



CASE STUDY

July 2019- August 2019

Pulse Social and the University of Hertfordshire Widening Access Department

In 2019, Pulse Social was commissioned by the University of Hertfordshire's Widening Access Department to deliver multi-sports activities for young people taking part in the university's summer-school programmes.

The partnership used sport to support engagement, participation and confidence among pupils who were being introduced to university life through widening-access initiatives. The opportunity for Pulse Social was to make the activity welcoming and adaptable and engaging all participants.

The sessions

Pulse Social delivered two multi-sports sessions at the University of Hertfordshire's College Lane campus:

- Thursday 18th July 2019: A sports session held during the university's Year 7 residential summer school.
- Thursday 29th August 2019: A Year 6 multi-sports session at the Oval Pitches, with 40 students attending the session.

The activities were designed to be engaging and accessible to pupils with different levels of sporting experience and ability.



What Pulse Social delivered:

Pulse Social designed and delivered an inclusive multi-sports programme that encouraged participation, teamwork and enjoyment. The sessions included adaptable games suitable for different abilities and levels of experience, supported by qualified coaches Coach Marlon, Coach Edward, Coach Fabian and Coach Vanika.

To ensure safe and professional delivery, Pulse Social provided:

- Session planning and equipment
- Risk assessment and safeguarding documentation
- DBS and coaching certificates
- Business insurance information
- Qualified coaching support
- A safe, welcoming and supportive environment

Activities were structured to help every pupil take part, while also allowing more confident participants to develop their skills further.

University feedback

Nick Howell from the University of Hertfordshire's Widening Access team said:

"Marlon and his team from Pulse Social delivered outstanding sessions that ensured all young people were fully engaged at every stage. The sessions were tailored to ensure it was accessible and inclusive to all whilst every effort was made to extend higher ability students".

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