

## Glasgow Caledonian University, UK

### Quotes of Faculty of Sports and Nutrition students who followed their minor here in 2016-2017

#### Experiences overall

- *I had the time of my life. Studying abroad was the scariest, coolest and the best thing I've ever done. Living in a country with a different culture, studying at a different university and making friends from all over the world in a timespan of only a couple of months makes an experience you'll never forget. I would recommend it to everybody.*
- *I had a lot of trouble in the beginning period of my study abroad experience. Glasgow Caledonian University has different schools such as Glasgow School for Business and Society or the School for Health and Life Sciences. Because of this, I got sent from school to school because they didn't know where to place me due to the reason I wanted to follow courses at both schools. It wasn't clear to which international office I could send my questions and which one would sort things out for me. The other facilities are great!*
- *I wouldn't change a single thing, everything worked out for me.*

#### Level of education and the courses

- *My study programme wasn't the best. I'm in my third year of the study Nutrition & Dietetics and whilst studying abroad I took a year 1 Introduction to Nutrition and Dietetic course next to 2 other modules. I didn't book a lot of academic progress but I made up for it in personal development!*
- *Introduction to nutrition and dietetic practice: The aim of this module is to introduce students to some of the key skills which underpin nutrition and dietetic practice. The module examines dietary assessment methodology, nutritional screening and menu planning. There is a strong focus on developing practical skills in these areas. The module will also address the factors affecting food choices.*
- *Energy expenditure & Body composition: The aim of this module is to allow the student to develop an integrated approach to physiology and nutritional assessment. The module examines the principles behind the measurement of energy expenditure and body composition. Students gain practical experience in measuring energy expenditure by indirect calorimetry and assessing body composition using a variety of methods e.g. skinfold thicknesses, bioelectrical impedance analysis, waist circumference, waist hip ratio, waist -height ratio, etc. Where possible, students may be given the opportunity to undertake the ISAK level 1 qualification.*
- *Feature writing & Magazine journalism: This module introduces you to the range of practical skills required to produce various kinds of journalistic feature articles for newspapers and magazines, as well as an understanding of the structures, organisation and practices of the magazine industry. The skills covered in the module include: research; the use of personal sources; developing, refining and marketing feature article ideas; writing; self-editing; presentation. These practical skills will be taught in the context of aspects of journalistic work, including the structure, financing and business of magazines and freelance journalism; and some critical and professional perspectives on the discourse and value / functions of long-form journalistic texts.*
- *I took 3 courses*
- *At HvA you need to study more independently and work out assignments. At GCU, time was released in the lessons and everything was explained extensively.*

#### Housing (in private sector or organised via the university)

- *Please go and get an accommodation at the University campus called Caledonian Court, it's the best! You'll live with other exchange students so all of you are in the same boat: not knowing anyone in a new country. It will be easy to make friends and it will also be easier to hang out together by cooking, eating and going out together.*

#### Cultural differences

- *I didn't describe a lot of cultural differences other than the Scots like to eat out for every meal.*

#### Tips for future students

- *Go to the introduction week and attend a lot of social events to meet new people and to get to know the university and city. The cost of living is similar to the Netherlands, some products will be more expensive than at home. You can walk everywhere in Glasgow so don't bother to get a public transport card, the university and accommodation are a 5 minute walk from the city. I definitely suggest applying for the university campus accommodation because I feel like this makes the whole 'studying abroad' experience.*

#### Short statement about the university

- *"Glasgow Caledonian University has become one of the largest universities in Scotland with nearly 17,000 students. The campus is self-contained and situated right in the heart of the lively city of Glasgow. A distinctive, inclusive and forward-looking university, GCU is committed to its social mission to promote the common good. It has become an international centre of excellence in higher education, promoting employability and global citizenship in our graduates."*