Welcome

It is my great pleasure to welcome you to the School of Sport & Exercise Science at the University of Lincoln.

Our aim is to foster a stimulating environment conducive to learning and research. The undergraduate and postgraduate student experience is supported by research and applied practice of national and international standing. Students on taught courses gain real-world experience from active placements within the community, consequently enhancing their employment opportunities after graduation.

We are proud of our outstanding, specialist facilities and the support we provide to our students. The School of Sport & Exercise Science is home to a range of state-of-the-art equipment including the Human Performance Centre for applied work within the areas of sport and exercise physiology, biomechanics, psychology and strength and conditioning. We house specialist laboratory spaces containing cutting-edge equipment for the assessment and evaluation of human performance. The Centre presents the ideal environment for students to engage in applied work and increase their practical experience.

The School of Sport & Exercise Science is rated highly in The Times Good University Guide 2015, rising to 16th out of 82 institutions.

This brochure provides a great insight into our School, but we recommend you visit us on an Open Day to see our facilities for yourself and speak to our staff about the opportunities available to you.

Cathy Thomas
Head of School
The School of Sport & Exercise Science offers degrees across a range of exciting and challenging sport-related subjects. Teaching is supported by high-quality scientific research and scholarship, utilising excellent facilities which support both laboratory projects and field investigations. All programmes provide placement experiences.

**BSc Sport and Exercise Science**
This degree, which is endorsed by the British Association of Sport and Exercise Sciences, aims to develop your knowledge, understanding and practical skills in the areas of physiology, biomechanics and psychology, as well as assessing their impact upon sports performance, physical activity and health. You will be actively encouraged to develop experience within the workplace to enhance your employability.

Integrated into the curriculum are a number of professional qualifications that you can achieve at no extra cost including Gym Instruction, Personal Training, and Exercise Referral. Recent Sport & Exercise Science graduates are employed in teaching, performance analysis, strength and conditioning, and clinical or community health development.

**BSc (Hons) Sport Development and Coaching**
This degree draws on cutting-edge research to enable you to enhance your ability to lead and teach sport and physical education sessions, create and test exercise programmes, and develop, run and evaluate community sports development schemes.

In order to develop theoretically informed practical skills, you will engage in practical, laboratory and field-based testing and training, as well as more traditional lectures and seminars. The course has strong links with a number of external partners, including Lincolnshire Sports Partnership, Sports Coach UK, Lincolnshire FA, England Basketball and local School Sport Partnerships. These relationships offer a range of work-based placements and assessments involving live projects in schools and sports clubs and as part of health and community development schemes.

**BSc (Hons) Physical Activity and Health Development**
This course aims to enable you to develop professional skills and knowledge to promote physical activity as an intervention to achieve health and wellbeing. You will study the human response to specific exercise protocols and nutritional interventions, as well as provide instruction on how to safely monitor and evaluate these.

Social, economic and political theory will be used to explain physical activity participation throughout society, alongside a study of current government policy on disease prevention. The programme is supported by excellent applied research and will be delivered by a team of enthusiastic lecturers who offer both industry and academic perspectives. In addition to core modules, placements within the community will enable you to gain real-world experience, enhancing your employability after graduation.

Integrated into the curriculum are a number of professional qualifications that you can achieve at no extra cost including Gym Instruction, Personal Training, and Exercise Referral. Graduates will be well placed to access employment in the fitness industry, the NHS, sports development and with voluntary agencies.

**BSc (Hons) Physical Education and Sport**
This degree provides you with the knowledge and experience that underpin the skills of teaching – developing performance and increasing participation in physical activity. It is ideal for those who have a desire to teach physical education.

The key concepts relating to physical education and sport are presented throughout the three years, with deepening layers of complexity. The course balances compulsory core modules with optional modules, giving scope for you to tailor your degree to your own personal and future employment interests.

There is an applied approach to teaching and learning and each year you will have a placement within a school in the community. This course has strong links with a number of external partners, including schools across the county, the Lincolnshire Sports Partnership, Sports Coach UK and a range of governing bodies, such as Lincolnshire FA and England Basketball.

This course is excellent preparation for entry onto a PGCE programme. The University of Lincoln provides School Centred Teacher Training, offering a clear progression route for successful applicants.

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BSc (Hons) Sport Strength and Conditioning

This degree will provide you with an excellent opportunity to acquire a critical understanding of the knowledge and practical competencies required by strength and conditioning professionals. Applied assessments and work placement opportunities expose you to real-life work scenarios that provide you with the skills to succeed in a range of sports-related careers. A number of professional qualifications are integrated into the curriculum at no extra cost. These are industry-recognised qualifications that could provide you with a head start in your career and include Gym Instruction, Personal Training and Exercise Referral.

This degree is ideal for those who want to work as a strength and conditioning coach within a professional sports team or supporting individual athletes. Popular graduate destinations include lecturing, commissions in the armed forces, the emergency services and postgraduate study or research.

“The Sport Strength and Conditioning course provides a welcome addition to the range of degrees available within the School. A dedicated strength and conditioning laboratory has been developed within the Human Performance Centre, providing students the opportunity to develop theoretical and practical strength and conditioning skills.”

Dr Thomas Gee
Programme Leader

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Student Views

Jacob Nelson
BSc (Hons) Sport and Exercise Science

“In my final year, the School advertised a Strength and Conditioning Internship at Scunthorpe United Football Club. My application was successful and for several months, two days a week I worked as a strength and conditioning coach for the first team. I found that everything I was learning in lectures was transferable to my position at Scunthorpe United.

“Being able to choose your own modules in year three means you are constantly learning things you are highly interested in, which is extremely satisfying.

“I will be leaving Lincoln with a great understanding of sport science. Along with the experience I gained at Scunthorpe United, I believe I am in a great position to begin a career within sport science, specifically strength and conditioning.

“The Sport and Exercise Science course constantly provides students with volunteering opportunities. My advice would be to take part in as many of those opportunities as possible, as it allows you to transfer what you learn through lectures into a more practical setting.”

Georgia Clay
BSc (Hons) Physical Activity and Health Development

“I find each of the modules interesting in their own way. I have always taken interest in how psychology and physiology within a physical context interact, and the Physical Activity and Public Health module covers a wide range of domains within health – a module I believe is extremely beneficial for my future employment.

“Becoming course representative for the upcoming academic year has given me brilliant opportunities to develop the course and school further, and create fun activities for all. Additionally, I love that the course offers various qualifications over the three years, which I’m hoping to complete in the coming year.

“After completing my first year of study at the University, I now feel that I am aspiring towards a career in personal training to enable me to help others improve their overall health and fitness for a better quality of life. This will tie in with the nutritional study that comes in year two, which I am particularly excited about.

“The number one piece of advice I would give to any prospective student of the School would be to get involved with as much as you can. Join societies for old hobbies or new sports you want to try, and take every opportunity given to build your skills to lead to a rewarding future.”

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“Throughout the course students will have the opportunity to provide practical strength and conditioning support to athletes and will be provided with expert tutoring and guidance from staff accredited by the UK Strength and Conditioning Association.”
Postgraduate Study

Whether you aim to develop your career, build on your knowledge, enhance your salary or start a new business, a postgraduate qualification from the University of Lincoln can help you achieve your aims. As a postgraduate student in the School of Sport & Exercise Science you will join a vibrant, research-active community and benefit from a high-quality educational experience within a supportive environment.

MSc Sport Science
MSc Sport Science (Physiology)
MSc Sport Science (Psychology)
MSc Sport Science (Biomechanics)

The School’s expertise in biomechanics, physiology and psychology provides you with a broad understanding and practical experience across these areas, while giving you the opportunity to specialise in a chosen discipline.

Core modules develop your knowledge and skills in sport science and the research process in preparation for undertaking applied scientific support. Topics include Biomechanical Analysis and Research, Sports Physiology, and Delivering Applied Sports Psychology, which explore the theory underpinning practice in the main disciplines of sport science. A fourth module, Research Methods and Skills, covers quantitative and qualitative research methods in supporting the development of a research project proposal. In addition to core modules, you will be able to develop your own specialism through two modules that involve external engagement. You will plan and implement a sport science intervention with a local elite sports performer, and design, develop and deliver a public workshop on a sport science topic of your choice.

Throughout the programme you will be encouraged to apply your knowledge in areas that best fit your interests and career plans, while developing an understanding of where those fit within a multidisciplinary framework.

Research Opportunities in the School of Sport & Exercise Science

The School of Sport & Exercise Science offers a wide range of opportunities to engage in our internationally renowned research, conducted in collaboration with communities, professionals and practitioners. Research degree programmes include MPhil/PhD and MSc by Research, and are tailored to accommodate different career needs and personal applications. Research is an essential component of the School’s activity and it is committed to maintaining an infrastructure and intellectually stimulating environment that supports the development of the next generation of researchers.

In addition to subject-specific support from a supervisory team, you will benefit from a tailored programme of research training that allows you to build on your existing knowledge and acquire the advanced skills and expertise needed to achieve your career aspirations.

Upon completion of a research degree, our graduates are prepared for a range of senior roles in the sport, exercise and health professions as researchers or academics in further or higher education, and as practitioners in health or exercise-related fields.

“Postgraduate Study

“My immediate aspiration is to complete my PhD within the three year period and publish peer-reviewed papers along the way. I then aim to establish myself as a strong Early Career Researcher in my field by pursuing a research-heavy lecturing contract, with applied work in elite performance alongside.”

Franky Mulloy
Postgraduate Studentship Teaching Assistant

Paralympian Jamie Carter assisting researchers in the School of Sport & Exercise Science.
Meet Our Alumni

Rebecca Hawkins
MSc Sport Science graduate

“Gaining extra experience was always important to me at university and I continued this throughout my Master’s. I have undertaken volunteering at local football clubs, delivering sport psychology support, which has provided me with invaluable experience in my chosen field. This led to opportunities to present research at national conferences alongside leading sport psychologists in the discipline. I would like to continue my studies, preferably at the University of Lincoln, and undertake a PhD in Sports Psychology. Studying at Lincoln has opened up a variety of opportunities that I never thought would be available to me. “The School itself has provided amazing support throughout my time here and has encouraged and helped me in every way possible. The dedicated staff within the department have enabled me to realise my potential and given me the tools and support I need to succeed.”

Mark Harrison
MSc Sport and Exercise Science graduate

“I really enjoyed the variability of the course because I got the opportunity to study a range of different avenues within Sport and Exercise Science. This was invaluable when it came to deciding what career path I wanted to take. “The wide variety of modules was great. Physiology of High Performance Sport was a stand-out module as it involved a good amount of work in the labs. “I took the opportunity to undertake some extra coaching qualifications that were offered through the School, which were great additions to complement the degree work. “Upon graduating I worked at the international brand, Men’s Health, degree work. “I really enjoyed the modules in Advanced Physiology, Prescriptive Exercise and Adapted Sports for Disabilities. They were great additions to complement the modules offered through the School, which were offered through the School, which helped with gaining employment after graduation. I have also used my personal training qualification extensively. This was a qualification offered free of charge through the School of Sport & Exercise Science. “My aspirations since graduating from the University of Lincoln have been to work in the field of health promotion. I am employed in this sector now, working as a Macmillan Physical Activity Practitioner for Lincolnshire Sport.”

Aaron Hall
BSc (Hons) Sport and Exercise Science graduate

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Careers and Employability Guidance

You will have access to careers information and guidance from our Careers & Employability Team, including advice and support on developing your CV, applying for jobs and obtaining paid and voluntary work experience while you study.

During your time at Lincoln you will have the opportunity to complete the Lincoln Award, which enables you to develop transferable skills in addition to those learnt on your course, and to showcase your achievements to prospective employers. The Lincoln Award is achieved by completing a series of workshops alongside part-time employment, voluntary experience or extracurricular activities.

Sparkhouse, the University’s award-winning business incubator, is on hand to help those who have ideas for new enterprises and is on hand to help those who have ideas for new enterprises and wish to set up their own businesses.

Support from the University does not end when you finish your studies. As a member of our global alumni community, you can receive free tailored careers support and guidance for up to three years after you graduate.

Careers in Sport & Exercise Science

University of Lincoln graduates go on to successful careers around the world. Nine out of ten of our most recent graduates were in work or further study six months after finishing their course.

Sport and Exercise Science graduates go on to a variety of careers including sports coaching, personal training, postgraduate education and academia. Some entrepreneurial graduates have gone on to set up their own sport-related businesses.

Our team of employment professionals are here to support you and develop the knowledge, skills and confidence necessary for your future career.

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Research to Improve Kayaking Performance for Rio 2016

Catherine Shin, a postgraduate student in the School, is leading on the research by means of a fully funded Biomechanics PhD Studentship, along with her supervisor Dr Sandy Wilmott, Professor of Sports Biomechanics and MSc Sport Science programme leader. Catherine explains her research: “My PhD is aiming to increase the understanding of power application and kinematic performance in flat water sprint kayaking. I am working with the British Canoeing Women’s Podium Squad and their coaches. Working directly with a National Governing Body means my research outcomes will have application immediately and it is towards this aim that I am focusing my methodologies.”

The School of Sport & Exercise Science is working with the English Institute of Sport and British Canoeing on a research project considering kinematic performance in flat water sprint kayaking.

Since starting I have been able to organise two volunteering roles for National Regattas, at which students get the opportunity to experience and assist with biomechanical data collection in the applied environment. This kind of experience cannot be undervalued for anyone wanting to get involved in applied Sport Science. I firmly believe I would not have got the role I have now without the voluntary experience I acquired during my undergraduate and Master’s degrees at Lincoln. Dr Sandy Wilmott says: “We were delighted to be able to develop this PhD Studentship in partnership with British Canoeing and the English Institute of Sport. Not only is it a fantastic opportunity for Catherine to undertake exciting and innovative research within a high-performance environment, working with elite athletes and coaches on a daily basis, but it also further strengthens the collaborative links that the School’s staff and students have forged with British Canoeing over the last couple of years.”

The School of Sport & Exercise Science Collaborates with the National Ice Skating Association

The School recently hosted a development camp for the National Ice Skating Association (NISA). More than 80 figure skaters – representing NISA’s Regional 1, Regional 2, Talent Potential and Advanced Apprenticeship in Ice Skating programmes – came to partake in sports science workshops and fitness testing. These sessions were designed and delivered by School staff, with support from recent graduates.

Skaters were taken through tests of their strength, power, flexibility and aerobic endurance. They were introduced to the process of performance profiling and goal setting, as well as sports nutrition. NISA’s Development Director David Hartley said: “This weekend has been a great success. It’s been a long time coming, but thanks to our partnership with the University of Lincoln, we are now able to provide sport science support to our development athletes. The feedback has been extremely positive and the skaters have all taken something from the weekend as well as meeting and making friends with other members of their squad.”

The information and experience gained from the camp will now be used to assist the planning of future camps, with the next one scheduled for October. Senior Lecturer Sandy Wilmott said: “It’s been a pleasure to work with the NISA skaters and staff this weekend, and we’re looking forward to further developing these links. Our initial contact actually involved a project in which some of our students

Biofeedback in Sport Research Group (BIO)

This group aims to apply and understand real-time biofeedback in enhancing sport performance. Biofeedback, particularly in real-time, has rarely been used in applications to sport. Using a mixture of fundamental laboratory and applied field-based studies, the School aims to understand the processes and uses of biofeedback in sports performers.

Psychophysiology of Sport and Exercise Performance Research Group (PESP)

Undertaking research in a number of areas linked to the psychophysiological enhancement of health, exercise and sport performance, a central theme of PESP research is establishing the interaction between psychological states and physiological function, particularly within the realm of exercise adherence, maintenance and enhancement.

Health Advancement Research Team (HART)

HART explores interdisciplinary research into a range of embodiment and identity issues in health, sport and physical activity social contexts.

Mental Toughness Research Group (MTOUGH)

The MTOUGH research group conducts research examining the importance of mental toughness across a broad range of contexts including sport, exercise, health and education. The focus is on both theoretical understanding and application of knowledge to enable people to learn how to cope with setbacks and adversity.

Youth Sport Research Group (YSR)

The Youth Sport Research Group undertakes research linked to gifted and talented development in young performers. As well as school-based and community sport development, researchers in the Group are active youth sport practitioners and actively collaborate with local, regional and national partners.
One of Europe’s top para-cyclists will prepare for her Rio 2016 Paralympic bid with expert support from sport scientists at the University of Lincoln.

European number two para-cyclist, Liz McTernan, is working with researchers in the School of Sport & Exercise Science to improve her performance on the recumbent handbike between now and the Games, which take place in September 2016.

Liz competes in the Women’s Handbike 4 category as part of the Aflord Wheelers team and aspires to be part of the Team GB Paralympic team heading to the Games in Brazil in 2016.

Liz says: “There are enormous benefits to be gained from using the technology available at the University’s Human Performance Centre. I particularly want to focus on my seating on the handbike and the aerodynamics of my position, which are really important to gaining more speed. I’m also looking forward to muscle testing to see if I can iron out some imbalances, as well as an analysis of my technique to work out the optimum rotations per minute.

My coach, Bryan Steel, and I are very excited to see how we can benefit from the collaboration with the University of Lincoln.”

Available expertise in the School include biomechanical analysis, nutrition advice, sports psychology, physiological and strength testing, conditioning and aerodynamics. So far Liz McTernan has already undergone some biomechanical testing, revealing that an aspect of her rotation style was leaving her prone to injury. She is now working with her coach to adapt her technique.

Dr Sandy Willmott from the School of Sport & Exercise Science, says: “Working with elite athletes is a win-win situation. We can provide them with access to cutting-edge testing in the Human Performance Centre, along with expert advice about how to apply those results to their training and competition. In return our staff and students have the opportunity to work across a diverse range of activities, each of which requires a unique approach and perspective. This provides wonderful experience for the students involved, and can lead to the development of new research techniques and opportunities.”

Supporting Elite Junior Athletes

The School of Sport & Exercise Science aims to improve the performance of Great Britain’s elite junior athletes.

Lecturers and students from the School have been regularly monitoring physiological and strength testing of junior kayakers from GB Canoeing’s Central Region. The recent purchase of two kayak ergometers has enabled the School to expand their activities in this area.

As well as supporting GB juniors, Lincoln Lecturer Dr Tom Gee has been giving personal strength and conditioning instruction to two members of Lincoln Canoe Club, to help them achieve personal fitness goals and enable them to perform at their highest standard.

Exploring ‘Flow’ in European Tour Golfers

New research by the School of Sport & Exercise Science has revealed elite golfers can recognise when they enter ‘the zone’ and can control the experience to perform at their peak for longer.

Lecturers Dr Christian Swann and Dr Lee Crust led a research team, using a novel, inductive approach to analyse data from interviews with 10 European Tour golfers. Previously, research suggested that individuals only become aware they had been in a so-called ‘flow’ or ‘zone’ state when they finished the activity, but the study has revealed elite golfers are aware that the phenomenon is happening as they play.

Lead researcher Dr Christian Swann, lecturer in sport and exercise psychology, said: “Athletes experiencing ‘flow’ are completely immersed in their task and perform at the peak of their ability, making this state highly desirable in sport. This ability to recognise when they hit that sought-after zone may be important for them to develop skills to maximise flow if a performance is going particularly well. For example, being able to manage flow states could help players avoid choking in pressurised situations such as being in the lead in the final holes of a tournament.”

Interestingly, the research found that players can also see when their competitors are in the zone, through body language.

Dr Swann added: “In sport, the possibility of observing flow could be particularly relevant in coaching, in terms of knowing when to give advice, and when to avoid talking to – and possibly distracting – the athlete.”
Our Facilities

The University of Lincoln’s state-of-the-art Human Performance Centre is a dedicated facility for applied work within the areas of sport and exercise physiology, biomechanics, psychology and strength and conditioning.

Housing specialist laboratory spaces containing cutting-edge equipment for the assessment and evaluation of human performance, the Centre presents the ideal environment for students to engage in applied work and increase their practical experience.

- **Labs**
  The School’s exercise physiology and biochemistry, biomechanics and sports psychology laboratories, along with coaching performance analysis suites, are key to our teaching and research activities. Students at all levels use these spaces, and the equipment within them, to further their understanding of sport and exercise across a wide range of disciplines.

- **Experienced Staff**
  Benefit from the knowledge of our specialist staff, who are experts in sport and exercise physiology, sports biomechanics, sports psychology, coach education and sports nutrition. Many are accredited by the British Association of Sport and Exercise Sciences (BASES).

- **Measuring Kinematics**
  The School holds facilities to measure the kinematics of a person’s golf swing. Reflective markers are attached to all of the key joints involved in the swing, as well as on the club shaft and club face. Golf swings are recorded by state-of-the-art cameras operating at a capture rate between 500-1000 Hz. Cameras track each marker throughout the swing, and motion analysis software creates a 3D image, which provides a variety of post-processing options for data analysis.

- **Assessing Swimming Performance**
  The University’s Endless Pool allows the physiological and biomechanical assessment of swimming performance within a controlled environment. Technique analysis can be performed with strategically placed cameras located on the poolside and underwater, allowing a comparison to the ‘ideal’ technical model.

- **Specialist Modules**
  Our range of programmes have been designed to provide you with specialist modules that enable you to tailor your degree to match your career plans. For example, students who wish to teach Physical Education can develop their understanding of the National Curriculum and knowledge of game, dance, athletic and gymnastic activities.

- **Responses to Exercise**
  Our facilities provide excellent opportunities for students to capture a wide range of responses to exercise. By measuring how the body responds to different modes of activity and at different levels of intensity, students apply their understanding to more advanced techniques of data capture and analysis. This approach allows students to develop strategies to optimise training and performance.

- **Additional Activities**
  The University’s Sports & Recreation Centre offers additional opportunities for students to participate in sport and boasts a range of facilities which include a sports hall, football pitches, a fitness suite, dance studio and courts.
Discover More

There are many ways for you to engage with the School of Sport & Exercise Science at the University of Lincoln. Whether you want to visit us or and take a look around, join our online community or simply find out more about the opportunities available, we are here to help.

Open Days

We hold Open Days throughout the year, which offer the perfect opportunity for you and your family to explore our campus, speak to lecturers and find out about student life at Lincoln. To find out more and to book your place, please visit www.lincoln.ac.uk/opendays

Postgraduate Masterclasses

At a postgraduate masterclass, you can take part in a lecture or workshop in a subject of your choice to develop your knowledge, as well as meet our academics and other prospective students. Check our website for the next available postgraduate masterclass or email pgevents@lincoln.ac.uk for more information.

Social Media

To keep up-to-date with the latest news and information from the University, follow us on Twitter @UniLincoln and like us on Facebook at facebook.com/universityoflincoln

For updates on the innovative work of and achievements of the School of Sport & Exercise Science, follow @LincolnSportEx on Twitter and like our Facebook page at facebook.com/UniversityOfLincolnSchoolOfSportAndExerciseScience

International Students

The University of Lincoln provides a vibrant and dynamic atmosphere for international students who are looking to study in the UK. Lincoln is one of the safest and friendliest university cities in the UK with great transport links to London and other major cities. A wealth of information is available at www.lincoln.ac.uk/international
A Life-changing Education.

Discover more at one of our Open Days, visit www.lincoln.ac.uk/opendays for details.