



LUCY

STUDYING
Clinical Exercise
Physiology MA

YEAR
Masters

FUTURE CAREER
FOCUS:
Cardiology/ cardiac
rehabilitation

Q&A

WHAT ARE YOU STUDYING?

I am studying clinical exercise physiology.

WHAT MADE YOU CHOOSE THIS SUBJECT?

I chose to study this as a masters because I have always wanted to be helping people and this course has encouraged me into working in cardiology.

IF YOU COULD DO ANYTHING DIFFERENTLY IN YOUR TIME AT UNIVERSITY SO FAR, WHAT WOULD IT BE?

The only thing I would have done differently in during my undergraduate degree was to get more involved throughout my three years. I only started to get more involved with volunteering to help with studies during my third year. I now know how beneficial it is to gain that experience and I would recommend to anyone when they start university to participate in as much as they can from the very beginning.

WHAT IS THE HARDEST THING ABOUT UNIVERSITY?

I am quite a laid back person so when I moved away from home to study my undergraduate degree it didn't really phase me, although, I know for some people this is a big step. I think you just have to see it as you now just have another place to call home and you will make friends a lot quicker than you would expect because everyone is in the same boat. For me the most difficult part was adapting to the change of writing style and figuring out what was expected of me to achieve a certain grade. I figured this out through trial and error and I used my first year of university to find my writing style, once you have found this you will find it a lot easier to write good quality essays.



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WHAT IS THE DIFFERENCE BETWEEN SCHOOL AND UNIVERSITY?

The biggest difference I found between school and University was the amount of independent work. At university you get set some tasks but in order to be achieving the top grades you are encouraged to do lots of independent reading around your subject, this is key to writing good essays as you need knowledge backed up with references (you reword what other people have said and write where you got that information from, rather than just writing what you think). Although there is always support for you throughout your studies.

WHAT IS THE MOST EXCITING THING ABOUT MY COURSE?

The most exciting thing about my course is being able to better understand where I will be able to apply everything I learn. For example; we have recently looked at ECG's and heart scans which I have found very interesting. These two topics are something I could be actively doing as part of a future job.

WHAT ARE THE PERKS OF DOING YOUR SUBJECT?

This course has given me the opportunity to discover areas in clinical physiology that I am very interested in and used equipment also being currently used in that field. Therefore, not only have I been able to increase the depth and variety of my knowledge I have also been given the opportunity to apply this in a practical setting.

WHAT IS YOUR GO TO MEAL TO COOK?

Whilst I was living at University me and one of my housemates cooked together regularly, we would often cook lasagne or fajitas as the ingredients in both of these dishes are relatively cheap. When I cooked on my own I often kept it simple and made chicken and vegetables.