

All PhD Researchers are expected to undertake a Training Needs Analysis at the beginning of their studies and to review this on an annual basis, in consultation with their Supervisor(s). This will be used to develop your own Personal Development Plan which will map onto the offerings within the RDP Programme.

All courses may be booked online via PhD Manager. If one can no longer attend a booked course due to unforeseen circumstances, it is advised that the PhD Researcher unregister online as soon as possible so that their place may be offered to the next person on the waiting list.

15 Health & Wellbeing Support

Ensuring PhD Researchers have a positive wellbeing experience whilst at Ulster University is paramount. Within the School of Sport, we naturally advocate that one way to achieve this goal is through physical activity, *i.e.* a healthy body equates to a healthy mind! Therefore, we encourage our PhD Researchers to take regular active breaks from office desks, consider walking meetings, get involved in various University-led physical activity initiatives/campaigns and join the University Sports Gym at your local campus. To find out information about the outstanding sports facilities offered at Ulster University, competitive membership and fitness packages, classes and facility hire, click [here](#).

[Student Support](#) provides a number of services to guide you through your time at Ulster University. These services include Health and Wellbeing, Finances and Disability support.

[Occupational Health](#) aims to provide protect and promote the physical and psychological health of the workforce at Ulster.

Declaring a Disability

If newly joining Ulster University, Student Experience and Wellbeing will automatically issue a link to an 'Additional Study Needs' form for the Researcher to provide information on their condition and medical evidence. When this is complete, the Researcher is invited to an appointment, which will advise on how to apply for funded disability support (however international PhDs are not eligible for this funded support). Following this appointment, the PhD Researcher will receive a full copy of the recommendation email. The Researcher is responsible for sharing the recommendations with their supervisor(s) and Postgraduate Tutor, unless they have agreed that the AccessAbility Adviser can forward it to a named supervisor.

If the PhD Researcher had previously studied at Ulster University, they need to notify Student Experience and Wellbeing so that their RAR can be reviewed and reissued to the new course director/relevant contacts. The PhD Researcher will also have to reapply for disability support allowance annually.





 /UlsterSchoolofSport
 @UlsterSchSport

ulster.ac.uk