

## **Lucy Simpson – 2018 Alumni**

I started Spalding High School in Year 7 and continued on to study my A Levels between 2016 and 2018. The A Levels I chose were Physical Education, Business and Psychology. During my time at the sixth form, I decided I wanted to carry on my education and go to university. After much research and deciding which topics I was passionate about studying, I chose Sports Therapy as the degree I wanted to study. To become a qualified Sports Therapist, I needed to complete an undergraduate degree at university. On results day, I received an offer from my firm university choice, the University of Hertfordshire where I started in the September of 2018. My degree has a range of teaching techniques from lectures to practical lessons, this also means that not all of my examinations are written. The modules I've found the most interesting so far include: Anatomy & Biomechanics, Sport & Exercise Rehabilitation and Sports Trauma Management. The practical teaching sessions allow you to put into practice the aspects of the course you have learnt within the lectures.

I have completed two years of my degree so far, with one more teaching year left. This year I am currently on a sandwich year completing a Sports Therapy Internship within the academy at Peterborough United Football Club. Gaining real life experience has expanded the knowledge and skills I have learnt within my degree so far. Being surrounded by other Sports Therapists and Physiotherapists who have a wealth of knowledge has allowed me to become a better Sports Therapist. It allows you to bounce ideas and questions off the more experienced people to then helps you expand your skills and knowledge.

After I have completed my undergraduate degree, I hope to go on and study a Master's degree in Physiotherapy and potentially a PhD if the right one came up in the research areas I'm interested in. During my research design module in second year, I found that research was something I was very interested in and passionate about after planning my research project proposal. Research was never something I thought I would enjoy enough to consider completing a PhD. I have two pieces of advice to anyone, whether applying to university or not. Firstly, don't close all your options off, sometimes experiences surprise you and allow you to open the doors to more options. The second, is try and gain as much experience as you can, think of ways which could set you apart from your peers and others applying for the university course or job.