

Talks
Practicals
Workshops

NEW FOR 2025/26

Sport & Exercise Science

Masterclasses and
Workshops for
Years 11-13



University
of Worcester

Sport Management, Therapy & Exercise PE & Coaching

Our small class sizes mean more interactivity, more support, and a real sense of belonging.

At Worcester, you are not just another face in the crowd.

- ✓ **Small-group teaching in a friendly supportive atmosphere**
- ✓ **Authentic assessment design linked to careers in the real world**
- ✓ **Highly interactive, with access to a diverse range of sports facilities and specialist laboratories for teaching and research**
- ✓ **Innovative and flexible approach to the curriculum design, exploring a range of different subjects throughout**
- ✓ **Sports scholarships in a range of sports, including basketball, cricket, netball, football and rugby**
- ✓ **Opportunities to study abroad, field visits to iconic venues, and guest lectures from industry experts**



**Find out more at an
Open Day.**

University
of Worcester



Welcome

Looking for some engaging, innovative activities for your Sports students? If so we have just what you are looking for!

Our top of the range facilities include a 1200 seat indoor arena, sports hall, 2 4G floodlit pitches, 2 exercise physiology labs, fitness suite, strength and conditioning gym, Sports Therapy teaching and clinic rooms and Performance Analysis labs.

We have on offer, a variety of interactive sessions in the field of sport and exercise science, ideal for anyone who has an enthusiasm for sport, exercise and health.

Please get in touch so we can discuss your requirements.

Helen Hope
Deputy Head of School
Sport & Exercise Science
visitsport@worc.ac.uk

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www.worcester.ac.uk

Activities:

What you need to know

- > Free!**
We do not charge for any of our activities, In return, all we ask is that you circulate details of our open day events from time to time.
- > Up to two activities per institution**
To manage demand, we normally place a limit of 2 activities per institution in any one academic year.
- > Activities are subject to availability**
For high demand topics (e.g. Para sports experience), we may not be able to accommodate all requests. Please submit your requests as early as possible to avoid disappointment.
- > In-person activities at your school**
For those activities that do not require specialist equipment, we may be able to run a session at your school or college. We offer this to institutions within a reasonable travel distance from Worcester. Please contact us to discuss your requirements.
- > In-person activities at the University**
We prefer to welcome students and teachers to the attractive University of Worcester campus in St John's, just west of the city centre. This allows us to make the most of our up-to-date facilities in the School of Sport and Exercise Science.
- > Online activities**
We offer a small number of online activities for those schools and colleges more distant from Worcester.
- > Book a session**
You can make an enquiry by completing the form (QR code on this page) or by emailing Visit Sport (visitsport@worc.ac.uk).

Book now



<https://forms.office.com/e/dDFCjrQ7c4>



Improving sports performance: basketball, cricket, football, rugby & netball

   2 hours

Join an exciting practical session where students will enhance their skills and performance under the expert guidance of the University of Worcester Sports Performance Coaches. Whether it's basketball, football, or netball, whichever sport you choose, this dynamic experience promises to refine students' practical abilities and take their talents to the next level.

AQA topics:
Skill acquisition; Exercise physiology

BTEC topics:
Skill acquisition in sport; Practical sports performance; Applied anatomy and physiology for professional performance

Cambridge Technicals topics:
Physical Preparation and Readiness for Sport and Physical Activity; Components and Principles of Fitness Training for Sport and Physical Activity; Improving Fitness for Sport and Physical Activity; Practical Skills in Sport and Physical Activities

KEY



Interactive talk or lecture



Practical



University location



School/college location (optional)



Length (indicative timing, may be flexible)

Leading in Sport

 1 hr 30 mins

Examining what it means to be an effective leader by exploring different leadership styles and key theories, this session analyses the benefits and potential drawbacks of various leadership approaches. Detailed bespoke sessions can be arranged.

Game based learning

 1 hr 30 mins

Join our practical session on model-based game delivery, like Teaching Games for Understanding. Experience innovative teaching and coaching methods that you can use in Games that help players to become competent and enthusiastic with a grounding in tactics and strategies.

Analysing elite sports performance

 2 hours

This session will dive into the fundamentals of sports performance analysis, showcasing practical techniques and accessible technology for school-based settings. Get a peek into elite sports analysis with real-world examples.

ONLINE
OPTION

AQA topics:
Sport psychology; Skill acquisition

BTEC topics:
Sports leadership; Development and provision of sport and physical activity; Self employment in sport and physical activity

Cambridge Technicals topics:
Leading Sport; Physical Activity Sessions; Sports Coaching; Activity Leadership

AQA topics:
Sport and society; Skill acquisition

BTEC topics:
School sport delivery; Developing coaching skills; Physical activity for individual and group-based exercise

Cambridge Technicals topics:
Practical Sport; Assisting in the Delivery of Exercise and Fitness Sessions; Practical Skills in Sport and Physical Activities

AQA topics:
Exercise physiology; Biomechanical movement

BTEC topics:
Applied anatomy and physiology for professional performance; sports performance analysis; Practical sports performance

Cambridge Technicals topics:
Components and principles of fitness training for sport and physical activity; Performance analysis in sport and exercise





Inclusive practice in coaching and teaching



This workshop will enhance students' knowledge of inclusive practices. They will engage with inclusive models, identify barriers, and explore solutions. Students will implement these models and create adapted activities in sports and physical education, boosting their confidence to create inclusive sessions and support under-represented groups in the future.

AQA topics:
Sport and society

BTEC topics:
Sports leadership; Working as a community leader; Sociocultural issues in sport and exercise; Developing coaching skills

Cambridge Technicals topics:
Inclusivity, Equality and Diversity in Delivering Sport and Physical Activity; Leading Sport and Physical Activity Sessions; Sports Coaching and Activity Leadership; Physical Activity for Specific Groups

Para sports experience



Students can engage with adapted specialist sports equipment, promoting inclusion, safety and fun. They will learn to lead, manage, and coach in para sports. Available sports include wheelchair basketball, boccia, seated volleyball, and blind/visually impaired football.

AQA topics:
Skill acquisition; Biomechanical movement

BTEC topics:
Practical sports performance; Skill acquisition in sport

Cambridge Technicals topics:
Inclusivity, Equality and Diversity in Delivering Sport and Physical Activity; Sports Coaching and Activity Leadership; Physical Activity for Specific Groups; Practical Skills in Sport and Physical Activities





Sports Therapy

Ankle or Hand & wrist masterclass



Get ready to dive into the fascinating world of hand & forearm or ankle & lower leg anatomy . This session will explore the intricacies of common injuries and reveal the pivotal role of a Graduate Sports Therapist in assessing and managing these conditions. Longer sessions delve deeper into the therapist's role, including practical tasks for treating and rehabilitating these injuries.

Sports massage



Immerse yourself in a hands-on session where students will perform basic sports massage techniques for the lower limb. This session combines theory, live demonstrations, and practical practice to ensure students gain comprehensive skills and confidence in sports massage.

ONLINE
OPTION

AQA topics:
Applied anatomy and physiology;
Biomechanical movement

BTEC topics:
Anatomy and physiology; Sport injury and
assessment; Sports injury management

Cambridge Technicals topics:
Physical Activity, Health and Wellbeing;
Sports Injuries and Rehabilitation

AQA topics:
Applied anatomy and physiology

BTEC topics:
Sports massage; Functional sports massage;
Anatomy and physiology

Cambridge Technicals topics:
Customer Service in Sport and Physical
Activity; Supporting the Delivery of Sports
and Physical Activity Events; Sports Injuries
and Rehabilitation

Sports trauma and spinal injuries



Join us for an engaging session where we will dive into the world of sports injuries, learning how to identify and manage them right when they happen. Placing a special emphasis on spinal injuries, get hands-on experience with spinal boarding through an exciting practical activity.

AQA topics:
Applied anatomy and physiology

BTEC topics:
Sporting injuries; Sport injury and
assessment; Sports injury management

Cambridge Technicals topics:
Physical Activity, Health and Wellbeing;
Sports Injuries and Rehabilitation

Concussion in sport



Get ready for an insightful session where we will explore the recognition and assessment of sports-related concussions (SRC). Covering the key signs and symptoms of SRC, and students will have the chance to participate in interactive, hands-on activities focused on concussion assessment. This is a fantastic opportunity to deepen students' understanding and practical skills in managing concussions.

ONLINE
OPTION

AQA topics:
Applied anatomy and physiology

BTEC topics:
Sporting injuries; Sport injury and
assessment; Health, wellbeing and sport

Cambridge Technicals topics:
Physical Activity, Health and Wellbeing;
Sports Injuries and Rehabilitation

First Aid in sport



Join us for a comprehensive session where students will gain hands-on experience in CPR, defibrillator use, and assessing unconscious patients. Learning how to respond to various breathing statuses and explore cardiac conditions in sports, this is a fantastic opportunity to enhance understanding of cardiac health in athletic contexts.

AQA topics:
Applied anatomy and physiology

BTEC topics:
Health, wellbeing and sport; Functional
anatomy

Cambridge Technicals topics:
Supporting the Delivery of Sports and
Physical Activity Events; Physical Activity,
Health and Wellbeing; Working Safely in
Sport, Exercise, Health and Leisure; Body
Systems and the Effects of Physical Activity;
Sports Injuries and Rehabilitation



Creating sports events



Focus on the planning, management, and commercialisation of sports events, ranging from local competitions to global spectacles. Understand how marketing, finance, and operations work together to create successful events, using real-world examples to illustrate curriculum concepts. Interactive activities include analysing case studies like Wimbledon and Parkrun, simulating event planning, and debating the balance between profit and social impact.

AQA topics:
Sport and society; Sport and society and the role of technology in physical activity and sport

BTEC topics:
Marketing communications; Organising events in sport and physical activities; Sport event organisation

Cambridge Technicals topics:
Supporting the Delivery of Sports and Physical Activity Events; Sports Organisation and Development; Organisation of Sports Events; The Business of Sport

The Olympic business



Students will analyse the Olympics as a global brand, evaluate the financial and operational implications of hosting, and apply business concepts to sponsorship, stakeholder management, and Corporate Social Responsibility (CSR). Interactive activities involve analysing case studies of Paris 2024 and LA 2028, simulating Olympic bids, and debating the benefits and costs of hosting the Games.

AQA topics:
Sport and society

BTEC topics:
Sport event organisation; Sports tourism; Organising events in sport and physical activities

Cambridge Technicals topics:
Sports Organisation and Development; Organisation of Sports Events; The Business of Sport



Branding in sports



This masterclass explores how sports organizations, athletes, and events create and maintain strong brands. Analysing key business concepts such as marketing strategy, stakeholder engagement, and corporate social responsibility, using real-world examples to illustrate branding's role in business growth and competitive advantage.

AQA topics:
Sport and society; Sport and society and the role of technology in physical activity and sport

BTEC topics:
Self employment in the sports industry; Marketing communications

Cambridge Technicals topics:
Sports Organisation and Development; Organisation of Sports Events; The Business of Sport; Sport and the media

Foundation degrees: dispelling the myths



Join our workshop to bust myths about foundation degrees and discover their unique benefits. Learn how these flexible, 2-day courses balance academic, vocational, sporting, and family commitments. Explore diverse career paths, further study options, and strong employability foundations. Hear from current students and unlock the true potential of foundation degrees.

AQA topics:
Skill acquisition; Sport and society and the role of technology in physical activity and sport

BTEC topics:
Physical and Sports education in school and community settings

Cambridge Technicals topics:
Physical Activity, Health and Wellbeing; Assisting Sports Coaching; Sports Coaching and Activity Leadership

ONLINE
OPTION



Biomechanical principles



Students will enhance their understanding of biomechanical principles impacting sports performance in the biomechanics lab at the University of Worcester. Topics may include Newton's laws, linear and angular motion, projectile motion, and fluid mechanics. Detailed bespoke sessions can be arranged.

AQA topics:
Biomechanical movement; Biomechanics

BTEC topics:
Biomechanics in sport and exercise science;
Field and laboratory-based fitness testing

Cambridge Technicals topics:
Biomechanics and Movement Analysis

Strength and conditioning



In this workshop, students will explore key areas of Strength and Conditioning to enhance athletic performance. Sessions include fitness testing, injury prevention, balance, deceleration, eccentric exercises, core training, training load monitoring, and Olympic lifting.

AQA topics:
Skill acquisition; Biomechanical movement

BTEC topics:
Fitness testing; Fitness training; Fitness training and programming for health, sport and wellbeing

Cambridge Technicals topics:
Components and Principles of Fitness Training for Sport and Physical Activity; Physical Preparation and Readiness for Sport and Physical Activity; Improving Fitness for Sport and Physical Activity

Field based fitness testing



Applying fundamental knowledge in the field is crucial for aspiring Sport and Exercise Scientists. Without lab equipment, it's essential to gather reliable performance data using portable tools. Students will engage in various fitness tests, comparing their results to normative data and professional standards.

AQA topics:
Skill acquisition; Biomechanical movement

BTEC topics:
Fitness testing; Fitness training; Sports performance analysis, Fitness training and programming for health, sport and wellbeing

Cambridge Technicals topics:
Physical Preparation and Readiness for Sport and Physical Activity; Components and Principles of Fitness Training for Sport and Physical Activity; Health and Fitness Testing for Sport and Exercise

Sport psychology workshop



Unlock the mental aspect of sports, this workshop helps student athletes manage stress, enhance focus, and build resilience. Learn practical techniques for goal setting, visualisation, and staying motivated. Learn how sleep deprivation and recovery impact your mental load — crucial for staying sharp under pressure and enjoying your sport more. Whether aiming for a competitive edge or a better sporting experience, this workshop offers valuable tools and insights.

AQA topics:
Sport psychology; Sport and society and the role of technology in physical activity and sport

BTEC topics:
Sports psychology; Exercise, health and lifestyle; Nutrition for physical performance

Cambridge Technicals topics:
Physical Activity, Health and Wellbeing; Body Systems and the Effects of Physical Activity; Nutrition and Diet for Sport and Exercise; Sport and Exercise Psychology

Sports nutrition



Learn how to boost athletic performance and health with our sports nutrition workshop. Learn how proper nutrition can enhance energy, speed up recovery, and support muscle growth. Discover the right balance of macronutrients, hydration strategies, and meal timing tailored to each sport. Our expert nutritionist will debunk dietary myths and provide evidence-based tips, equipping students with the knowledge to fuel their body effectively for peak performance.

ONLINE
OPTION

AQA topics:
Applied anatomy and physiology

BTEC topics:
Nutrition for physical performance; Health, wellbeing and sport; Exercise, health and lifestyle

Cambridge Technicals topics:
Physical Activity, Health and Wellbeing; Nutrition and Diet for Sport and Exercise; Body Systems and the Effects of Physical Activity



Applied anatomy and physiology



Choose from two sessions covering factors that affect participation in physical activity and sports performance, focusing on the more complex aspects of each topic.

1. Focussing on the body's systems covering the cardio-respiratory system including arterio-venous oxygen difference, the neuro-muscular system, the musculoskeletal system, and energy systems.
2. Covering the identification, palpation, and understanding of the musculoskeletal system to comprehend the body's movement capabilities. Students will review major bones, joints, and muscles, considering participants' range of movement, flexibility, and strength.

AQA topics:

Applied anatomy and physiology; Exercise physiology; Biomechanical movement

BTEC topics:

Anatomy and physiology; Sport and exercise physiology; Functional anatomy

Cambridge Technicals topics:

Components and Principles of Fitness Training for Sport and Physical Activity; Fitness Induction and Testing; Performance Analysis in Sport and Exercise; Health and Fitness Testing for Sport and Exercise; Body Systems and the Effects of Physical Activity





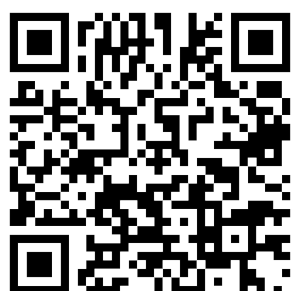
Basketball or netball Performance Day



Student athletes will engage in activities in the strength and conditioning suite and on the basketball/netball court to assess their baseline athletic ability. This data will form the foundation for their individual development plans. If they choose to study at the University of Worcester, it will also shape their skills and physical development profile. Additionally, these sessions offer a chance to discuss our BUCS programme, Worcester Wolves, and coaching development opportunities with our staff.

Performance days can be combined with either of the following two workshops.

Book now



<https://forms.office.com/e/rcNiXciUUN>

AQA topics:

Skill acquisition; Biomechanical movement

BTEC topics:

Fitness testing; Fitness training; Sports performance analysis; Fitness training and programming for health, sport and wellbeing

Cambridge Technicals topics:

Physical Preparation and Readiness for Sport and Physical Activity; Components and Principles of Fitness Training for Sport and Physical Activity; Practical Sport; Fitness Induction and Testing; Performance Analysis in Sport and Exercise; Improving Fitness for Sport and Physical Activity; Health and Fitness Testing for Sport and Exercise

For more information visit:

<https://worcestervolves.org/basketball-performance-days/>

Athlete Personal Development and Lifestyle (APDL) workshop



Discover ways to boost your physical, mental, and social wellbeing with APDL workshops. Topics range from resilience and growth mindset, sleep hygiene, athlete support networks, stress management, time management, and academic management. APDL encourages student athletes to make lifestyle changes and strive to be 1% better every day.

AQA topics:

Sport psychology

BTEC topics:

Sports psychology; Exercise, health and lifestyle

Cambridge Technicals topics:

Physical Activity, Health and Wellbeing; Nutrition and Diet for Sport and Exercise; Sport and Exercise Psychology; Sport and Exercise Sociology

Clean sport workshop



Our clean sport workshops educate athletes on what they put in their bodies. With the rise in supplement use, is this the right approach? This session covers UKAD testing, doping procedures, sample collection, the impact of recreational drugs, and checking supplements and medications. At Worcester, we understand these discussions can be sensitive, our highly trained staff ensure a supportive environment.

AQA topics:

Sport and society; Sport psychology

BTEC topics:

Exercise, health and lifestyle; Health, wellbeing and sport; Nutrition for physical performance

Cambridge Technicals topics:

Physical Activity, Health and Wellbeing; Physical Preparation and Readiness for Sport and Physical Activity

Campus visits

Why not arrange a campus visit for your students?

We can arrange a bespoke programme for a half or full day.

CONTACT:

Helen Hope

Deputy Head of School

visitsport@worc.ac.uk

Worcester

STUDENT CITY
VIBRANT CITY
HISTORICAL CITY
CONNECTED CITY

Worcester offers all the benefits of a big city combined with the community spirit and safety of a smaller town. When you want to take a break idyllic Worcestershire countryside and the Malvern Hills are within easy reach.

Want to know more about the courses we offer?



Lerverne Barber
Head of School
l.barber@worc.ac.uk



Helen Hope
Deputy Head of School
h.hope@worc.ac.uk



Dr Christopher Holland
Head of Department
Sport Management, Therapy
and Exercise
c.holland@worc.ac.uk



Debra Price
Head of Department
PE & Coaching
d.price@worc.ac.uk



Charlotte Beaman-Evans
Performance Sport lead and
Scholarship Coordinator
c.beaman-evans@worc.ac.uk



Maresha Grewal
Course Leader
Physical Education & Sports Coaching
m.grewal@worc.ac.uk



Dr Paul Blakey
Course Leader
Sport Business Management
p.blakey@worc.ac.uk



David Hickman
Course Leader
Sports Therapy
d.hickman@worc.ac.uk



Karen Broughton
Course Leader
Physical Education
k.broughton@worc.ac.uk



Dr Jennifer Joyce
Course Leader
Sport & Exercise Science
j.joyce@worc.ac.uk



Chris Cattell
Course Leader
Sports Coaching & Physical Education
c.cattell@worc.ac.uk



Julia West
Course Leader
Football Performance & Coaching
j.west@worc.ac.uk




Dr Christian Edwards
Course Leader
Sports Coaching
c.edwards@worc.ac.uk



Craig Williams
Course Leader
Cricket Coaching & Management
c.williams@worc.ac.uk



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