

KINGSTON UNIVERSITY

SPORT AND ACTIVE LIFESTYLES

SPORTS PERFORMANCE PROGRAMME – SCHEME BENEFITS 2024/2025

PERFORMERS		ACHIEVERS	DEVELOPERS		
Currently competing at senior international level		Currently competing at junior international level	Currently competing at regional or senior club level or talented local performers		
			Performers	Achievers	Developers
Access to University Fitness Centre					
Performers and Achiever level members receive gold membership of the Fitness Centre (free access at any time). Developer level members receive Silver membership (free access up to 2pm)			•	•	•
Sports Massage & Physio					
There are discounted rates for all athletes at the physio service located in The Fitness Centre, Pen Rd. For more information contact Andreas (info@allthingsphysiotherapy.co.uk)			•	•	•
Sports therapy & Osteopathy (KU Students only)					
The University Health Centre is able to offer Osteopathy at £20 per session on a Mon and Fri between 8.30am -12pm. Contact Robert Nash in the Health Centre (x 62747) 020 8417 2204.			•	•	•
Sports Injury Clinic (KU Students only)					
The Service is only available to Kingston University students registered with the Fairhill Medical Practice at the Penrhyn Road Health Centre. The physio service is located at the Fairhill Medical Centre, Kingston Hill and students will need a doctor's referral from the Fairhill Medical Practice at Penrhyn Rd in order to be seen. Only for injuries sustained within the previous week. The service is free of charge to all students registered with the Fairhill Medical Practice.			•	•	•
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 Student Wellbeing Service is able to offer financial support (up to £330) 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.			•	•	

NB – Eligibility criteria above based on Home student applications. Overseas applications will need to demonstrate they are equivalent to these standards within their application.

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