an athlete's performance. I also look at the mental challenges athletes have and one of my modules I have a lecture from someone who is currently working in the sport industry which I find really inspirational and exciting as it's someone different each week. After I finish my degree I would like to work in sports nutrition, as I am keen to work alongside athletes and sports teams and advise them on what food can help to improve their performance.

Before University, I studied for both my GCSEs and A levels at my local school, Lutterworth College, therefore I spent a total of four years there. For my GCSE subjects (as well as Maths, English and Science obviously!) I chose, Food Technology, Dance, PE, French and Citizenship. I based my decision for choosing these subjects on what I enjoyed and what I wanted to learn more about. I had researched what type of assessments I would have to do, and I liked the practical element of Food Technology, Dance and PE. I can say that this was a big factor for me as at the year there was less pressure on my written exams as I had already completed several assessments that made up my grade. I really enjoyed all my GCSE subjects and learning a language was also helpful when applying for jobs because it is a useful skill to have.

After doing my GCSEs I then chose to do A levels, however my friends all did a variety of different things including, apprenticeships, BTEC's and college courses. At first my A level choices were Maths, Biology and Chemistry. However, over the summer I decided that I wanted to do PE and it was one of my strongest subjects, so I swapped my choice of Chemistry to do PE instead. Reflecting back, it was one of the best decisions I have made! If there is one piece of advice I can give, it is to do something you enjoy! As this made it clear to me that I wanted to have a career in sport as I loved all my A level PE classes and was excited to develop my knowledge in the subject further. Additionally, as A levels require a lot of work and you are only studying three or four subjects you want to make sure you like the subject otherwise you won't be as motivated to do the work!

# ?PATHWAYS



So, when it came to apply for university Sport and Exercise Science was an obvious choice for me as it was a nice blend of my three A level subjects. However, I did look at other degrees such as nutrition or food technology and other science-based subjects as I wanted to make sure I was making the right choice. My course involves a mixture of lectures, laboratory sessions, tutorials and seminars. I get to have a practical laboratory session every other week for biomechanics, biochemistry, and anatomy and physiology. I really enjoy these because it allows me to use the theories learnt in my lectures in a physical setting as well as using the amazing facilities which the university has to offer. I have about 15 hours a week of lectures which is spread across Monday to Friday from between 9am and 6pm.



I have grown up dancing so after watching the several videos on YouTube of the dance competition Loughborough hosts (definitely check them out, @Lborodancecomp) I knew I wanted to continue dancing at university. After auditioning I was successful and made it onto the tap, jazz, contemporary and Latin competition teams. Loughborough have different level teams for most styles and therefore you can try new classes or just go for

# ?PATHWAYS

fun and enjoyment and not compete! (the other styles include ballet, lyrical, hip hop and commercial). Through taking part in dance I have made many new friends and having the opportunity to do social events (again lots of themed nights, e.g. thing 1 and thing 2) together and the chance to go on tour to Croatia. We also put on an annual show which my friends and family came to watch and really enjoyed!



If I could give any advice about choosing subjects for GSCE's, A levels, or an apprenticeship, as well as what course to do at university, it would be to choose to study something you enjoy! This is because you are likely to then end up in a career within that field and then you will enjoy future work. Also, one of the other things I love about university is the opportunity you get to meet people from all over the country and across the world too, and you get to learn from them and their different cultures! As well as studying new and exciting topics within your degree!