

## Sport St Mary's add-on Packages for Study Abroad

St Mary's offer [sport for students](#) at all levels, from social sport through to elite athlete support.



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- **Want to make the most of your free time at St Mary's**
- **Want to use some of the best Sports facilities at any University in the country?**

The University is one of London's top-performing sports institutions and provides resources for a variety of interests and skill levels, from gym membership, personal training, and fitness classes to sports clubs, specialist services and rehabilitation.

The world-class facilities on the main campus and at Teddington Lock (1-mile away) have functioned as [Olympic pre-Games](#) training camps; athletes from 14 countries for the World Athletics Championships 2017 trained at St Mary's and we were a Team Base during the [Rugby World Cup 2015](#).

**Study Abroad students have a unique opportunity, to take be a part of one of the UK's leading sports universities, and to use the extensive facilities and clinicians that work here.**

### Sports package 1 - £100

This includes the **Student Active Membership**, and also **Club membership**, and some extras! Which includes:

- 1) Membership of the Fitness/gym and Conditioning Suites
- 2) All fitness classes! [Click here](#) for a list of classes
- 3) All SIMMSactive 'turn up and play' sessions and 'book me' sessions
- 4) SIMMSactive is our social sports programme that enables you to try out lots of new sports
- 5) with a weekly timetable of activities and small sided leagues. [Click here](#) for our weekly sessions
- 6) **Two FREE deep tissue massages** from our Sports Rehab students
- 7) Discount on boot camps, SIMMSactive leagues and 'get into' sessions
- 8) Club member – you can join any of the 30 sports clubs (Elite or recreational) [Click here](#)
- 9) Coached training sessions
- 10) Access to sports equipment
- 11) Competition transport and accommodation
- 12) Personal accident insurance, Playing kit

## **Sports package 2: (with package 1 included)**

**Package price = £450** (£350 + £100 for Sports package 1)

Targeted at students studying Sports related subjects in; Science, rehab, nutrition and Psychology. Also targeted at students studying any subject but with a great interest in sport or sports health..

You can see more information on the below by [clicking here](#)

This package includes:

### **1) Body Composition; Bod pod assessment**

The Bod Pod is an air displacement plethysmograph, which uses whole-body densitometry to determine body composition (fat and fat-free mass). The system is safe, non-invasive and has excellent test-to-test repeatability.

**Metrics:** Body fat %, Lean mass %, estimated basal metabolic rate (BMR) and total daily energy expenditure.

### **2) Physiological assessment; Level 2 lactate profile**

The lactate profile is a sub-maximal step-test, which involves exercising for 3-4 minute stages at progressive speeds/power outputs. Heart rate, blood lactate and rating of perceived exertion (RPE), are measured at the end of each stage to create a physiological profile.

From this test important metabolic 'thresholds' are identified. These are used to calculate heart rate and intensity training zones. The recommended training zones can then be used to guide training and monitor progress.

### **3) Resting Metabolic rate testing**

Metabolic testing provides an objective means to accurately establish:

- How many calories you burn during the day
- How many calories you burn during exercise at different intensities
- How your body uses carbohydrates and fats

+ one of the following options

#### **A. Strength and conditioning consultation and tailored performance analysis:**

- Strength testing using basic testing tools such as the jump mat, GymAware, 1RM testing, etc.
- Basic report showing results Vs normative data.
- Strength testing using state-of-the art equipment such as force plates, isokinetic dynamometer, encoders, speed cells, etc.
- Detailed report showing strengths/weaknesses/improvement strategy advice.

or

#### **B. Nutrition consultation:**

- Overview of dietary intake and goals
- Advice tailored to your specific needs
- Practical, easy to implement recommendations

or

### **C. Psychology consultation**

- One hour 1:1 session where psychological strengths and weaknesses can be explored
- Session Report with suggestions of future work and interventions

### **How to apply for the sports add-on packages**

Simply Apply for the Study Abroad, and choose to add-on Package 1 or 2 on the application on the Study Abroad St Mary's web pages.

**Apply here** <https://www.stmarys.ac.uk/international/study-abroad/apply.aspx>

More information here: <https://www.stmarys.ac.uk/international/study-abroad/sport-stmarys-add-on.aspx>

\*All prices are per semester

Application form on **Formstack**:

### Sports Package Add-on's

- **Sports package 1** - £100 (Add-on price)

- Package price = £450**

If choosing Sports Package 2 select one of the following options as an additional session:

**or**

**or**

### C) Psychology consultation