

THE RIGHT FIT

A guide to university
for students



Physical Education



Should I go to uni?

Why study Physical Education?

- 1 For team working, leadership and people skills
- 2 Because everyone should know how to be healthy
- 3 To develop your competence, confidence, and creativity
- 4 For job opportunities that keep you active, engaged and excited for the rest of your life

What could I do with Physical Education?

Other than an athlete or a coach, you could also be:

1 A Physiotherapist These professionals work with people to help with a range of problems that affect movement using exercise, massage and other techniques.

Possible degree: Physiotherapy BSc at Oxford Brookes University.

2

An Extreme Sports Activity Leader

Instructing people in a new sport is a complex job, requiring you to look out for people's safety, any injuries and ensuring they have a great time. You will need people skills as well as your understanding of PE.

Possible degree: Sports and Exercise Science BSc at the University of Derby.

The background features a complex network of thick, stylized lines in shades of purple, blue, and dark blue. Two prominent black circles are placed at the intersections of these lines, one near the top center and one near the bottom center. The overall aesthetic is modern and geometric.

3

A Sports Journalist Follow the careers of some of the greatest athletes of our time, report back on their successes and help other people understand why their achievements are so impressive.

Possible degree: Journalism Studies and Sports Studies BA at the University of Stirling.

4

A Fitness Centre Manager Look after not just your own health but also many people's by running a fitness centre or gym and creating the perfect space for people to exercise.

Possible degree: Sports Business Management BA at Bucks New University.

For more information about these and many more jobs, visit prospect.ac.uk.

What about alternative routes?

It's hard to decide what you want to do when you are older. So if you're not sure about going to university, these websites could help:

- **notgoingtouni.co.uk** will help you find out about alternatives to university.
- **careerpilot.org.uk** will help look at all your options at the ages of 16, 18 and even afterwards.
- **findapprenticeship.service.gov.uk** to find a full list of apprenticeships in the UK.
- **Gear up** The Study Higher alternative routes advisory.

For more information please register on the Study Higher website.

You could also:

- Go to a University open day **opendays.com**
- Sign up for a taster day or masterclass **unitasterdays.com**
- Get some work experience to find out what you enjoy.
- Carry on with your hobbies and interests.
- Check out jobs on **prospects.ac.uk**

4

GO TO UNI

3

APPLY THROUGH UCAS

2

CHOOSE SOME UNIS

1

CHOOSE A DEGREE

**I THINK I WILL GO TO UNI,
WHAT TO DO NOW?**

Choosing a course

There is a lot of information out there so while you are choosing a subject keep these things in mind:

Entry requirements

These will vary from course to course.

Course content

Always check the modules on the course to make sure you get to study topics that interest you.

Teaching method

What suits you the most: independent study, lectures, seminars?

Assessment types

Do you do best in coursework, practical work or exams? Also does the course provide certifications you need?

Entry Requirements

Universities publish their typical entry requirements. Some universities will also have contextual offer which are lower requirements depending on the student's background, skills or a variety of other reasons.

Work experience opportunities and careers help

Does the uni you are considering have connections with employers, help with getting a job or a placement, study abroad opportunities, sandwich year, interview process training, etc?

Choosing a university

To make choosing from hundreds of UK universities easier, **consider the following things:**

Size

Some unis only have 1000 students while some might have over 30,000!

Location

How far do you want to be from home? In a big city or smaller town? Up north or down south?

Campus or city university?

Campus universities have all their buildings on one big campus. City universities are spread around a bustling city.

DEGREE	EXAMPLE OF UNI	ENTRY REQUIREMENTS	CAREER PROSPECTS ¹ AFTER 6 MONTHS	
			% EMPLOYED	AVERAGE EARNING
Physiotherapy BSc	Oxford Brookes University	AAB including Biology or Human Biology, GCSE: Grade 4 (C) in English, Maths and Science	95	£22,000
Sport and Exercise Science BSc	University of Derby	ABB including Biology, GCSE: Grade 4 (C) in English and Maths	96	£17,000
Journalism Studies and Sports Studies BA	University of Stirling	BBB	80	£20,000
Sports Business Management BA	Bucks New University	BB (minimum 2 A-levels)	86	£18,000

These are some of the degrees for the jobs mentioned earlier.

1 | discoveruni.gov.uk

Cost of living and accommodation

The north is usually cheaper than the south. Cities are more expensive than rural areas. Quality and price of accommodation will vary too.

Bursaries, grants and support for you

Financial awards are different at each university. Check which university will support you most suitably.

Sports clubs and societies you might want to join

Do you want to carry on a sport or maybe try a new hobby? Check if the uni you are looking at has the clubs you are interested in.

Reputation

What is the university known for? Academics, sport, atmosphere, and so on.

The Higher Education system in the UK is set up so that anyone who wants to go to university, can! So don't let the finances deter you.

Finance

When you apply for student finance you claim two different loans¹;

A tuition loan of up to £9,250/annum¹ for the cost of your studies – paid in full to the university. None of the tuition fee has to be paid up front by you.

A maintenance loan up to £12,010/annum¹ for living costs – paid in termly instalments to you. This loan is income and circumstance assessed.

Note: These numbers change year on year so please check slc.co.uk or gov.uk for up to date information.

Repayments¹

As of April 2020², repayments for student loans:

- Start the April after you graduate and only once you earn over £26,575.
- Stop if your income drops below £26,575, which means if you are not earning enough your parents don't have to cover you.
- Are taken straight out of your pay check so you never have to go to the bank to pay it.
- Are 9% of your earnings over £26,575 (see table).
- Do not affect your credit rating or your ability to get a mortgage.
- All outstanding debt is written off after 30 years.

SALARY PER YEAR	£ OVER £26,575	9% (IN £)	MONTHLY REPAYMENT IN £
£21,000	0	0	0
£25,000	0	0	0
£30,000	3,425	308	25
£40,000	13,425	1,208	100

AVERAGE GRADUATE SALARY 2019

ABOUT THE SAME AS A PHONE CONTRACT

University can be expensive, but over a lifetime with a degree you are likely to earn many times more than you will repay. If you have an ambition, a dream, or an interest in a subject, it is worth it to invest in your own future!

For more information go to thestudentroom.co.uk or slc.co.uk

Jargon Buster

Higher Education (HE) The level of education that leads to a degree.

Gap year A year away from education to gain work experience, save up funds or go travelling.

Undergraduate Students studying for their first degree.

Graduate Someone who has completed an undergraduate course.

Higher National Diploma (HND) A two year work-related qualification; considered to be an equivalent of two years of HE study.

Foundation degree A one year course taken in preparation for an undergraduate degree.

Bachelor's degree Usually a three year degree course. Bachelors of Arts (BA) are for arts and humanities courses while Bachelors of Science (BSc) are for science courses.

Master's degree A more advanced degree, either taken after a Bachelor's degree or as an integrated Master's.

Joint honours degree A degree comprised of two different subjects.

Postgraduate degree Courses taken after your first degree such as a master's degree.

Sandwich year A work-placement year taken during a degree.

Admission Team The people who receive and consider your application.

Halls of Residence Student accommodation at the University.

Campus University grounds.

UCAS The Universities and Colleges Admissions Service through which you apply to university.

Open Days Days during which you can visit universities free of charge and be shown round.

Prospectus A printed booklet advertising a school or university to potential students.

Student Loans Company (SLC) A non-profit, Government-owned organisation who provide loans and grants to students in universities and colleges in the UK.

Student Loan A loan students can take up from SLC to cover living costs and tuition fees.

USEFUL WEBSITES

ucas.com All things university related and the portal through which you apply to university.

prospectus.ac.uk Careers website with details on a huge variety of career options.

opendays.com A list of all the university open days in the UK.

universitytasterdays.com A list of taster days available at UK universities.

discoveruni.gov.uk Compares entry requirements, course details and prospects of UK degrees.

thecompleteuniversityguide.co.uk and **timeshighereducation.com** University and subject league tables, helpful advice and guides on many university related topics.

thestudentroom.co.uk University guides, articles and question forums.

careerpilot.org.uk A summary of options at ages 13/14, at 16+ and 18+.

slc.co.uk Student Loans Company website for financial questions.

notgoingtouni.co.uk A list of opportunities if you do not want to pursue university.

Study Higher partner universities' websites

reading.ac.uk
University of Reading

brookes.ac.uk
Oxford Brookes University

ox.ac.uk
University of Oxford

bucks.ac.uk
Bucks New University