BSc Sport, Physical Education and Coaching Science - Video transcript - School of Biosciences

Aimee, a third year student on the BSc Sport, Physical Education and Coaching Science (SPECS) course talks about her experience of the course and of life at the University of Birmingham.

Title: **BSc Sport, Physical Education and Coaching Science (follow for video) (/undergraduate/courses/sportex/sport-pe-coaching.aspx)**

Duration: 4.03 mins

Speaker Names (if given): **S1** Amiee Humphries - undergraduate

S1 My name's Amiee Humphries, I study Sport, P.E. and Coaching Sciences which some of us call SPECS and I'm a third year.

Well, I originally looked at Sport Science, I went to the talk and the science material really wasn't for me and I kind of stumbled across SPECS as it were. I really liked the course, firstly because it had such a large practical element which not many courses seem to have. I also liked the diversity of the course the way it studies sport science, sport management and a bit of teaching and coaching as well and I really liked the intimacy of the course. With only 70 people in the year it seemed like a really close knit group, which was really attractive.

Every week we have about 12 contact hours and depending on the term or the year, the practical sessions within that can vary so it might be that some weeks you have 3 or 4 practical hours whereas some weeks you'll just have one. And the good thing about the course is that the stuff you learn in the lectures you can apply in the practicals which really gives you a better understanding of the topics as well.

In second year we do a dance and gymnastics module which involves working in groups quite a lot of the time and learning the basics in gymnastics and dance so that we can then use it to teach in the future. It's quite a fun, enjoyable session which really helps bond within the group.

A new thing that's been introduced this year is the option to take modules from the Sport and Exercise Sciences course, which means that if you are more interested in the science modules you've got the option to do that and they can then also take teaching and coaching modules if that's what they are looking to do as well.

As a third year module we now teach swimming to a local primary school which is a really good experience for everybody that's looking to go into coaching in the future. From that we also get a level two coaching award which is a really good selling point which encourages people to do it and the fact that we get this practical experience really enhances the theoretical stuff we learn in lectures.

When I finish University I hope to go on and study a masters in a topic surrounding sport and education, to then continue to be a primary school teacher. There's been loads of highlights of my time at Birmingham. I probably have to say meeting so many different people is the main highlight; joining different things and meeting them and knowing their past experiences and what their interests are. I'd say that's been the main highlight that I'll take with me for a long time.

I've tried to join as many different societies as I can by now in my third year I've kind of narrowed them down to my favourite few. I'm in the University Dance Squad, which I auditioned for in second year and have remained in this year as well, which is a group of 16 to 18 dancers and we do competitions and events and shows throughout the year. So that's a really nice bit of exercise on the side.

I'm also project coordinator of a charity called Kid's Adventure, which provide ho9lidays for disadvantage children. I got involved in that last year and wish I had done from the start because I've met some amazing people and it's really, really rewarding seeing what the kids get out of it.

I'm also president of SPECS Society which isn't to do with the course directly it's part of the Guild of Students where really we just try to join the three years of SPECS together, run sports teams (football and netball) and organise socials where everyone can meet together outside of lectures.

I'm originally from Birmingham anyway but there was no decision whether or not to live ion halls it was an automatic thing, wherever I went to uni I was going to live away. So, living in halls was one of the best years I've, had meeting loads of new people, and just the general atmosphere. And for second and third year I lived in Selly Oak in a house with five other people. It's been really nice actually living away from home but being able to get home as well, home's only 25 minutes away and so I've found that balance really, really nice.

My top tip to anyone coming top study at Birmingham is to just get involved in as much stuff as you can. There's so much stuff on offer and even if you don't like things when you start them, find something else because you might never get the opportunities again when you leave. So, yeah, take every opportunity.

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