

SPORTS PERFORMANCE PROGRAMME – SCHEME BENEFITS SUMMARY 2011/12

	Performance Group	Achievement Group	Development Group
Access to University Fitness Centre Performance and Achievement Group members receive gold membership of the Fitness Centre (free access at any time). Development Group members receive Silver membership (free access up to 3pm)	•	•	•
Fitness Programme Design and Personal Training One of our qualified Fitness Instructors will draw up a Fitness Programme tailored to your needs. They are able to demonstrate correct exercise technique to help reduce the chance of injury. Performance level members are also entitled to a free hour of personal training every month.	•	•	•
Sports Massage All Performance level members of the Scheme are entitled to one free 60 minute session of sports massage every month. Achiever level members are entitled to one free 30 minute sports massage every month. Developer level members are entitled to one half-priced sports massage every month.	•	•	•
Sports therapy & Osteopathy (KU Students only) The University Health Centre is able to offer treatments from £20 per session. Osteopathy sessions available in the Health Centre on Weds 11am-5pm and Fridays 2pm-5.45pm.	•	•	•
Sports Injury Clinic (KU Students only) The Service is only available to Kingston University students on Mondays between 9-11am at the Penrhyn Road Health Centre. Students must be registered with the Fairhill Medical Practice and the injuries must be from injuries sustained within the previous week. The service is free of charge to all students registered with the Fairhill Medical Practice.	•	•	•
Access to sports talks and workshops The Sport and Recreation Service co-ordinates a free series of talks and workshops on sports related topics such as "Injury Prevention" or "Goal Setting".	•	•	•
Sports Science Support A full range of services offered by the Human Performance Laboratory is available at a reduced rate to members of the Sports Performance Programme including sport specific fitness testing, training programme design as well as biomechanics, sports psychology and nutritional support	•	•	
Financial Support The Sport & Recreation Service is able to offer financial support to Performance level members of the scheme for competitions or matches. This may be to assist with the cost of travel and/or accommodation, equipment costs and sports therapy and injury treatment.	•		
Personal liaison officer and academic flexibility Scheme members have a personal liaison officer (or mentor) within the University who acts as a link between the athlete, the academic department and University authorities who seek to be flexible in balancing the athlete's sporting and academic commitments.	•	•	

NOTE

The availability and level of benefits available to members of the Sports Performance Programme are subject to individual confirmation with successful Programme applicants on acceptance to the scheme and may vary in accordance with the Sports Performance Programme's terms and conditions.