



Writtle  
University  
College

Essential Equipment & Materials for  
**BSc (Hons), Dip HE  
and Cert HE  
Sport and Exercise  
Science Courses**

Writtle University College  
Lordship Road, Chelmsford  
Essex CM1 3RR

Tel: +44 (0)1245 424200  
Fax: +44 (0)1245 420456  
Email: [info@writtle.ac.uk](mailto:info@writtle.ac.uk)  
[www.writtle.ac.uk](http://www.writtle.ac.uk)



We are looking forward to welcoming you to your Sport and Exercise Science course at Writtle University College. This equipment list will give you an idea of what you will need to start your course. There is no set dress code for theory sessions, however please see below for guidance on what to wear for your practical sessions.

## Equipment

Sport and exercise science students (dependant on course) will need the following equipment:

### For theory sessions

- Pens, pencils, paper and folders for note taking, you can also use laptops, tablets, etc.
- Scientific calculator
- A suitable laptop for your studies. For further consideration, please check our [Student Laptop Recommendation](#) page

### For practical sessions

- Sports clothing, including appropriate footwear

#### **(Students studying an outdoor activity course)**

- Outdoor clothing, walking shoes, a waterproof jacket & trousers, fleece, warm hat & gloves

#### **(Students studying a cycling performance course)**

- Road bike, helmet, basic tools and cycling clothing

In addition but not essential, students studying a cycling performance course could also bring:

- A power meter and heart rate monitor
- Mountain bike (MTB) for off-road riding

## Suggested Reading

Many students ask us to recommend books for them to buy or read before they start. All the books that you will need are available from the library once you are here so there is no need to rush out and buy any. Each module will have a suggested reading list including a number of books and as you progress through the course you will be encouraged to use fewer books and more journal articles in your reading, which again are available through the library.

If you are keen to buy books before you come, please contact your course leader who will supply a list of recommended books.