

HOW TO FIND US

USW SPORT PARK
PONTYPRIDD
CF37 5UP

DIRECTIONS BY CAR

From M4

Exit the M4 at J32 and travel north on the A470 for about 4 miles. exit the A470 at the junction marked A4054 and take the first exit into Treforest industrial estate (A4054). You will see signs for USW Sport Park on your left, just before the ATS building.

From Merthyr Tydfil

Travel south on the A470 until you reach the junction marked A4054. Take the fourth exit off the roundabout into Treforest industrial estate (A4054). You will see signs for USW Sport Park on your left, just before the ATS building.

DIRECTIONS BY TRAIN

Train links to Treforest Estate run regularly from Cardiff Central and Cardiff Queen Street stations.

Travel information, including maps and directions to USW Sport Park can be found on our website: southwales.ac.uk/visiting

Information in this programme is correct at the time of print, but may be subject to change. For the most up-to-date information, call 03455 76 77 78 or check our website: www.southwales.ac.uk. As part of its commitment to the Welsh language, the University provides information through the medium of Welsh. To find out more, visit www.decymru.ac.uk or e-mail cymraeg@decymru.ac.uk.

Produced by the University of South Wales's Marketing & Student Recruitment department. Design: USW Print and Design 01443 482 677
The University of South Wales is a registered charity. Registration No. 1140312

FREE
PARKING
available

USW SPORT OPEN DAY

University of
South Wales
Prifysgol
De Cymru

Your programme for the day is inside.
If the subject you're interested in isn't
listed, call us on: 03455 76 77 78

If you're using
a satnav, find
**USW SPORT
PARK**
using the postcode
CF37 5UP

DISCOVER YOUR POTENTIAL

#USWOPENDAY
southwales.ac.uk/opendays

 USWSport



YOUR JOURNEY STARTS HERE...

Open Days are a big part of finding the right course and university for you.

At our Open Day, you'll get a real feel for what it's like to be a sport student at the University of South Wales. Be sure to make the most of your day – ask lots of questions, try things out, take a good look around and make yourself at home.

This programme gives you a plan of what's happening on the day and information for your visit, including directions and when to arrive.

We hope you find everything you need on the next few pages, but if you've got any questions, just get in touch. We're looking forward to welcoming you to USW!

TALKS, TOURS AND ADVICE

IMPORTANT INFORMATION

Travel information

Whether you're travelling by car or rail, USW Sport Park is easy to reach. For full travel information, visit: southwales.ac.uk/visiting. If you're travelling by train alight at Treforest Estate train station. If you're using a satnav, the postcode for USW Sport Park is CF37 5UP. On the day you will have the option to visit our Treforest and Glyntaff sites. A shuttle bus will be provided for each of these short journeys.

Registration

When you arrive, head to the main entrance to register. Registration takes place between 9.45am and 10am for all sport courses. To avoid queues at registration, don't forget your letter we sent you with your QR code.



ENJOY AND GET INVOLVED

This Open Day is the best way to find out if the University of South Wales is right for you, so make the most of it and find out as much as you can.



Siarad Cymraeg?

Croeso! Ym Mhrifysgol De Cymru, mae gennym lawer o gyfleoedd i fyfyrwyr sydd eisiau parhau i ddefnyddio'r iaith, sy'n cynnwys cyfle i fyw gyda siaradwyr Cymraeg eraill yn y Neuaddau Preswyl, cymorth mentora a chymdeithas Gymraeg fywiog. Ceir mwy o wybodaeth ar decymru.ac.uk/cymraeg-de-cymru, trwy e-bostio cymraeg@decymru.ac.uk, neu gelli di siarad ag aelod staff yn ystod y digwyddiad – bydd y staff a llysgenhadon myfyrwyr sy'n siarad Cymraeg yn gwisgo bathodyn oren.

Welsh speaker?

Croeso! At the University of South Wales, we have lots of opportunities for students who want to use their Welsh language skills. You can live with other Welsh speakers in Halls of Residence, mentor support or join our Welsh society. To find out more, visit: decymru.ac.uk/cymraeg-de-cymru, or e-mail: cymraeg@decymru.ac.uk, or ask a member of staff while you're here. Staff and student ambassadors who speak Welsh will be wearing an orange badge.

MEET OUR BLOGGERS

USW Bloggers share what student life is like through their vlogs and blogs – follow them to hear about USW life in their own words.

If you've got a question about being a student here, just get in touch through Instagram.



Follow their blogs at: southwales.ac.uk/uswbloggers

Or look for them on Instagram: [@uswbloggers](https://www.instagram.com/uswbloggers)

INFORMATION FAIR

You may have lots of questions about becoming a student at the University of South Wales. Luckily, there will be people at the Open Day who can answer them.

Between 12.30pm and 2.30pm in the Brecon Building on our Treforest Site, you can speak to experts in careers, student finance and admissions. You can also book an appointment to discuss your needs with Disability and Dyslexia Support. Call 01443 482 080 or e-mail: ddsadviser@southwales.ac.uk before your visit.

LIBRARY TREASURE HUNT

Don't miss out! Discover how the library can help you achieve better grades.

EXPLORE USW SPORT PARK



98% OF OUR SPORT GRADUATES are in employment or further study within six months of graduation.

(DLHE 2016)



YOUR DAY AT A GLANCE

Time	Activity
9.45am	Registration
10am	Welcome talk
10.15am	Sports Park tour
10.45am	Sports Coaching and Development Strength and Conditioning Rugby Coaching Football Coaching Sport and Exercise Science
11.30am	Play Sport talk
11.45am	Opportunity for one-to-ones
12pm	Visit to Sport Science facilities at Glyntaff
12.30pm	Journey to Treforest Campus
1.15pm	Finance and Accommodation talk Student Life and USW Careers talk Tours
2.15pm/3pm	Return journey to USW Sport Park

#USWOPENDAY

Keep up with what's happening at the Open Day – follow us on Instagram: @unisouthwales
Facebook: UniversityofSouthWales
Twitter: @unisouthwales

We would love to hear about your visit, so tweet your thoughts and share your photos using: #USWOpenDay. To see all the photos and comments from the Open Day, follow: @unisouthwales



Full-size indoor 3G pitch, USW Sport Park

SUBJECT SESSIONS

Sports Coaching and Development

What could a future in the sports industry hold for you? Sports coaching, physical education, teaching or sports development? Come and find out.

Strength and Conditioning

Do you want to work with elite athletes to achieve peak performance or use your expertise to develop their speed, power and agility as a conditioning coach? If so, you should attend this session.

Rugby Coaching and Performance

The world of rugby offers lots of opportunities. Many of our graduates work for professional clubs as conditioning coaches or performance analysts – find out how you can join them.

Football Coaching and Performance

Our students rub shoulders with top professional clubs and international teams, all while developing a coaching profile. You will also work towards UEFA coaching licenses, which are embedded in our course.

Sport and Exercise Science

Do you want a career as a sport scientist or learn about the physiological, biomechanical and psychological factors that govern elite performance? Find out more in our session.

We regularly review our courses to ensure the best quality possible. You can find up-to-date details such as course content and campus location on our website – don't forget to check before you apply.

Interested in more than one subject session?

If you're interested in more than one course, you should attend the session for your first choice course. You can find out more about the other courses at our one-to-one sessions which take place in reception from 11.45am.



12 platform strength and conditioning suite, USW Sport Park

ESSENTIAL TALKS

Play Sport talk

Playing sport is a huge part of university life. Find out about our 65 teams playing in the BUCS leagues and our Sports Scholarship Programme available to students performing to a high standard takes place 11.30am.

Student Life and USW Careers talk

Students share their experiences of life at USW, so you know what it's really like to study here. They'll answer any questions you have too. You will also find out how USW Careers can help you throughout your studies and beyond, including career advice, placements and workshops. This session takes place in TC013, Tŷ Crawshays, Treforest Campus.

Finance and Accommodation talk

Get an insight into financial support such as student loans and grants, funding and extra sources of income. Find out about accommodation options at the University of South Wales. Our talks on Finance and Accommodation are delivered together in the Brecon building, Treforest Campus.

TOURS

Sport Park tour

Have a guided tour of our purpose-built, multi-sports facility you will be taken on a tour right after the welcome talk.

Treforest Campus tour

Our students will take you on a tour of Treforest Campus. This is your chance to see all of our facilities and ask questions about university life. Tours leave from Brecon building, Treforest Campus, throughout the day.

Accommodation tour

Take a look at our accommodation and find out about life in Halls of Residence from a student point of view. Tours leave from Brecon building, Treforest Campus, throughout the day.

Sport and Exercise Science Tour

Go on a guided tour of the bespoke laboratories at the Glyntaff Campus. This is for students interested in Sport and Exercise Science. The tour leaves the Sport Park at 12pm.

ONE-TO-ONES

Employability

Our staff and students can tell you about the employability opportunities on your course, including work based learning placements, volunteering opportunities and additional qualifications.

Academic one-to-one

Course leaders are available in the Sport Park reception for one-to-one questions from 11.30am.

EXPLORE AND EXPERIENCE OUR WORLD-CLASS FACILITIES

USW Sport allows you to train and develop to your full potential in one of the best teaching and learning environments for sport in the UK

BRAND NEW

sporting performance facility that focuses on rugby and football coaching



HIGH PERFORMANCE
environment for aspiring athletes



Catapult ClearSky
INDOOR GPS SYSTEM



PURPOSE-BUILT
laboratories full of specialist equipment



HYPOBARIC CHAMBER
that tests subjects in different conditions, often at the extremes of endurance

OVER 30 ACRES OF SPORTING FACILITIES AT USW SPORT PARK
including 4 floodlit pitches



FULL SIZE INDOOR 3G PITCH
built to the FIFA Pro and World Rugby standard
WE ARE THE ONLY UNIVERSITY
in England and Wales to offer this facility

INTERNATIONAL PROFESSIONAL TEAMS
regularly use our facilities including the Wales national football team, Cardiff City Football Club, and the touring New Zealand, South Africa and Australia rugby squads

Excellent facilities for
NOTATIONAL ANALYSIS

2 GRASS RUGBY PITCHES, 4 GRASS FOOTBALL PITCHES, 1 SAND DRESSED ASTROTURF PITCH AND 2 OUTDOOR 3G PITCHES

LARGE CHANGING PAVILION

Strength and conditioning
SPECIALIST CENTRE
with 12 lifting platforms

UNDERWATER WEIGHING SYSTEM

WHOLE BODY MRI
to measure whole and regional body fat and muscle

