

My Student Life Talk

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BSc Strength

and Conditioning Science

with Rehabilitation

(Sport Science)



My Typical Day at University

7:00 AM – 1st
alarm goes off

7:30AM- 2nd
alarm goes off

7:45AM- I wake
up, in a rush to
get ready

8:15AM- Leave
home, Travel
into Uni

10:00AM-
11:45AM-
Seminar

12:00PM-
1:45PM- Lecture

2:00-3:00PM
Hang out with
friends.

4:00PM-6:00PM
Gym or Study in
Library or Open
Space.

7:00PM Arrive at
home.

- Rest and prepare
for the next day



The Really Fun Activities

- Student Union- For the People of Our University
- Societies- Football, Language, LGBTQ+, Fandom, National, Dance, Love, chess.
- Sports Teams- Basketball, Cheerleading, Netball, Volleyball, Dodgeball, Football, jogging, table tennis,
- Volunteering- Support your Community
- Student Ambassador- Represent your university
- Peer Wellbeing mentors- Support your peers
- Sport Activators- Motivate others to participate in sports
- Events: Freshers fair, Impact 24, International night, Global week, Uni-Mental health Day.
- Communities: SHoKE (Students at the Heart of Knowledge Exchange Project)

Cambridge Campus Sport

Campus Sport is a great way to play your favourite sport, meet new people, stay in shape, or get involved in something new.

These sessions will begin on Monday 17 January.

TRIMESTER 2 - JANUARY - APRIL 2022			
MONDAYS			
Dodgeball	NEW	●	Kelsey Kerridge Sports Hall 17:00-18:00
Table Tennis	FREE	●	Coslett Dance Studio (COS010) 17:15-18:45
TUESDAYS			
Futsal	●	●	Kelsey Kerridge Sports Hall 16:00-17:00
Volleyball	●	●	Kelsey Kerridge Sports Hall 17:00-18:00
Netball	●	●	Kelsey Kerridge Sports Hall 19:00-20:00
THURSDAYS			
Badminton	●	●	Kelsey Kerridge Sports Hall 17:00-18:00
Basketball	●	●	Kelsey Kerridge Sports Hall 17:00-18:00
5-a-side Football	●	●	Kelsey Kerridge Sports Hall 18:00-19:00
FRIDAYS			
Jogging Group	FREE	● ●	Meet at Helmore Gym 13:30 - 14:30

★ Book and pay for your session prior to the start time by either: ★

- Booking online at: aru.ac.uk/sport/online-booking
- Booking using the Helmore Gym App
- Calling Helmore Gym reception on 01223 698199

Contact us via ✉ teamaru@aru.ac.uk or follow us on social media:

aru.ac.uk/sport [@team_ARU](https://twitter.com/team_ARU)
facebook.com/TeamARU1 [@team_ARU](https://instagram.com/team_ARU)

Cost:
Students ● £2.10
Staff ● £3.20

Sessions from 17 to 21 January are FREE for students

Opportunities.

The World Is Your Oyster

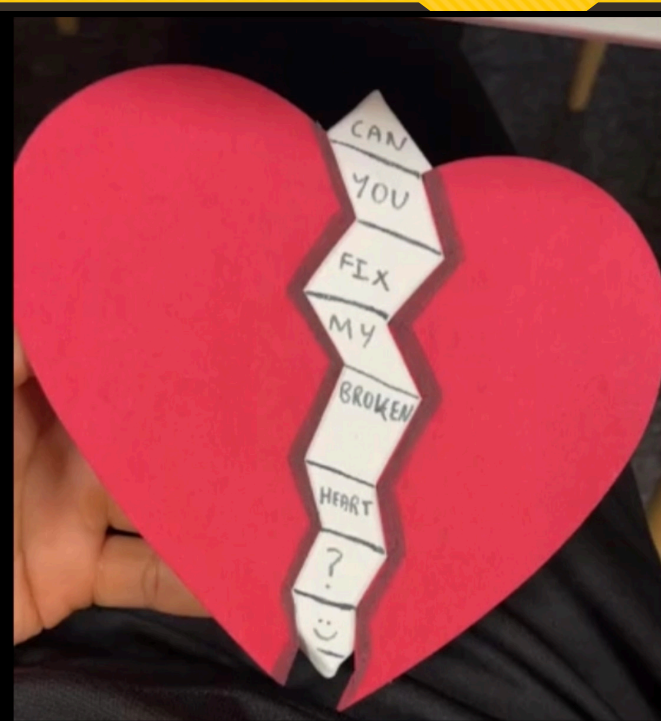
- Support with jobs and work Experience.
- Study Skills- Dedicated to supporting you improve Academically.
- Library – A place to get it all done!

Leadership roles

- Become The President or Vice President of Student Union or Society
- Course Reps, Faculty Rep.



Thank You for Listening 😊



**Please Feel free to
ask me any questions**