

Undergraduate Work Placements



UNIVERSITY OF
BATH

A guide for Placement Providers

Health and Exercise Science
Sport and Exercise Science
Sport Management and Coaching



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Welcome to our undergraduate placements

The University of Bath is now firmly established as a top ten UK university with a reputation for world-leading research and teaching excellence. We attract some of the highest-achieving students, much sought after by leading graduate employers, and we are focused on getting them ready for a competitive work environment.

Nearly two thirds of our students undertake a valuable work placement as part of their degree. Thanks to the support of our placement providers, we are able to offer our students professional placement opportunities in a wide range of organisations in the private and public sectors.

Benefits to you

Our placement providers enjoy multiple benefits from employing one or more of our students and they find our students add real value to their organisation. As well as gaining fresh ideas and up-to-date knowledge from highly motivated and talented students, employers see the placement as an extended interview and a very cost-effective way of recruiting. We also know that working with private and public sectors ensures our curriculum is relevant to prospective employers and our students have the right employment skills.

Benefits to the student

The skills and knowledge acquired by our students throughout their degrees are put into context through the variety of tasks and responsibilities they undertake on their placement. Students benefit from experiential learning, are able to adjust quickly to the workplace, provide specialist knowledge, take on an increasing degree of responsibility and handle a variety of different tasks and projects.

Students return to university with a wealth of experience that they apply to their final year/s, often choosing to do a dissertation based on aspects of their placement they want to explore further.

We look forward to working with you

Here in the Department for Health we have a long-established, outstanding placement programme. We pride ourselves on the support and preparation we give our students and the strong professional links we have with organisations in the UK and overseas.

We welcome any new organisations who wish to join us. Many of our graduates have gone on to work for the organisation they spent their year out with, and the University of Bath has an outstanding alumni network of past students who go out of their way to assist current students, by either offering to be a mentor, or even creating new placement roles. This is a relationship we hope to continue long into the future.

Why employ a placement student from Bath?

The benefits to your organisation

- High quality employees without long-term commitment
- Fresh ideas and talent from a motivated student
- Up-to-date knowledge of latest industry developments and new technology
- Knowledge and skills to tackle 'one off' projects
- A cost-effective additional staff resource
- Access to the latest research through closer links with the University
- 'Try before you buy' with regard to graduate selection
- A chance to raise your profile on campus among a future graduate workforce
- Investing in the next generation.

Typical tasks our students can undertake

- Use computer software, including in-house systems, to collate, analyse, interpret and display data
- Design, develop and undertake research using quantitative and qualitative skills
- Write reports in a professional manner
- Work with children in an educational setting
- Lead and assist in sports training sessions
- Project management
- Attend team meetings, seminars etc.; listening, minute taking, evaluating and contributing where appropriate
- Manage your organisation's social media presence
- Marketing, events and communications activity
- Assist with routine and/or advanced administrative tasks.

“

We've had a really good relationship with the University of Bath and we've had three placement students in the last three years. Throughout the placement you see the student really develop. They become more pro-active in seeking out opportunities to help, whether it be with the coaching staff, support staff, or players. They become far more involved and almost become part of the club; they become a real member of staff.

”

Mark Thornbury
Fast Bowling Coach

What type of organisations offer placements?

Students from our sport related degree courses have been placed in a variety of sectors including:

- Agencies and Sponsors
- Clubs and Teams
- Education, Charities and Local Councils
- Elite Performance and Coaching
- Leisure and Health (public and private)
- Media and Technology
- Science and Medicine

Organisations who offer placements to our students have included:

Access Sport	Kiwi Tennis	Stowe School
Auckland University of Technology	LAB LAB, University of Rome	Surrey Human Performance Institute
Bath Rugby	Lawn Tennis Association	Sussex Cricket
BeLife Care	Leicester Tigers Football Club	Swedish Winter Sports Research, Mid Sweden University
Bristol City Football Club	Let Me Play	The Altitude Centre
British International School, Phuket	London Sport	The British School of Brussels
Cardiff School of Sport	Macmillan Cancer Support	The Peak Centre for Human Performance
Chelsea Football Club	Ministry of Defence	University of Bath Events Team
Christ Hospital School	New South Wales Institute of Sport	University of Massachusetts
Cobham Lacrosse Club	Nike	Votwo Ltd
Edinburgh Rugby	Octagon	Warminster School
England Squash	Performance Advantage Ltd	Wasps Rugby Football Club
English Institute of Sport (EIS)	Port Regis School	Welsh Government
ESPN	Precision Hydration	Western Australian Institute of Sport (Biomechanics)
GlaxoSmithKline	Quintic Consultancy Ltd	Wiltshire Council – Leisure Services
Harbour Sport, New Zealand	Scottish Rugby	Winchester City Council
Hawkeye Innovations	South Australian Sports Institute (SASI)	
High Performance Sport, New Zealand	Southampton Football Club	
Independent Coach Education (ICE)	Sport Surgery Clinic, Dublin	

“

London Sport's internship programme recruits about five interns each year across different areas of the organisation. We really benefit from new, fresh (and younger!) perspectives. We aim to harness their motivation by empowering them to take on responsibilities, while supporting them to build skills and confidence at the same time. This makes it a win-win for all!

”

Tim Copley

Director of Insight & Performance
London Sport



Dr James Bilzon

Department for Health

“Our innovative Health and Exercise Science degree course has been designed in response to a rapidly growing global interest in the role of physical activity in preventing and treating health conditions. As a department we're uniquely placed to provide hands-on scientific and practical skills learning, alongside a broader appreciation of how this fits with the wider public health agenda. With the increasing recognition of the importance of lifestyle medicine within the NHS and overseas, there has never been a better time for a course such as this to put our graduates ahead of the market.”

Health and Exercise Science

- BSc (Hons) Health and Exercise Science

Health and Exercise Science combines science, social science and public health perspectives to understand the impact of physical activity, other health behaviours and exercise medicine on population health and wellbeing.

This relatively young course adds to our portfolio of established top-ranking degree programmes where our students are highly sought after by the top UK recruiters for both placements and graduate roles; the over-arching discipline of Sport Science at Bath is ranked top ten for graduate prospects in all three of the UK's major university league tables 2022.

These degrees are designed to enable students to develop:

- an understanding of the role of physical activity and exercise medicine on population health and wellbeing
- a critical understanding of the determinants of health from scientific, social and policy perspectives
- knowledge of the fields of exercise prescription and rehabilitation, health promotion and public health
- the ability to apply knowledge of these subjects to investigate the impact of physical activity, diet and health behaviours on population health
- the ability to design and conduct experimental and observational studies and analyse the data resulting from them
- experience in oral, visual and written presentations of research topics
- the ability to assimilate information quickly and develop strong team-working skills
- effective communication and analytical skills, with the ability to interpret and present information through innovative means and to an array of stakeholders.

Compulsory units cover the core themes of Exercise Science, Behavioural medicine and Public health. They include the areas:

Human physiology • Functional anatomy and biomechanics • Physiology of exercise, health and nutrition • Physical activity and health across the lifespan • Sport and Exercise psychology • Psychology and health communication • Sport and exercise medicine • Public and social health • Population level public health • Tackling interdisciplinary challenges • Research and study skills for sport, health and exercise students • Qualitative research in sport, exercise and health • Research skills and statistics for sport, exercise and health scientists • Research project

Optional units include for example

Physiology of exercise, health and disease • Health technologies • Nutrition and health • Nutrition and metabolism • The science of physical sensation.

Quintic
"1 for Sports Analysis"

“

Our relationship with the University of Bath gives us access to undergraduate students who are hungry for the opportunity to develop themselves and give as much as they take. As a result it's a pleasure to support their development and a source of great satisfaction to see them grow during their time with us.

”

Phillip Dicks

Director
Performance Advantage Ltd



Ethan Desmond

BSc (Hons) Sport and Exercise Science
Placement with Quintic Consultancy Ltd

“I spent half my time designing sports analysis software and half working with clients to provide performance based biomechanics consultancy. I learnt a great deal about applying biomechanics to professional athletes and how coaches can use sports analysis software to benefit their players. For anyone interested in golf biomechanics there isn't a better placement.”

Sport and Exercise Science

- BSc (Hons) Sport and Exercise Science
- MSci (Hons) Sport and Exercise Science

Sport and Exercise Science is a multidisciplinary subject area, which draws on the three parent disciplines of biomechanics, physiology and psychology to understand how humans function in sport, physical activity and health settings.

Our students are highly sought after by the top UK recruiters for both placements and graduate roles; Sport Science at Bath is ranked top ten for graduate prospects in all three of the UK's major university league tables 2022.

These degrees are designed to enable students to develop:

- knowledge of the core disciplines; biomechanics, physiology and psychology
- the ability to apply knowledge of these subjects to sports performance and exercise participation
- an understanding of how humans function in sport, physical activity and health environments
- a coherent, critical understanding of the relevance of sport and exercise science to contemporary problems and practices
- the ability to design and conduct experimental and observational studies and analyse the data resulting from them
- experience in oral, visual and written presentations of research topics
- the ability to assimilate information quickly and develop strong team-working skills
- effective communication and analytical skills, with the ability to interpret and present information through innovative means and to an array of stakeholders.

Compulsory units include the areas:

- **Biomechanics:** Functional anatomy and biomechanics • Biomechanics and motor control
- **Physiology:** Human physiology • Human biochemistry • Physiology of exercise, health and nutrition
- **Psychology:** Sport and exercise psychology • Functional anatomy and biomechanics • Psychology of sport and exercise participation
- **Interdisciplinary:** Applied practice in sport and exercise • Sport and exercise medicine • Tackling interdisciplinary challenges
- **Research methods and study skills:** Research and study skills for sport, health and exercise scientists • Research skills and statistics for sport, exercise and health scientists • Research project

Additional units to choose from include the areas:

Further biomechanics • Physiology of exercise, health and disease • Nutrition and metabolism • Behavioural science applied to physical activity and health • Applied sport biomechanics • Clinical biomechanics • Applied sport psychology • The science of physical sensation • Exercise prescription • Nutrition and health • Environmental and occupational exercise physiology

We may make changes to our courses in response to, for example, feedback from students, developments in the field of studies, the requirements of accrediting bodies, or any unforeseen or unavoidable circumstances. Please check our online course pages to ensure you have the most up-to-date information

“

Since our placement student joined us his role has grown on a weekly basis. He has proven to be very capable and now as well as managing some of our children's football sessions, is responsible for all of the admin for them, as well as helping to train up new staff and develop new sessions. We had no idea that he would so quickly become such an integral member of our team. He has impressed us with his attitude and willingness to work hard and learn and has been a credit to himself and the University of Bath.

”

Melvin Capleton
Company Director
Open Air Fit Ltd



Lucy Ferguson

BA (Hons) Sport and Social Sciences
Marketing & Operations Manager
Let Me Play

“I worked within the marketing department for Let Me Play, a small sports organisation based in London. The company offered me a diverse experience of opportunities available in the sports industry, working across all of their projects including schools coaching, holiday camps, education programmes and local government projects. I had the opportunity to manage my own projects and have an influence on key decisions within the company.

I was fortunate enough to be offered a full time job with my placement provider and I am lucky enough to be already managing some of the major projects within the company; a great start to my career prospects.”

Sport Management and Coaching

- BSc (Hons) Sport Management and Coaching

The Sport Management and Coaching degree provides an innovative, interdisciplinary and critical social science approach to understanding the relationships between sport, physical activity, health and well-being within society.

There is a strong professional emphasis throughout, with clearly defined career pathways in sports management and policy, sports development and coaching, physical education teaching, and health/well-being related professions. Our students are highly sought after by the top UK recruiters for both placements and graduate roles; Sport Science at Bath is ranked top ten for graduate prospects in all three of the UK's major university league tables 2022.

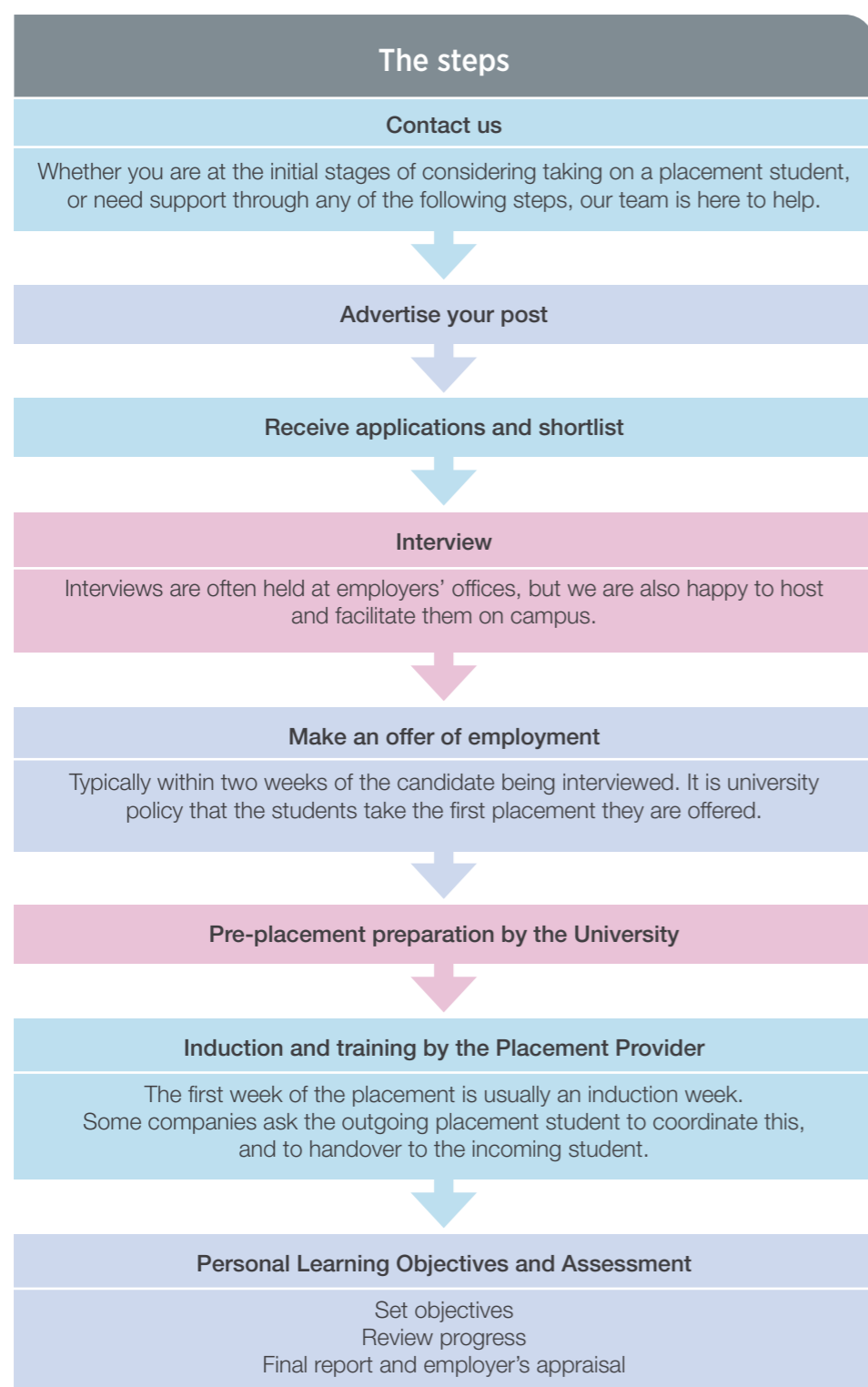
These degrees are designed to enable students to develop:

- a critical understanding of the structure of sport, health and physical activity within contemporary society
- an understanding of how to enhance participation and motivation, performance and enjoyment of sport
- a knowledge of the sports industry, the role of sport in relation to international development and its impact upon local and global communities
- a strong research and social science core of knowledge – including perspectives from sociology, education, politics, health, international development, psychology and management/policy
- the ability to design and conduct experimental and observational studies and analyse the resulting data
- experience in oral, visual and written presentations of research topics
- the ability to assimilate information quickly and develop strong team-working skills
- effective communication and analytical skills, with the ability to interpret and present information through innovative means and to an array of stakeholders
- an understanding of trends and common practices in sports media and sports marketing.

Core units offered include the areas:

- **Sport management and development:**
Sport management and development • Leisure, tourism, and the environment • Sport policy and development • Advanced issues in sport management • Advanced issues in sport for development
- **Coaching and physical education:**
Coaching and physical education • Applied coaching and performance • Advanced issues in coaching • Advanced issues in physical education
- **The sociology and psychology of sport:**
Psychology and sociology of sport, exercise and health • Sport marketing and health • Physical education policy and society • Sport media • Sport and the global economy • Advanced issues in the sociology of sport and health • Advanced issues in sport, exercise, and health psychology
- **Study and research skills:**
Studying sport – knowledge, ethics, and communication • Research methods

The placement process step-by-step guide



What are the time frames?

- **Recruitment period:**
August to June
- **Earliest start of placement:**
June
- **Duration:**
30 weeks to 1 year (not including annual leave). Students are able to complete multiple shorter placements if they wish, although we recommend that placements are at least three months in duration.

How much does it cost?

We try to encourage organisations to pay the student a salary (commensurate with age and experience), an allowance to cover their daily travel and subsistence costs (essential if the post is unpaid), as well as cover training/professional development costs such as coaching certification. Students working for schools and/or boarding schools are often offered a small salary and accommodation.

Our Placements Team

Each of our degree subjects has a dedicated Placements Officer who can advise you on all aspects of the placement programme and we have an outstanding administration team who will provide full support with each step of the process. Please see back cover for full contact details.

Your role

- Early in the placement, set clear aims and objectives with the student and establish a good two-way communication
- Facilitate integration in the project and the team
- Delegate day to day supervision to another staff member (the Placement Provider Supervisor)
- Meet regularly to monitor progress and discuss future development
- Offer an Employer's Appraisal on completion of the placement.

Our role

- Be available for the student (or Placement Provider Supervisor) to contact at any time throughout the placement
- Visit the student on placement, as well as the student and Placement Provider Supervisor together to offer advice and support to both parties (UK based only)
- Ensure both student and provider receive maximum benefit from the placement.

The placement process in detail

Advertise your post

Please contact us should you wish us to send you our Job Description/Advertisement form. We recommend you include the following:

- **Organisation:** Name of organisation; brief outline of history/ aims of organisation; website link
- **Role:** What is the opportunity e.g. coach, scientist, marketing role; brief description of the job role, examples of tasks that would be performed, responsibilities, projects etc.; what undergraduate degree subjects would be applicable?
- **Requirements:** What key skills and attributes are you looking for? For example; advanced computer skills in statistical analysis or research software; particular competencies in dealing with clients, written communication or presentation skills etc.
- **Where and when:** Location of placement; start date and duration; remuneration
- **Application and interview:** How to apply (online and/or CV and covering letter); name of contact; closing date for application; location of interview or if Skype?
- **Any other information** you feel you would like to include in the advertisement/job description.

Receive applications and shortlist

Use online application forms through your own website, or covering letters with a CV may be sent directly to you. If preferred, we can collect all applications for you and send to you at the deadline.

Make an offer of employment

Students selected by the employer can be contacted by mobile phone initially. A written offer should follow, and a contract of employment provided, setting out terms and conditions. In the case of unpaid or overseas placements, a placement agreement is drawn up by the Placement Officer. (Feedback for unsuccessful candidates is always well received.)

Normally, the Placement Provider Supervisor and student agree start and finishing dates, and holidays. The Placement Officer can liaise with the employer to set up a suitable work programme.

Pre-placement preparation by the University

All students are required to attend a development programme before going on their placement. This programme includes application and interview skills development, presentations, mock interviews and opportunities to speak to former placement students. Students are briefed on their responsibilities to the employer, work etiquette, ethical issues, the correct use of internet and email at work and areas such as confidentiality at work. The briefing also informs students about the reports we require from them, and how to keep in touch with the University over the placement year.

Some placements, particularly those that are based in NHS or social care settings may require the student to have DBS clearance and/or a Research Passport. The DBS check may be undertaken by the placement setting in line with the guidelines and procedures of the organisation.

Induction and training by the Placement Provider

It is important that the student has an induction to the organisation in whatever form is appropriate. It is particularly useful if students can be helped to attend training courses in IT and other areas relevant to the work they are doing. Visits to other departments, if time permits, are also very useful, enabling students to see the wider context of the work.

Aspects which have proved most useful in the past have been:

- A handover period between the existing placement student and the new one, if possible.
- An overview of the entire host organisation, explanation of departmental structure, an introduction to members of staff and an explanation of their roles and the communication channels.
- An introduction to the use of equipment, e.g. computers, copiers, scanners, books, resources, telephone system.
- Expectations about punctuality, attendance and a clarification of working hours.

- Sickness and absence reporting, how to book any leave, appropriate dress and other practical issues. Disciplinary and grievance procedures should be explained. Most problems on placement arise because expectations about such ordinary aspects of day-to-day behaviour are not made explicit.

Personal Learning Objectives and Assessment

Each student is required to submit their Personal Learning Objectives (PLOs). We ask that their line manager works with them to set learning goals at intervals on their placement. Students also create a poster reflecting on their placement and providing information for future students. A 2000 word report is the final part of the assessment along with an Employer's Appraisal.



Our role in detail

All students are assigned a **Placement Tutor** within the University of Bath with whom they should keep in regular contact. If any problems arise, both student and Placement Supervisor are urged to contact the Placement Tutor as soon as possible.

A visiting tutor will be assigned at the start of the placement and they will visit the student, usually between November and February. Visits may take place in person (primarily UK based) or virtually.

The visiting tutor will arrange the visit in advance with the student to ensure sufficient time is set aside for it, normally not more than one hour. The student is expected to liaise with the visiting tutor and organise this as part of the placement experience. Students will also have been informed about the purpose and format of the visit and are encouraged to be prepared to discuss the points listed below with the tutor and the supervisor.

During the visit, the tutor will ask to speak to the student separately first and will then, if appropriate, also speak to the supervisor separately. That is followed by a joint meeting with both student and supervisor where progress can be discussed. The visit is designed to help the student and placement provider to identify opportunities for learning, for doing useful work for the host institution and for the student to relate the placement to the degree course.

The visit is an important means of keeping students in touch with the University during the placement period, to inform them of any changes which may affect their final academic year and generally to offer advice and support.

The main purposes of the visit can be summarised as:

For the Student

- To enable the tutor to see how the student has settled with the host institution.
- To check that a work pattern has been established, mutually agreed by the student and supervisor.
- To ensure the work programme is suitable and contains sufficient variety and responsibility.

- To discuss the development of the work programme over the remaining months.
- To ensure that relationships with the supervisor and co-workers are satisfactory, and offer advice on how to resolve any difficulties if they have arisen.
- To make sure that practical matters, such as accommodation, travel, etc., are satisfactory.
- To discuss any plan the student may have formulated for their final year dissertation.

For the Placement Provider

- To establish closer links with Department for Health at the University.
- To discuss whether the arrangement is progressing satisfactorily and is maximising the student's contribution to the organisation.
- To discuss whether a satisfactory supervisory relationship with the student has been established.
- To identify any problems and discuss possible action.
- To explore the possibility of taking further placement students, either in the original department or in other areas of the institution.

It is hoped that good two-way communication between student and Placement Supervisor will be established early in the placement and that there will be time for regular reviews, formal or informal, of the student's progress. However, should any problems have arisen; the Placement Tutor visit can be extremely valuable in clarifying any misunderstandings that may have occurred regarding the suitability of the student's work programme and in general improving the communication flow between the two parties, so as to ensure that both receive maximum benefit from the placement.

Your role in detail

- **Placement Supervisors** should, very early on, discuss with students their expectations about the work programme, set aims and objectives with the students and allow time for regular reviews.
- Students will need guidance about background reading, and information on where they can acquire the skills that will be of use in their placement work.
- Supervisors should integrate the student into project or teamwork, and facilitate contacts with colleagues in related fields, providing a level of social contact.
- Often it is valuable for the supervisor (who may be the director of the project or unit) to delegate the day-to-day supervision of the student to another member of the staff, with whom they may more readily relate and who may be more available.
- It is good practice if the student and the supervisor can meet on a regular basis to discuss progress of the placement, any future plans, how the work is developing and to monitor progress.

Students are expected to develop their own initiative and find out what is going on in the place of work, but they may need help initially in their new environment.

Opportunities to get more involved

Several of our employers have become more involved with the placement process throughout the year and participate in the following:

Mock Interviews
Speed Networking
Employer Presentations
Careers Talks
Skills Sessions

If you would like to visit campus to hold some mock interviews, offering invaluable practice for our students, or give a presentation to students about your company and the opportunities you offer, or even run a skills session with practical information and tasks to help our students be more prepared for the application and interview process, please contact us.

“

The Sport & Physical Activity team at Winchester City Council have offered placements to university students for over 4 years and it's great to be able to provide young people with an opportunity to grow and develop those all important life skills. Every day is different within our team, we deliver sports sessions and contribute to healthier lifestyles to a number of audiences across local communities, education and even in leisure centres. We also offer our support to local sports clubs and work in partnership with national governing bodies of sport to increase participation. Students have the chance to be a part of the team and lead on a number of these projects, and we as a Council also benefit from the skills, enthusiasm and commitment of the students enabling us to take on more initiatives.

”

Calum Drummond

Sports Development Manager
Winchester City Council

Engaging with the Department for Health

The Department for Health provides excellent opportunities for research collaborations and postgraduate teaching. The Department builds on external links with the public services and other bodies concerned with human function, health and society and promotes innovation in the design and delivery of healthcare services. It facilitates the opportunity for academic collaboration and new developments.

Research

Academics within the Department produce high-quality research with a strong applied focus. They aim to contribute to the promotion of population health and wellbeing, the enhancement of functional performance at all levels, as well as to improve the quality and efficiency of the health services. The Department pursues this agenda with a variety of partners at local, regional, national and international levels.

The Department's results from the Research Excellence Framework (REF2014) reveal that 90% of its research is world leading or internationally excellent.

The Department's research is based around three key themes:

- Lifelong Health and Wellbeing
- A Fair and Vibrant Society
- Improving Human Function

The Centre for Pain Research is based in the Department and conducts research into the technological development for the control of pain.

Teaching

As well as the undergraduate degree courses, the Department delivers postgraduate programmes which combine academic excellence with flexible and innovative design and delivery.

- MSc Sport Management
- MSc Sport and Exercise Medicine
- MSc Sports Physiotherapy
- MRes Health and Wellbeing
- Doctor of Medicine (MD)
- Professional Doctorate in Health (DHealth)
- MPhil and PhD Health and Wellbeing
- MPhil and PhD Health

The Masters programmes and the Professional Doctorate in Health are designed to be studied part-time and online, by those working in a wide range of healthcare roles from all around the world. When studying, students are able to continue within their practice area or working environment whilst also gaining a further qualification.

To find out more about the Department for Health's research and teaching please visit, www.bath.ac.uk/health or contact the Business Engagement Manager to discuss the ways in which you may wish to collaborate with the Department or contact the Business Engagement Manager to discuss the ways in which you may wish to collaborate with the Department (contact details on the back page).



The 'Bathies' at the SASI Awards this year – us Brits scrub up well!

Student blog - staying sassy at SASI

"Nearly 4 months in now and I can say that deciding to move to Adelaide to spend my placement year at the South Australian Sports Institute has been one of the best decisions that I have ever made. SASI has welcomed me with open arms, I have met and worked with some incredibly talented people, and I am learning something new every day. So I wanted to use this blog to talk a bit about the work that I have been doing.

My placement has enabled me to see the different areas of SASI which have included Physiology, Talent Search and Strength and Conditioning. I have also worked with the Australian Paralympic Committee, who are based at SASI. This has been extremely advantageous as I have been exposed to different teams and different areas of Sport Science. As I am not entirely sure what area I want to go into yet, this has been a nice introduction to some of the pathways that I could follow in. It has also allowed me to develop a good rapport with many different staff members."

Department for Health

Undergraduate Work Placements

If you would like further clarification or any additional information,
please contact us:

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