

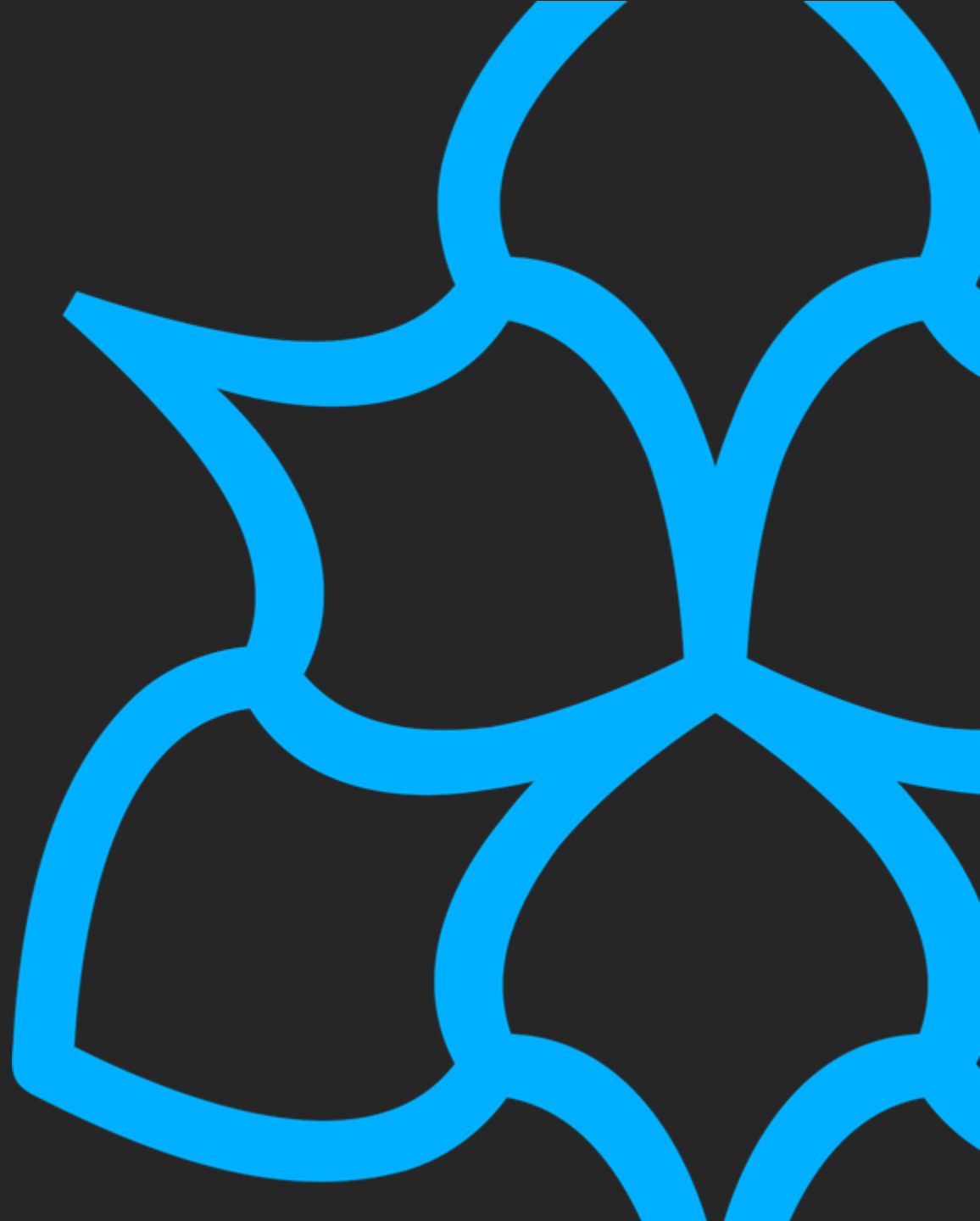


**Manchester
Metropolitan
University**

MIBT Extended Induction

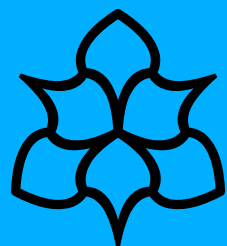
Introduction to Key Services

**Advertising & Brand Communications
1pm, 07 Oct 2026**



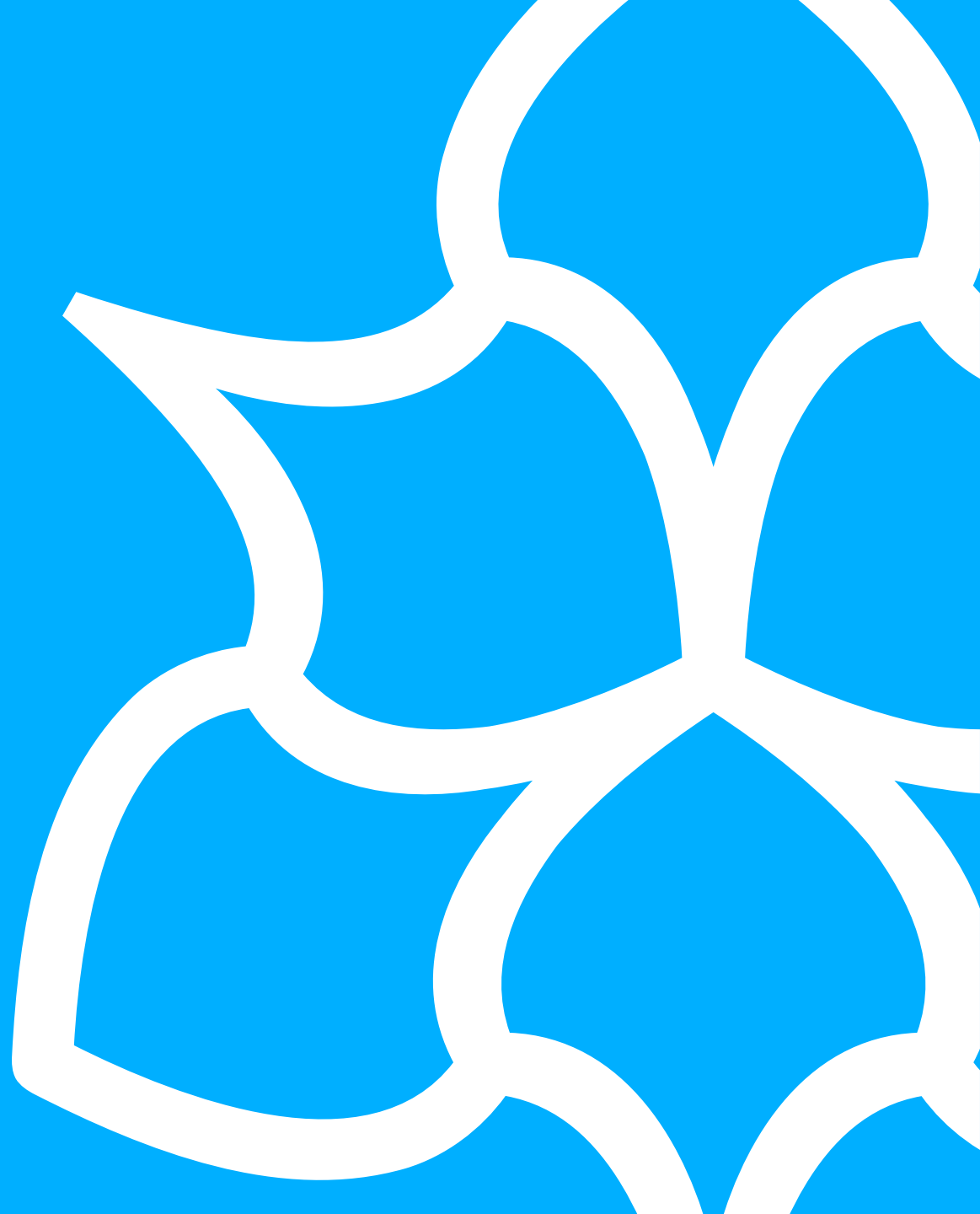
MIBT+

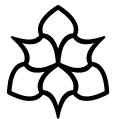
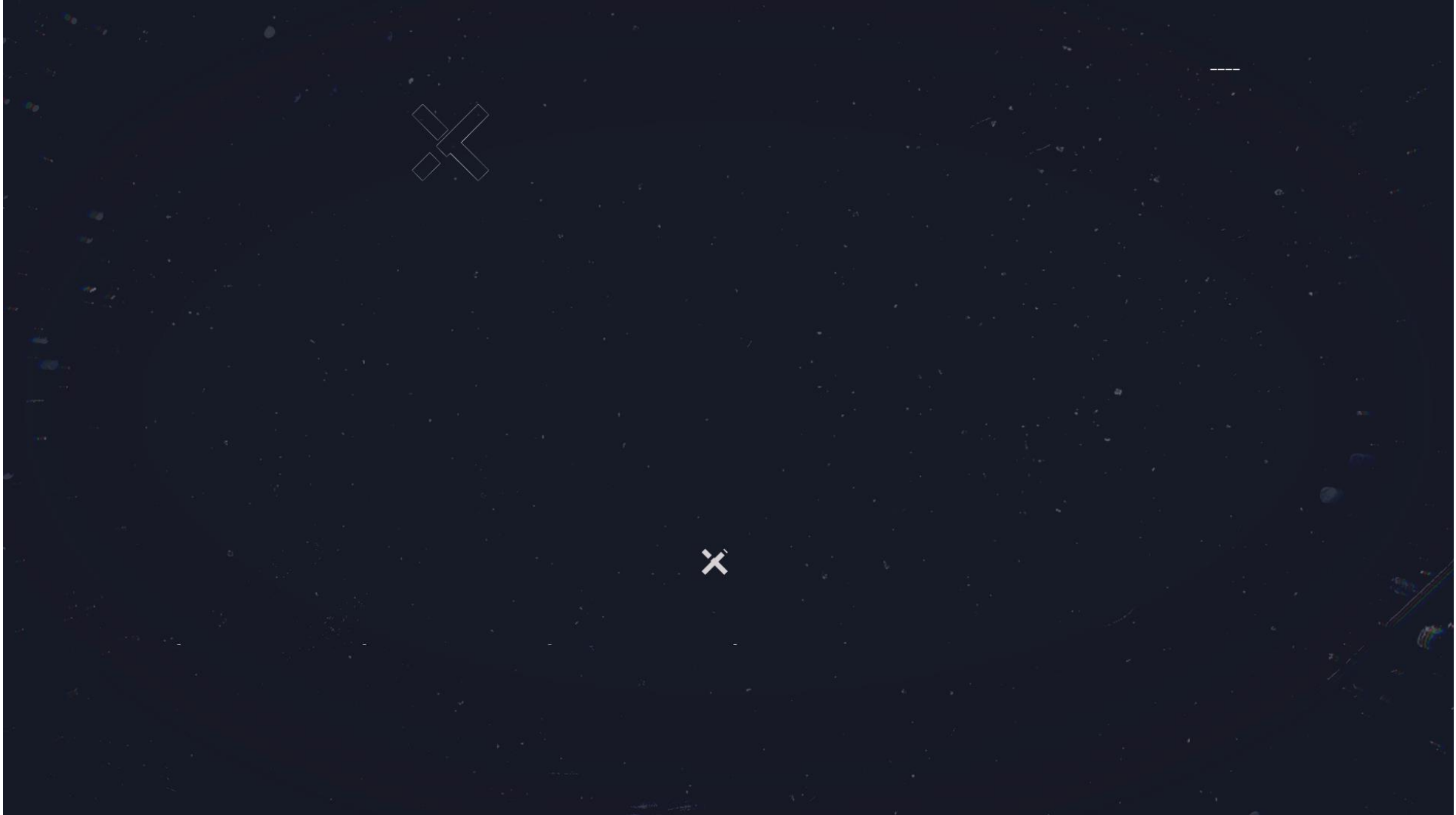




**Manchester
Metropolitan
University**

Sport and fitness at Manchester Met





Manchester
Metropolitan
University

Free sport and fitness

Over 35 sessions every week during term time.

- A great option for trying something new without the commitment of weekly training or membership.
- Sessions are delivered by our student Sport Coordinators and qualified fitness instructors.
- No cost, no commitment – just book to secure your place and turn up.
- The most up-to-date timetable is available via our website or through our Instagram bio.



Free sport and fitness timetable

Monday 5 October - Friday 18 December



	12:00 - 12:45	12:00 - 13:00	12:00 - 13:50	13:00 - 13:45	16:00 - 17:00	16:00 - 17:20	16:20 - 17:40	16:30 - 17:15	16:30 - 17:50	16:30 - 17:50	17:00 - 18:50	17:30 - 18:50	18:00 - 19:00
MON	Pull Body Workout	Swimming	Table Tennis	Yoga	T1 Rugby	Futsal	Squash	Zumba	Dodgeball	Aikido	5-a-side Football	Volleyball	Running
TUES	11:30 - 13:20 Badminton	12:00 - 13:00 Swimming	12:00 - 13:00 Pilates	13:00 - 14:00 Yoga	16:00 - 17:20 Futsal	16:30 - 17:50 Netball	17:00 - 17:30 Glute Strong ♀	17:30 - 18:00 Core Strong ♀	17:30 - 18:50 Table Tennis	18:00 - 18:50 Football ♀	18:00 - 19:20 Basketball		
WED	11:30 - 13:20 Badminton	12:00 - 13:00 Swimming	12:00 - 13:00 Dance Fit	18:00 - 19:00 Ultimate Frisbee	19:30 - 20:50 Badminton	21:00 - 22:20 Basketball							
THU	10:00 - 11:00 Pilates	12:00 - 13:00 Swimming	12:15 - 12:45 Guided Meditation	12:30 - 13:00 Chair Pilates	12:30 - 13:15 Yoga	16:00 - 17:20 Basketball	16:30 - 17:50 Basketball ♀	17:00 - 18:00 Let's Get Lifting ♀	17:00 - 18:20 Squash	17:00 - 19:00 7-a-side Football	18:00 - 19:20 Volleyball	19:30 - 20:50 Badminton ♀	
FRI	12:00 - 13:00 Pilates	12:00 - 13:00 Swimming	16:30 - 17:50 Badminton										
SUN	13:00 - 14:00 Tennis	14:00 - 14:50 Pickleball											

LOCATION

- Platt Lane Sports Complex
- Manchester Aquatics Centre
- Northern Tennis Club
- Sugden Sports Centre
- Students' Union
- Brooks Multi-Functional Hall
- Wellbeing Room, Business School
- Hough End Leisure Centre
- Armitage Sports Centre
- Online

mmu.ac.uk/sport

@manmetsport

The timetable is subject to change.
For the latest version and to book your place, scan the code.



♀ Women's only session

Join a league

Play competitively without the commitment of weekly training in our Campus Leagues.

- Compete in one of our university leagues in the following sports:
 - Football (Men's 11-a-side, Women's 6-a-side)
 - Futsal
 - Volleyball
 - Netball
 - Basketball
 - Badminton
 - Rugby Union
- Sign up as a team, or as an individual for £45- £50 per person for the year.
- Play in weekly fixtures with qualified officials/referees.





Join a club

From aikido to water polo, with nearly 40 sports clubs on offer, there's something for everyone.

- Many of our clubs welcome players who have never played the sport before.
- Represent Manchester Met and compete in the British Universities and Colleges Sport (BUCS) league.
- Some clubs also offer opportunities to participate in the sport without entering competitions.
- Find out more about clubs on offer at Freshers Fair and the Give Sport a Go taster sessions at the start of the year.



“From representing the university, to playing Varsity, and most importantly making friends for life and memories I will never forget. Joining the football team made my three years at university truly worth it.”

Gabriel Mooney Muñoz, Sport and Exercise Science (men’s football)

Varsity

The biggest sporting event in the University calendar.

- An annual multi-sport competition between Manchester Met and the University of Manchester.
- Teams compete against their UoM counterpart across multiple venues.
- 2027 will be the fourth year with UoM leading 2-1, so we'll be aiming to get even.



Performance Sport

We have a performance sport programme for exceptionally talented athletes.

- We support over 70 talented athletes through our scholarship programme which provides a tailored package of support.
- Our performance teams are:
 - ☐ Basketball
 - ☐ Rugby Union
 - ☐ Netball
 - ☐ Lacrosse (*men's only*)
 - ☐ Swimming
 - ☐ Water Polo
 - ☐ Football (*men's only*)



Workforce

Get real-life industry experience to develop your skills.

- **Placements** – We offer two 10-month, paid placements working full time in the Man Met Sport office.
- **J4S media Roles** – We hire one videographer and one photographer role for the duration of the year, to help capture content for our channels.
- **Part-time paid work** - We hire Sports Coordinators to help deliver our free sport sessions and referees/officials for our leagues.
- **Future Coaches Programme** - Gain hands-on experience as a volunteer coach or performance analyst working alongside lead sports coaches, earning RISE points as you go.



Gyms and facilities

A range of options with exclusive student deals.

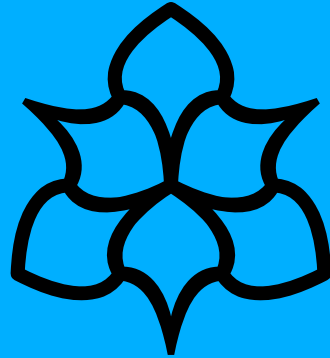
- Sugden Sports Centre
- Manchester Aquatics Centre
- Platt Lane Sports Complex



Earn rewards for getting active

- Whether you're walking, running, swimming or cycling – you can earn points through MCR Met Moves.
- Download the Moves+ app and turn your steps into points which can be exchanged for rewards on campus.
- Rewards include hot drinks, food, clothing, activities and more.





**Manchester
Metropolitan
University**

Get in touch



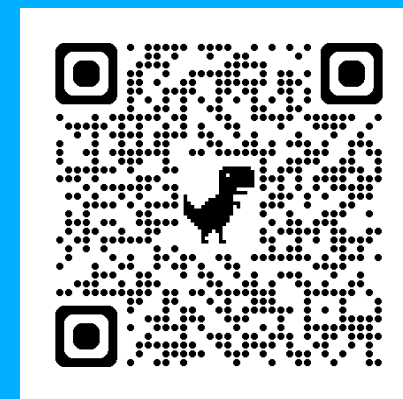
@manmetsport mmu.ac.uk/sport
sport@mmu.ac.uk



Welcome to Manchester Met Library

Sian Caldwell (Your librarian)

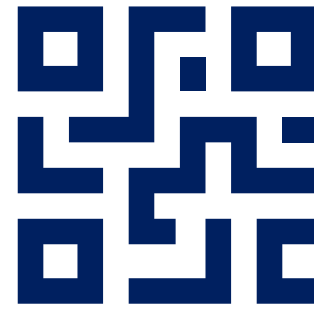
library@mmu.ac.uk



[Visit the Library
website](#)

QR codes and links

Scan the QR codes or follow the links on the slides to find out more about your Library and resources



Your Academic Liaison Librarian can help with..



Sian Caldwell

- ✓ Finding good quality information for your assignments
- ✓ Evaluating information
- ✓ Citing and referencing



[Subject guides](#)

Book an appointment with Sian Caldwell

Email library@mmu.ac.uk or book a one-to-one appointment from your subject guide

Explore your digital library

Your Manchester Met login provides access to over a million **academic sources of information** for your assignments.



Ebooks provide a good overview of a topic.

Academic journals contain articles written by subject experts.

Reading lists for each of your modules, accessible via Moodle. Follow this [reading lists link](#) for more information.

Specialist resources to support your studies

Access a wide range of subject specific resources from the **databases** section of your subject guide or the Databases A-Z page.

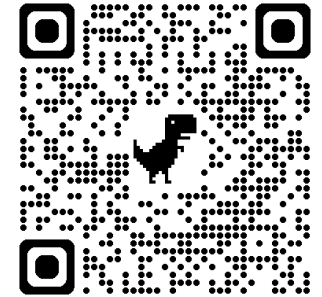
Subject guides are pages on the Library website designed to help you find the best information for your course or subject area.

Examples of subject specific resources include:

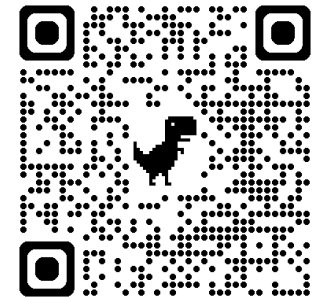
Newspapers - current and historical newspaper articles.

Media and TV - films and documentaries via Kanopy and Box of Broadcasts.

Market and industry resources - trend and forecasting services, company and industry information and statistics.



[Access the
Databases A-Z](#)



[Access your
subject guide](#)

Use Library Search to access books and articles

Library Search

Cottrell study skills



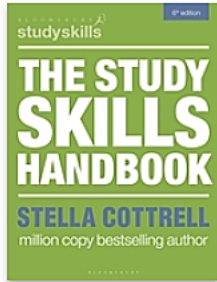
- ☐ Manchester Poetry Library
- ☐ Special Collections Museum
- ☐ Click & Collect
- ☐ Library

Format

[All](#)
[Article \(262\)](#)
[Book \(24\)](#)

- ☐ Article, Chapter (303)
 - ☐ Article (262)
 - ☐ Chapter (30)
 - ☐ Downloadable Article (11)
- ☐ Book (24)
 - ☐ Print Book (14)
 - ☐ eBook (10)
- ☐ Audiobook (1)
 - ☐ eAudiobook (1)
- ☐ Video (1)

1



[View eBook](#)

[Report a broken link](#)

The study skills handbook

Authors: [Stella Cottrell](#) (Author)

eBook 2024, Sixth edition.

London : Bloomsbury Academic, 2024.

Summary: This title introduces higher-level study skills and allows students to develop a deeper understanding of the learning process itself, encouraging a reflective and well-informed approach to study. This is the ultimate guide to study skills, written by million copy bestselling author Stella Cottrell. Her tried and tested approach, based on over 20 years' experience of working with

[Show More](#) ▼

✓ Available

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[View eBook](#)

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Older © 2019 Print Book edition, Fifth edition.

[Details](#)

Cite

Share

Save



[Find out more about Library Search](#)

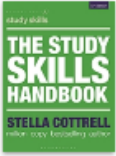
Request books using Click and Collect (1)

1

Library Search Search for books, articles and more

Search the book on **Library Search**.

2



The study skills handbook
Authors: [Stella Cottrell](#) (Author)
Print Book 2019, Fifth edition.
London : Bloomsbury Academic, Red Globe Press, Macmillan Education, 2019.

Reading Lists
[Introduction to Art History and Curating: Encountering Art](#)
[Banking, Financial Markets and Institutions](#)
[Contextualising Practice 1 Thinking About Art](#)
[Fine Art & Art History & Curating 5: Contemporary Art](#)
[Key Discourses, Debates and Understandings in Education](#)
[Personal and Professional Development AFR](#)
[Professional Practice in HRM - Ian Jenner](#)
[Sport Events](#)
[Studio 1](#)

Access Options

✓ Available
MMU Library
Click & Collect
Alpha
371.30281 COT

[5 Available at 1 Location](#)

Reserve item

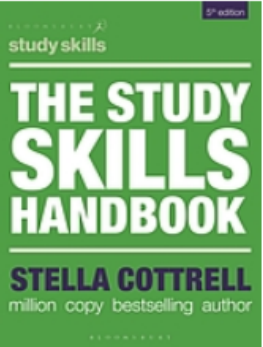
Select the required book title if available via Click and Collect, and then select **Reserve item**.

3

*Pick Up Options **
Library

Sign in to Library Search using your Man Met ID and password and select **Submit**.

Request books using Click and Collect (2)

Title		Submitted date	Status
☐ Select all		Cancel requests	Create request
☐	 <u>The study skills handbook</u> Fifth edition. Cottrell, Stella 2019 <i>Print Book</i>	30/07/2025 Edit request	Ready for pick up at Library until 06/08/202523:59:59

4

Initially, the status of your request is set to **Not ready for pick up.**

5

The status will change to **Item in transit to Library** when your request has been processed.

6

When the book is available for collection, the status will change to **Ready for pick up...** and you will receive an email.

Borrowing and returning books



Check out books using the machines in the Click and Collect area.



Return books to the machines outside of the Click and Collect area, or at the drop off point at Brooks.

Do you use Google Scholar?

Link to **Access@MMULibrary** to unlock PDFs instantly



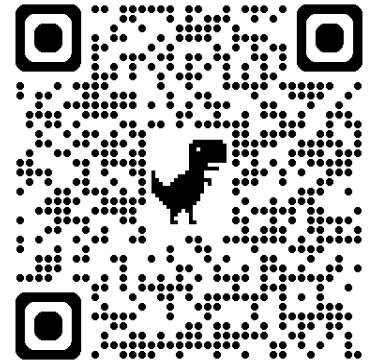
Click on the hamburger menu and choose *Settings*.
Then select *Library links*.



Search *Manchester Metropolitan University*



Select **Access@MMULibrary**



[How to link to
Access@MMU
Library](#)

Workshops to support your learning

Join Library workshops on campus and online and learn how to:

- Find academic sources for your assignments
- Use the Cite Them Right Harvard referencing style
- Use Google Scholar and AI in your work

Workshops are free and open to all students.



[Learn more about our workshops](#)

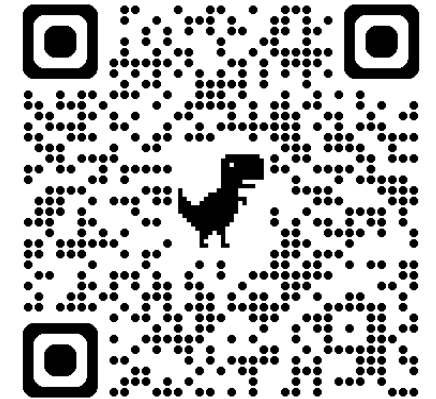
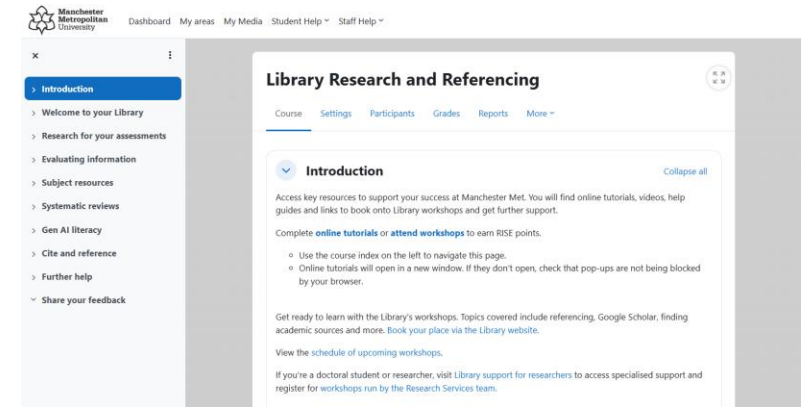
Library Moodle page and tutorials

Visit the Library's Research and Referencing Moodle page to develop the skills you need to succeed in your assignments.

You can:

- Complete **online tutorials**
- Find out more about our **workshops**
- Watch **short videos** on how to use the Library and its resources
- Access **Library help guides**

Start with the '**Welcome to your Library**' section.

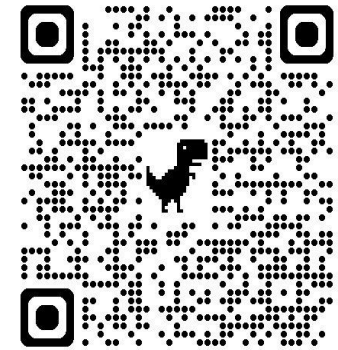


[Visit the Library Moodle page](#)

Space to study

The Library provides access to study spaces at any time of the day or night during term time.

Remember to bring your Manchester Met student ID card to enter the building.



[Scan to book
a study room](#)

Specialist software and laptop loans



Specialist software is available on Macs and PCs in the Library and across campus.



[Specialist software on campus](#)



Borrow a free laptop for 24 hours or 7 days at a time.



[Learn about laptop loans](#)

Printing, photocopying and scanning



Our printers allow you to print scan and copy.

Available in all University buildings.

Top up your printing account online.



[Find out more about printing](#)

IT and digital support



Face to face support: IT Helpdesk in the Library, ground floor **Mon-Fri 9am-5pm.**

Contact IT 24/7: assist.mmu.ac.uk

Call: 0161 247 4646

Live chat: [Start a chat online](#)



[IT support for students](#)

Resources to relax

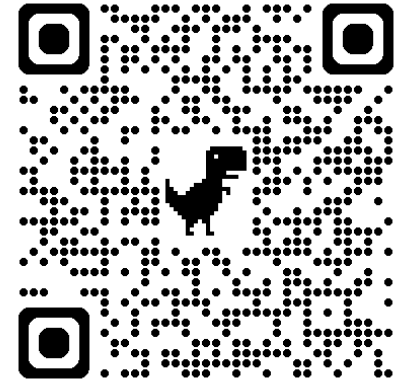


Access Library resources if you need time away from your studies.

Read for pleasure.

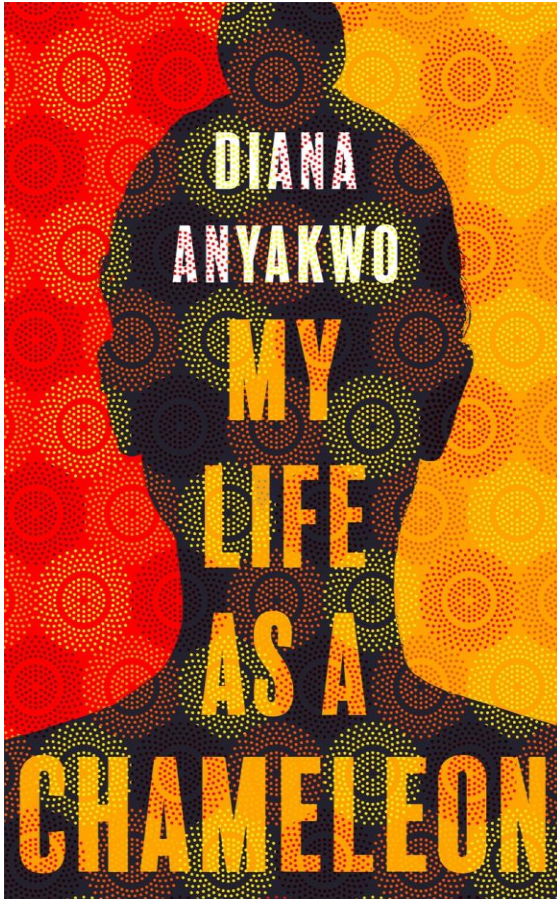


Watch films, performance and documentaries on Kanopy, Drama Online, Digital Theatre and Box of Broadcasts.



[Find out more about resources to relax](#)

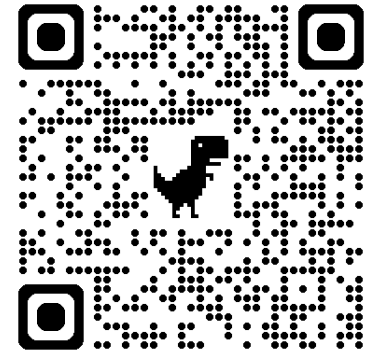
A free book for you!



Pick up your **FREE** copy at Welcome events.

Join our online Q&A with the author
Diana Anyakwo on Friday
6 November from 12:00pm-13:00pm.

Sign up on the Library website or via the QR code.



[Book your free place!](#)

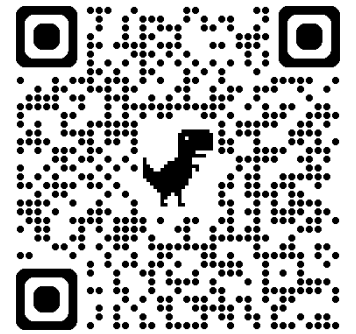
Poetry, film and Special Collections



Manchester Poetry Library in the Grosvenor Building.

North West Film Archive in Manchester Central Library.

Special Collections in the Library.



[Find out more about cultural services](#)

Getting help from your Library



Visit the Library help point.



Email: library@mmu.ac.uk



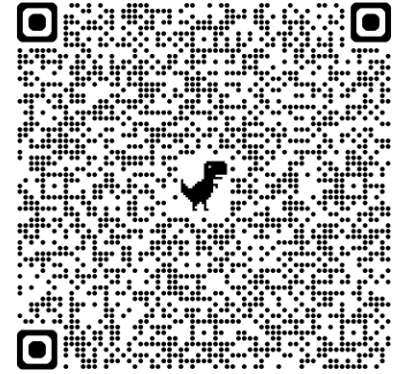
Chat: from the [Library website](#).



Book a one-to-one appointment with your Academic Liaison Librarian.



Subscribe to the Library's YouTube channel.
[MMULibraryServices](#)



[View the Library location on Google Maps](#)



[Visit the Library YouTube channel](#)

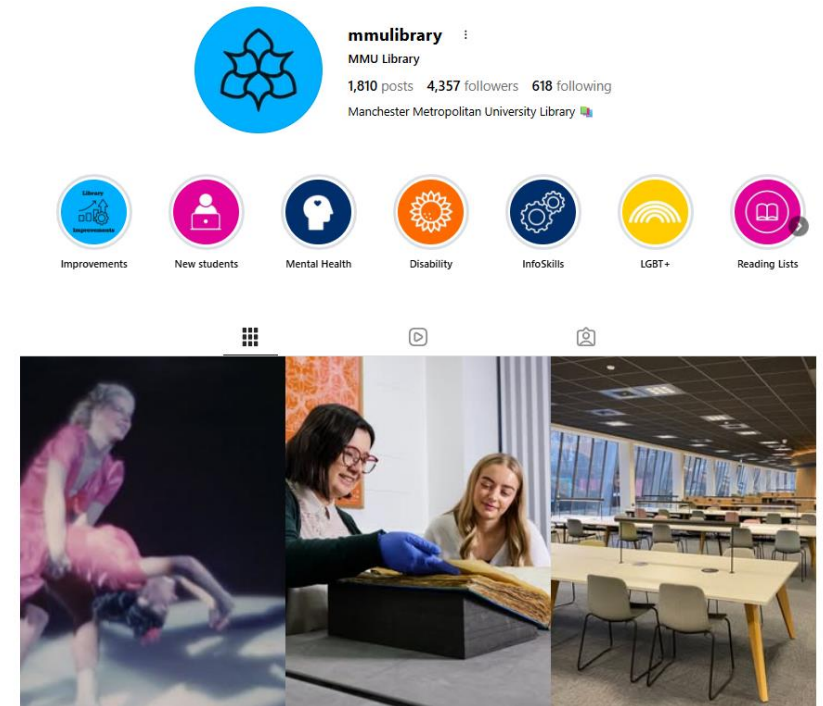
Follow us to:

Stay up to date with Library Services.

Find out about workshops.

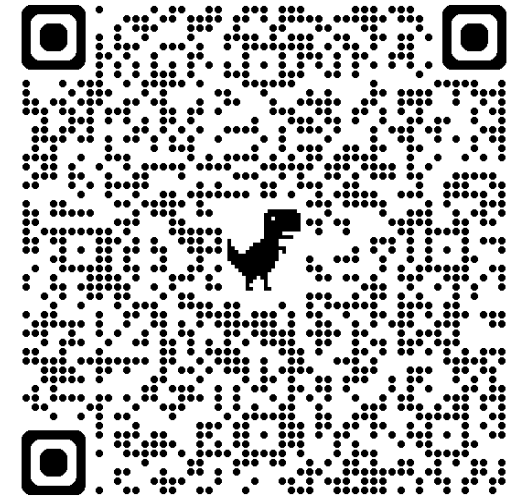
Learn more about the resources and support we offer.

Get involved in competitions, events and more!



Share your feedback

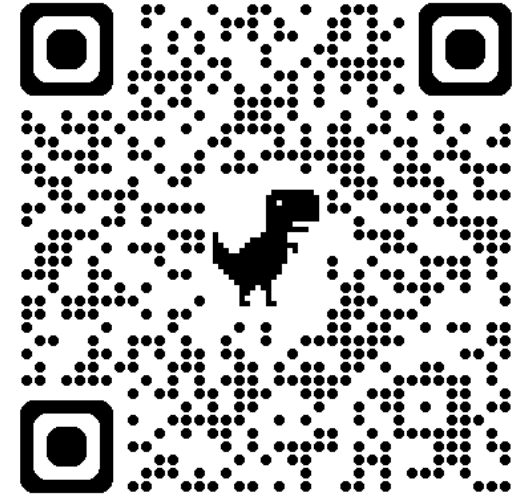
Please fill out the short evaluation form to help us improve our sessions.



[Evaluation form](#)

Recap of Library support

Find everything you need to know about the Library on our Library Research and Referencing Moodle page.



[Library Research
and Referencing
Moodle area](#)

A photograph of a modern building with a dark brick facade and large windows. A large, white, cloud-like graphic with the word 'Welcome!' in bold black script is overlaid across the center. The building's entrance features a yellow brick wall with a large black smiley face. Several people are walking on the sidewalk in front of the building. The sky is clear blue.

Welcome!

find us here:
≥21 Higher
Cambridge St.

A black arrow pointing towards the building entrance, located at the bottom left of the yellow background area.

We're run by 5 student Officers



Gracie
Education



Aliza
Societies & Development



George
President



Sara
Wellbeing



Imogen
Sport



Something
for everyone



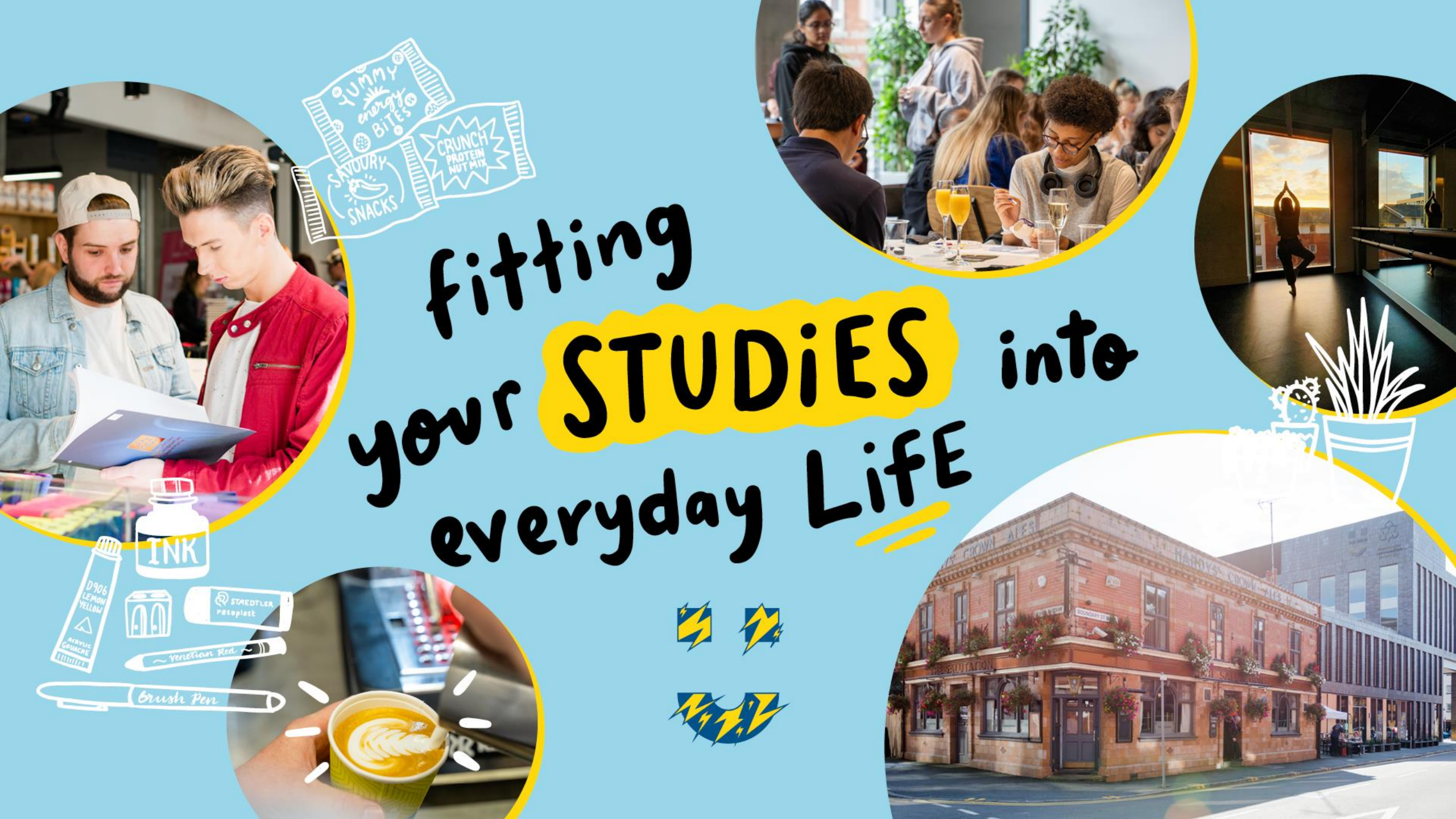


will win one of our Union vouchers.

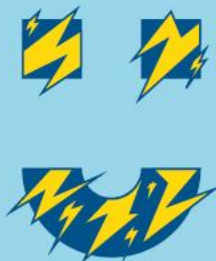


helping you MAKE CONNECTIONS





fitting
your **STUDIES** into
everyday Life



Become a Course Rep

Sign up
by 9 Nov



A Course Rep is a student who volunteers to represent their course and help improve the student experience. Working closely with staff, you'll help student voices be heard. You'll attend two meetings a year.

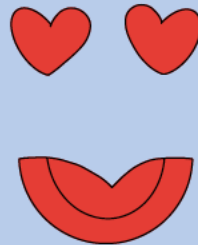
Skills development: public speaking, problem solving, how to give feedback



WE'RE HERE
when things might
not go to plan too

**ADVICE
CENTRE**

Free, independent and
confidential advice on housing,
finance and academic issues.



More 
info here





come
say
hi!



 @theunionmmu

We'd love to meet you

