

## REPORT IN COMPLIANCE WITH THE RECOMMENDATIONS

Ref. No:	07.14.345.023	Evaluation/Accreditation of
		Programme
Department		
Programme of study: Name (Duration, ECTS, Title)	IN GREEK: Επιστήμη του Αθλητισμού (4 ακαδημαϊκά έτη, 240 ECTS, Πτυχίο) IN ENGLISH: Sport and Exercise Sciences (4 academic years, 240 ECTS, BSc)	
Institution:	University of Central Lancashire Cyprus	

NUM.	RECOMMENDATIONS	ACTIONS TAKEN BY THE INTITUTION	COMPLIANT / PARTIALLY COMPLIANT / NON-COMPLIANT
1.	Improve the career advice to students throughout their studies, in particular, the career opportunities open to them as graduates of the Sport and Exercise Sciences and how they can use the skills they develop to open up career opportunities.	<p><b>UCLan Cyprus Response</b></p> <p>We acknowledge the importance of the recommendation by the EEC and we would like to note that during the past year we have enhanced our existing offering of several employability-related activities to the students at the programme level as well as the University level.</p> <p>Below we provide a list with some of the actions and activities we implemented for the academic year 2021/22:</p> <ul style="list-style-type: none"> <li>• Workshops: organised workshops focusing on the current trends of the fitness industry delivered by guest trainers and lecturers. E.g. <ul style="list-style-type: none"> <li>o An industry trainer (Less Mills Group fitness training programme) provided a practical workshop on current trends in fitness training – module TLC123 (17 th October 2021);</li> <li>o Guest coach provided numerous practical coaching/teaching sessions focusing on contemporary sports trends (e.g. Badminton, Ultimate Frisbee, Spikeball) modules XS2006 and XS3005 (February – March 2022).</li> </ul> </li> </ul> <p>The above provided our students with insights into new fitness trends and contemporary sport teaching approaches, initiating an upskilling process and enhancing opportunities for continuous professional development.</p>	COMPLIANT

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		<ul style="list-style-type: none"> <li>• Career and Professional Development Days: organised throughout March 2022. Various representatives from companies and organisations gave career-related presentations, webinars and talks. Such examples include:               <ul style="list-style-type: none"> <li>o Round table discussion on Careers in Sport and Exercise Science – Academia and Industry Insights (invited speakers from academia e.g. Dr Efstathios Christodoulides, Dr Koulla Parpa, Dr Marcos Michaelides and the industry e.g. Mr Savvas Katsouris)</li> <li>o Virtual Reality technology for assessment and training in sports (invited speakers Prof. Marios Avraamides from the University of Cyprus and Mr Urko Pardo – goalkeeper and owner of MentisVR)</li> </ul> </li> <li>• UCLan Cyprus Career Fair: The career fair was organised in April 2022, offering the opportunity for our students to interact with organisations across industries (hotels, fitness centres, etc.) and explore employment and internship opportunities. Students also had the opportunity to have their CV reviewed by professionals and enhance their communication and interview skills.</li> <li>• Professional Fitness Convention: The convention was organised by eShop for Fitness and supported by UCLan Cyprus in April 2022, and it provided numerous professional practical workshops presented by various leading speakers in their fields (e.g. Michael Cummings, B.S., CSCS, PES, Nick Tumminello, Alexis Batrakoullis, PhD, Christina Pantazopoulou, BScx, Stamatis Mourtakos, PhD, Nikolaos Zaras, PhD, Petros Syrakopoulos, BSc, Spyridon Methenitis PhD, Valerios Leonidis, BSc); thus, creating the opportunity for upskilling by industry professionals. Students were introduced to new products in the global fitness market and they were empowered by the network between participants and the companies involved. During the convention, students had the opportunity to participate in round table discussions elaborating on the topics ‘Exercise is Medicine’ and ‘Continuing Education’.</li> <li>• Thesis Project: In May 2022 the BSc (Hons) Sport and Exercise Science students were requested to present/defend their thesis emphasising personal</li> </ul>	

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		<p>reflections and self- awareness about their studies and career market. This process required students to think about their future careers in the field and also receive feedback and guidance on potential career paths.</p> <ul style="list-style-type: none"> <li>• In June 2022, students had the opportunity to participate at the Innovation Toolkit, which was comprised of a series of seminars, workshops, mentoring sessions as well as field 3 trips aiming to develop the students’ entrepreneurial mindset and help them exploit their innovative ideas and turn them into a successful business. This was important for the students as self-employment or starting their own business is one of the potential career pathways they have available.</li> </ul>	
2.	<p>Increase the opportunities and the support for work experience earlier in the programme and explore ways to access to public schools for placement opportunities.</p>	<p><b>UCLan Cyprus Response</b></p> <p>Considerable steps have been taken to increase the opportunities and support for work experience early in the programme, but confirming placements with public schools is taking more time than expected. Nevertheless, we secured placements with the private schools, which for now can cover the needs of our programme. The team of the BSc (Hons) Sport and Exercise Science liaised with several private elementary and secondary schools (e.g. English School, Pascal Elementary and Secondary in Nicosia and Larnaka and Heritage in Limassol) for accepting students for placement experience. This effort was successful and the official documentation will be completed in early September 2022. Students will have the opportunity to complete their work placements in years 3 and 4 and also participate in work experience related activities at an earlier stage in years 1 and 2, e.g. as activity leaders during summer schools. We consider it vital to build and sustain external relationships and develop a strong network of partners as well as long-term collaborations with depth and breadth. We strongly believe that our network of collaborators, especially industry partners and organisations, cannot only benefit the research and outreach activities of the programme, but more importantly, it can benefit our students and their learning experience and future</p>	COMPLIANT

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		<p>employability. For us, pursuing new partnerships and collaborations is a continuous process and we always strive to enhance our existing network. For this purpose, we put emphasis on our volunteerism activities providing students with the opportunity to get involved with extracurricular activities, engagement with our network of collaborators and upskilling. UCLan Cyprus in 2021/22 sponsored a number of relevant events in support of our students, e.g. in April 2022, the Ayia Napa Youth Soccer Festival, in July 2022 the Master-Ball Beach Tennis Tournament, in June and July 2022, the Kids Adventure Camp offered placements for team leaders and activity coaches to our students.</p>	<p>COMPLIANT / PARTIALLY COMPLIANT / NON-COMPLIANT</p>
3.	<p>Optimize the feedback reception processes from the graduates of the program.</p>	<p><b>UCLan Cyprus Response</b></p> <p>Overall, the collection of formal alumni information and communication is primarily handled centrally by the University's Student Support Office and the University's Alumni officer. Given the young age of the programme and the small number of students/graduates, programme alumni- specific information was not available or representative so as to be formally shared with students, although anecdotal information is always shared with students as well as general information about future employability and potential career pathways. In its efforts to strengthen the collection of information and further support its alumni, the University has recently established an Alumni Association, basic details of which are specified on its website at <a href="https://www.uclancyprus.ac.cy/connect/alumni-association/">https://www.uclancyprus.ac.cy/connect/alumni-association/</a>.</p> <p>The University has also established the UCLan Cyprus Alumni Steering Committee after elections in July 2020. The steering committee is now in office and comprises a dynamic group of graduates who together with the UCLan Cyprus academics, support the University in its efforts to establish a strong alumni network, whilst administering the Alumni Association of the University. The members of the committee aspire to provide a constructive platform for networking with fellow graduates and aim to</p>	<p>COMPLIANT</p>

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		<p>support current students by sharing knowledge and expertise on how to advance their career path post-graduation. Moreover, aiming to establish a strong and mutually beneficial relationship with its graduates, the University has an open communication channel and a procedure in place for the graduates to subscribe to the Alumni Association leading to an already available database of alumni that we intend to grow as the University is further developing. All latest news and announcements as well as the e-form for subscription to the Alumni Association can be found on the University's website (<a href="https://www.uclancyprus.ac.cy/connect/alumni-association/">https://www.uclancyprus.ac.cy/connect/alumni-association/</a>).</p> <p>Moreover, the UCLan Cyprus Alumni has its own Facebook group, where announcements, promotional material and other related info are published. It is worth noting that besides the alumni association activities, programme graduates (e.g. Christopher Ioannou BSc, Michael Koliandris MSc, Savvas Katsouris MSc) who consist of successful cases in terms of employability (e.g. sports entrepreneurs, fitness centre owners) are invited as guest lecturers in modules such as 'Professional work experience 1 and 2' or 'Principles and Techniques in Sports 1 and 2'. Through their case studies and sharing of experiences, the current students can initiate a process of personal critical reflection and developing self-awareness. In addition to the guest lectures, roll-ups and banners with successful students or dual-career athletes or high achievers are placed around the campus and shared via social media showcasing these 'role models'</p>	
4.	<p>Establish processes for inviting international word expert to provide occasional teaching and research guidance.</p>	<p><b>UCLan Cyprus Response</b> We consider it important for our programme to be benefitted by inviting external international experts. The School and the programme team are very supportive to host recognised visiting senior academic staff to the programme. Noteworthy is that during the last year, academic members of the programme engaged in international mobilities. More specifically, we established a strong</p>	COMPLIANT

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		<p>collaboration with US academic institutions through a Fulbright scholarship in July – December 2021, and we expanded our interinstitutional agreements with HE European institutions through Erasmus+ training and teaching mobilities. The latter has already led us to host Prof. Jurgita Andruskiene from Klaipeda University under Erasmus+ Mobility for teaching in October 2021 and prepare to host Prof. Wouter Cools and Marc Sarens from Vrije Universiteit Brussel in October 2022. Beyond visiting positions, during the past academic year, there were many guest lectures, seminars and workshops organised for our students, all delivered by external visitors (academics and practitioners). Some examples of these seminars include: - November 2021 - Organisation of an online practical/teaching session under the module Exercise Referral (guest lecturer April Melia, PhD) - November 2021 - Conference on Soccer Performance organised by PIS Fitness (Guest lecturer Dr Robin Thorpe, Man Utd) - February 2021 - Soccer Performance Masterclass organised by PIS Fitness (online masterclass on Strength and Speed Training specifically designed for professionals in Strength and Conditioning and Fitness Trainers in the field of soccer (guest speakers Andreas Beck- Eintracht Frankfurt and Efthymios Kyprianou - Aspire Academy Qatar football, Cyprus national football team) In addition, other processes have been initiated aiming at enhancing our teaching and research guidance by international experts via long-term development.</p> <ul style="list-style-type: none"> <li>- March 2022 – July 2022, Joined Research with the UCLan UK under the Research Centre for Applied Sport, Physical Activity and Performance (Physical Activity and Mental Health of Children and Youth In Cyprus – Post Covid-19 Era)</li> <li>-June 2022, Joined Research with the University of Cyprus and CYENS Centre of Excellence (Physical and Mental Skills and Physical Literacy Perceptions in Elite Football) - July 2022, Joined Research with the Faculty of Sports Studies, Masaryk University, Incubator of Kinanthropology Research (Postdoc Internship) - -June – August 2022, Joined Research</li> </ul>	

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		<p>with the Faculty of Biology and Environmental Protection, University of Lodz, InterDOC-START - Interdisciplinary Doctoral Studies (Internship) -June – July 2022, Joined Research with the Eastern Illinois University, Sport Science, (Internship) - August 2022, MoU with the Hellenic Network of Fitness Certifications Cyprus (providing opportunities and scholarships to our students for CPD and professional seminars) –</p> <p>-July 2021, MoU renewal with the Cyprus National Association for Graduates of Physical Education and Sports Science (PASYPEFAA) (graduates have the opportunity to enrol as members and get benefitted from conferences, seminars, workshops, information about network, CPD options, career position opportunities, etc).</p>	

The present document adheres to the European Standards and Guidelines, in particular Standard 2.3 (Implementing Processes) and its guidelines, which provide that “Agencies have a consistent follow-up process for considering the action taken by the institution”.