



UNIVERSITY OF
PORTSMOUTH

PULSE ISSUE 12

Latest news from the School of SHES

Top 10 Sport and Exercise Science course in the UK (*Guardian University Guide 2020*)

WELCOME

Welcome to the twelfth issue of Pulse, the newsletter of the University of Portsmouth's School of Sport, Health and Exercise Science (SHES). Whether you are a current, future or former student, or you are simply interested in SHES, we hope you find this read interesting and informative.

With Pulse, our intent is to help keep you up-to-date with the many exciting and interesting projects in which our staff and students are involved. Please remember that this is your newsletter too, so if you have any projects or successes to share, or suggestions for features, please email jenny.burbage@port.ac.uk and don't forget, there is more to watch and read online at <http://www2.port.ac.uk/department-of-sport-and-exercise-science/>



DSES BECOMES SHES!

AS PART OF THE FACULTY OF SCIENCE AND HEALTH RESTRUCTURE THAT TOOK PLACE IN THE SUMMER 2019 PERIOD, THE DEPARTMENT OF SPORT AND EXERCISE SCIENCE WAS RENAMED TO BECOME THE SCHOOL OF SPORT, HEALTH AND EXERCISE SCIENCE.

The new name provides an enhanced recognition to, for example, the breadth of education, research and innovation activities conducted within the School, the expanded staffing portfolio that has taken place in recent years, and the wide-ranging employment fields pursued by our graduates. The revised name also provides an underpinning rationale for the School's strategic objectives for the next 5-years as it looks to position itself firmly within the top-10 UK and top-100 Schools for the discipline area.

CHRIS HUGHES RETIRES

After over 15 years working for the School of Sport, Health and Exercise Science, Chris Hughes announced his retirement during the summer of 2019. Chris joined the school in 2003 from Macclesfield Borough Council and has been an integral part of the School's evolution, acting in the roles of Course leader, International Coordinator and Associate Head (Education).

Chris's knowledge of the sports industry, eye for fine detail and passion for sports education has inspired a generation of both students and staff and he will be sorely missed. From all of us within the school we wish Chris well on his next adventure and congratulate him on a fantastic and inspiring career.

STUDENT SUCCESS

ALUMNI UPDATE

The School of Sport, Health and Exercise Science has a strong employment record and we are proud of the successes of our former students. In this regular feature, we catch up with one of our alumni to find out what they have done since completing their degree at the University of Portsmouth.

ALUMNI PROFILE

Name: Amy Dickinson

Course: BSc (Hons) Sport & Exercise Science (Graduated July 2018)

Job Title: Graduate Sport Therapist

Typical day: I have been fortunate to secure two part-time jobs at clinics as well as running my own business and working as a sports massage therapist at Harlequins FC. It's a long day often extended into the late evening. If I'm lucky I can fit a gym session in as well!

Best things about your job: The variety and range of sport and medical conditions seen keeps me engaged and challenged.

How did you get where you are now? After much soul searching I decided that an MSc Sport Therapy provided the best route to qualifying as a practitioner.

Advice you would give to SHES students wanting to pursue a similar career:

Look carefully at the MSc courses on offer. If feasible, qualifying in a related vocational capacity, such as a sport massage therapist, in advance would be helpful. Take the opportunity to set-up work placements to see first hand what the role involves and talk to professionals to gain a clearer idea of the day- to-day requirements.



GRADUATION PRIZE WINNERS

In July we celebrated the achievements of our undergraduate and post graduate students at Graduation 2019. Congratulations to all for their accomplishments! A special acknowledgement to our award winners:

- Outstanding Contribution to the Department- The Will Houghton Memorial Award **Freyja Haigh**
- Outstanding Academic Achievement (Sport & Exercise Science)- 2 year Graduate Membership BASES – **Charlotte Wilson**
- Best BSc Project Grade (Sport & Exercise Science) **Lauren Woodland**
- Best BSc Project Grade (Sports Development) **Sam Oosterbaan**
- Outstanding Academic Achievement (Highest BSc Overall Grade) **Sam Wallbanks**
- Most Improved Student (Highest Percentage Increase from Level 5-6) **Sergio Galera Requena**
- Outstanding Academic Achievement (Highest MSc Overall Grade) **Jack Orledge**
- Dr Alex Milligan Memorial Award Outstanding Master's Contribution **Emmanouil Lymouris**
- Best MSc Project Grade **Maria Antonoglou**

COMMUNITY SPORT AWARD WINNER

Recent graduate, **James Bevan**, was presented with a Community Sport Award based on his work as a Coach for the UoP Community Football Club and as an intern Strength & Conditioning (S&C) Assistant Coach. James also volunteered as a S&C coach at Portsmouth Tennis Academy.





HIGH-QUALITY TEACHING

STAFF PROFILE

Name: Dr Andy Scott

What is your background?

I have a BSc (Hons) from Liverpool, an MSc in Exercise Physiology from Loughborough University and a PhD in Walking and Metabolic Syndrome Risk Factors from Canterbury Christ Church University

What are your teaching duties?

I teach mostly at the postgraduate level on the MSc Clinical Exercise Science course. However, I also coordinate professional development opportunities for students to increase their employability.

What are your research interests?

My research interests are in cardiorespiratory responses and adaptations to exercise, usually interval exercise, but also resistance training with a view to improving the quality of life of people with long term conditions.

What advice would you give students to help prepare for a career in Sports?

Students need to get involved in as many activities outside of their degree as possible because employers are looking beyond degree classifications and increasingly focusing on relevant work experience.

What is the best thing about SHES?

The name change to the School of Sport, Health and Exercise Science now better reflects the broad scope of research, education and professional practice and how exercise science underpins both elite performance and public health. The School also employs a variety of staff who want to see our students become future leaders following their studies with us.

INNOVATION & ENTERPRISE AWARDS

WHETHER YOU WANT TO MAKE A GROUND-BREAKING PRODUCT, A WORLD-CHANGING WEBSITE, THE NEXT KILLER APP, OR YOU ARE EAGER TO MAKE A DIFFERENCE THROUGH SPORT AND ENTERPRISE, SHES CAN HELP YOU DEVELOP ENTREPRENEURIAL SKILLS.

In combination with NEST, the University's Start-up Incubator, SHES's Innovation and Enterprise Award is an opportunity for students to receive funding to undertake a range of innovation and enterprise based activities that bring tremendous benefits to academic work as well as wider society.

How it works?

The competition runs over both teaching blocks, from November to March. In the first term, entrants are invited to arrange a development meeting with Dr Mike Rayner to discuss their business ideas. In teaching block two, entrants are required to formulate their business plan and present to a panel of entrepreneurs, business advisors and investors. The top four ideas are awarded cash prizes at the University of Portsmouth's Enterprise Showcase in March 2020. Any student can apply and the application can be devised by individuals or in teams. For further information, please contact Dr Mike Rayner (mike.rayner@port.ac.uk). Additionally, if any alumni or partner is interested in sponsoring the awards please also contact Dr Mike Rayner (mike.rayner@port.ac.uk) to discuss this further.



NEW ACADEMIC STAFF

In July we welcomed two new members of academic staff to SHES (pictured above):

Dr Helen Symons joined the School from Hartpury University, Gloucestershire, where she was working as a Lecturer in Sports Coaching and Development. Helen holds a PhD in Sociology of Sport from Loughborough University, which focused on the urban regeneration of East London post-Olympic Games.

Dr Joe Moore joined us from the University of Lincoln. Joe successfully obtained his PhD in September, exploring the changes in movement patterns that occur through reconstructive surgery on the anterior cruciate ligament, and plans on bringing his knowledge of clinical biomechanics to the growing area of health research within SHES.

RESEARCH FOCUS

WE ARE PROUD THAT EVERY MEMBER OF OUR ACADEMIC STAFF IS ACTIVELY INVOLVED IN RESEARCH IN SOME CAPACITY. THIS RESEARCH INFORMS OUR TEACHING AND HELPS TO ENSURE THAT WE REMAIN AT THE CUTTING EDGE OF SPORT, HEALTH AND EXERCISE SCIENCE, WITH A NUMBER OF STUDENTS VOLUNTEERING AS PARTICIPANTS FOR THIS WORK. READ ABOUT SOME OF OUR RECENT RESEARCH HIGHLIGHTS BELOW.

SHES LEAD CUTTING EDGE RESEARCH IN NETBALL

The School of Sport, Health and Exercise is leading the world's first study of international netball umpires. There are now 20 million people worldwide playing netball but only 41 umpires with an International Umpires' Award (IUA). The Vitality Netball World Cup held in Liverpool during July gave the perfect platform for the world's first study of international netball umpires. The study, funded by the International Netball Federation (INF), aims to improve the development of umpires around the world. This research will enable an understanding of the physical demands placed on umpires in netball and how this can be translated into fitness standards and factors influencing decision-making. The research team comprises of Dr Tom Webb, Dr Gemma Milligan, Dr Matt Dicks, Miss Brogan Horler and Mr Alistair Pearson. If you would like to learn more, please access the following link to view a video which features Dr Milligan as well as INF officials and umpires:

<https://netball.sport/game/officiating>

NEW BASES PSYCHOLOGY ROUTE

On behalf of the British Association of Sport and Exercise Sciences, Professor Richard Thelwell (Head of School) has successfully led a new, Health and Care Professions Council (HCPC) approved Sport and Exercise Psychology Accreditation Route (SEPAR). Individuals who complete the SEPAR will be eligible to apply to the HCPC Practitioner Psychologist register. On completing the funded project, Professor Thelwell said, "It is fantastic to have led the development of such an innovative training route that will particularly benefit students who come from an undergraduate sport and exercise science background." A further aim of the route is to reduce the confusion for service consumers regarding whom they should access for psychology support.

DR CHRIS WAGSTAFF PROMOTED TO READER

Dr Chris Wagstaff (pictured below) has recently been promoted to Reader in Applied Psychology in recognition of his research in the area of organisational sport psychology. Chris's research integrates psychological and sociological approaches to advance knowledge on four complementary areas relevant to organisational psychology in sport. Collectively, this work has influenced the profession via changes to the training, development and delivery of sport psychology in elite sport environments. Chris has been temporarily seconded to the EIS as Head of Performance Psychology in preparation for Tokyo 2020. Well done Chris!

EXTREME HEAT A CONCERN FOR CRICKETERS AMIDST CLIMATE CHANGE

A recent report released by the British Association for Sustainable Sport has drawn attention to the dangers of playing Cricket in extreme heat. Professor Mike Tipton said: "Above 35°C the body runs out of options to cool itself and for batsman and wicketkeepers even sweating has limited impact as the heavy protective cladding creates a highly humid microclimate next to their bodies...particular care must be given to young players and the grassroots of the sport where elite-level cooling facilities simply aren't available."



Contact us

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