

## AHLS Year 12 Sports Summer School

### Year 12 Sport Science Summer School

London South Bank University (LSBU), played host to seventy-three Year 12 vocational students when they put on a 3 day event (10th, 11th and 12th June) designed to give them a taste of University life.

The programme was aimed at showing students how to apply to university and giving them ideas of what careers they might consider after completing their course.

Eighty three students applied across a five boroughs including Bromley, Merton, Sutton, Kingston and Croydon:

- Coombe Boys School
- John Ruskin College
- Kingston College
- Carshalton High School for Girls
- The Ravensbourne School
- Southborough School
- Kelsey Park Sports College
- Glenthorne High School
- Carshalton Boys Sports College
- Merton College
- Orpington College

Students had the opportunity to view the facilities and resources at London South Bank, use the gym for a multi-skills session, practicing a range of non sports specific activities which improve basic movement and sports skills. There was also a workshop on completing an application through UCAS and a chance to practice writing a statement.

Students were split into non-college groups and worked in groups to improve team work.

They attended workshops on considering different careers in sport

- Rehabilitation and Physiotherapy
- sports Product Design
- Sports Marketing.

They found out what it was like to work as a sports fitness coach and met people working in the industry. There were two lectures on Sports Psychology and Physiology and guided tours of the facilities and resources.

Visiting students had a talk by current students at LSBU and were able to find out what it's like to be a student, how much it costs and what the living accommodation is like as well as the work/life balance and other issues that affect students.

There was an opportunity to meet Olympic gold medallist Darren Campbell and hear a presentation about his life story and a visit to the O2 to see the Body Worlds exhibition.

