

PULSE

Welcome

Welcome to the sixth issue of Pulse, the newsletter of the University of Portsmouth's Department of Sport and Exercise (DSES). Whether you are a current, future or former student, or you are simply interested in DSES, we extend a very warm welcome to you.

We hope that Pulse will help you to keep up-to-date with the many exciting and interesting projects which our staff and students are involved in. Please remember that this is your newsletter too, so if you have any projects or successes to share, or suggestions for features, please email jo.corbett@port.ac.uk. Don't forget there is more to watch and read online at www.port.ac.uk/sportscience.

Best Sport and Exercise
Science Department for Overall
Student Satisfaction in the UK
(National Student Survey 2015).

For our additional rankings
success, visit [www.port.ac.uk/
sportscience/highlights](http://www.port.ac.uk/sportscience/highlights).

Academics publish textbooks

Following the publication of Professor Mike Tipton's book *The Science of Beach Life Guarding* and Dr Andrew Scott's book *Clinical Exercise Science*, which were featured in the last issue of PULSE, DSES staff members have published three more books. Dr Neil Weston's book *Sport and Exercise Psychology: Practitioner Case Studies*, uses theory-based case studies for sport performance, exercise and skill acquisition to examine the most current issues in the field. Dr Chris Wagstaff's book *The Organizational Psychology of Sport: Key Issues and Practical Applications*, examines how organizational psychology can be used to understand and improve performance in elite sport. Finally, Dr Richard Thelwell has co-edited *The Psychology of Sports Coaching: Research and Practice*, which reviews current research in the psychology of sports coaching. All are available from all good bookshops!



DSES helps RNLI to save lives

In September members of the Royal National Lifeboat Institution's (RNLI) "Respect the Water" team visited DSES's extreme environments laboratory for a lecture and demonstration on the topic of survival in the sea. DSES are world experts in the area of water immersion and submersion, thanks to the work of Professor Mike Tipton and members of his team. Their research has been used to inform the European Council Guidelines for Resuscitation as well as in the design, development, and testing of water safety devices such as life jackets and emergency breathing apparatus.



Student success

Alumni update

The Department of Sport and Exercise Science at the University of Portsmouth has a strong employment record and we are proud of the successes of our ex-students. In this regular feature we catch up with one of our alumni to find out what they have done since graduating.



Name: Christine McBride

Course: MSc Clinical Exercise Science

Job title: Clinical Exercise Physiologist for Cardiac Rehabilitation.

Typical Day: I deliver phase III cardiac rehab to patients who have suffered a myocardial infarction (heart attack), coronary artery bypass graft surgery or have a diagnosis with heart failure. This involves assessing patients alongside cardiac rehab nurses by focusing on patient's risk factors for heart disease. I focus on the patient's cardiac history, lifestyle factors and current exercise tolerance. This allows me to prescribe appropriate levels of exercise. I also provide emotional support and motivation to help patients through their experience.

Best thing about your job: Helping patients regain their confidence to exercise independently again and improve their quality of life.

How did you get where you are now? Obtaining my Master's in Clinical Exercise Science and especially the experience I gained through practical placements allowed me to develop awareness of various clinical conditions. I also worked as a physiotherapy assistant in, cardiac rehabilitation, as a result of doing my six-week placement as well as a level 4 postural stability instructor for 18 months prior to undertaking the MSc.

What advice would you give to DSES students wanting to pursue a similar career: If you want to work in cardiac rehab, doing the BACPR phase IV cardiac rehab instructor course is essential. Having either working or volunteer experience in a clinical setting is helpful. Finally drive and determination and being compassionate are important too.

Best memory: Forming good friendships with fellow students and seeing my research poster displayed full size showing the hard work we had put in.

Graduation 2016

On a sunny day in July, the DSES class of 2016 graduated from the University of Portsmouth. Students received their degrees from Chancellor Sandi Toksvig with DSES student Mica Russell given the honour of speaking on behalf of the student body. At the same time, the DSES annual award winners were announced. The successful award winners were: Alexander Sheret (Outstanding Academic Achievement BSc, sponsored by The Great South Run Company); Michael Chapman (Outstanding Academic Achievement MSc, sponsored by John Wiley & Sons); Thomas Kisby (Most Improved Student, sponsored by Human Kinetics); Emma Boucher (Contribution to Community Sport, sponsored by Department of Sport and Recreation, UoP); Jamie Prout (Best BSc Sport and Exercise Science project grade, sponsored by Cranlea); Matthew Cutter (Best BSc Sports Development project grade, sponsored by Parkwood Community Centre); Laura Ackerley (Best MSc project grade, sponsored by Jenny Golden); and Liam Colley (The William Houghton Memorial Award for Outstanding Contribution to the Department, sponsored by DSES).



Student profile

Name: Matt Blandford

Course: MRes Science



What did you do before starting at the University of Portsmouth? After studying A Levels in PE, biology and physics, I took a year out before University. During this year I worked as a sports coach in the local community and spent seven weeks in South Africa where I coached cricket in townships. These experiences fuelled my ambition to study coaching psychology.

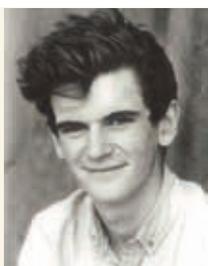
Why did you choose to study at Portsmouth? After reading good things about DSES, I found the department really engaging and the research was more interesting to me compared to what I had seen at other universities.

What's your favourite thing about being a student at Portsmouth? My favourite part of my studies is the ability to tailor it to an area that is my passion. Outside of studying my involvement in the University Cricket Club has made my time here a lot of fun.

What do you hope to do when you finish your studies? After University I'd love to stay in the coaching research field and more specifically in cricket. I hope that any research I do will help shape formal coach education and pathways.

William Houghton

Earlier this year DSES was shocked by the tragic death of Will Houghton. Will stood out from the crowd at University and immediately made a big impression. His enthusiasm was infectious and his friendly and helpful nature made him popular with the department's students and staff. He was an excellent student who was not afraid to dream big and whose ambitions for both his career and cycling accomplishments were inspiring. Will clearly enjoyed his physiology lectures and took time to discuss his ideas with staff and students alike; he could often be found working hard in our heat chamber as a participant in research projects or helping to collect data with one of our PhD students. Whatever he was doing he did it with a smile, good grace and humour. In memory of Will, DSES has initiated the William Houghton Memorial Award, to be presented annually in recognition of a student who makes an outstanding contribution to the department.



New staff members join DSES

Two new members of staff have recently joined DSES. Paul Marshman has joined the department as technical manager, with responsibility for overseeing all technical resources within the department such as equipment, laboratories and technical staff. Paul brings a wealth of skills and experience to the role and has been at the University of Portsmouth since 1998, having most recently worked as senior specialist technician in the department of psychology.

Beth Clarkson joins DSES from the University of Winchester. Beth will lecture in the area of sports development and coaching and will contribute to undergraduate teaching in the areas of sport management and sport psychology.



Summer Research Project Award

DSES student Adrian Fautly, who graduated this summer with a first class honours degree in Sport and Exercise Science, was recently awarded an eight-week summer studentship as part of a programme jointly funded by the Cystic Fibrosis (CF) Trust and the British Lung Foundation. The studentships are designed to attract the brightest, best clinicians and researchers of tomorrow into the field of CF and only ten such awards were made nationally. Adrian was awarded his studentship for 'Determining the best maximal cardiopulmonary exercise testing protocol for children, adolescents and adults with cystic fibrosis'.

This project will enable clinical care teams and researchers to rank clinical tests based on their accuracy to measure aerobic exercise function and is important because lower levels are associated with a poorer prognosis, reduced quality of life and increased risk of being hospitalised. Adrian has recently returned to DSES to begin his MSc in Clinical Exercise Science.

Staff profile

Name: Dr Joe Costello

Role: Lecturer in exercise physiology



What's your background?

I completed a degree in Physical Education and Maths and a PhD in Human and Applied Physiology at the University of Limerick in Ireland. After my PhD I moved to Queensland University of Technology, Australia where I worked as a post-doctoral research fellow in the Institute of Health and Biomedical Innovation for three years. I then undertook further post-doctoral research in the extreme environments laboratory in the University of Portsmouth before being appointed as a lecturer earlier this year.

What are your teaching duties?

I coordinate and teach the first year physiology unit (Introduction to Sport and Exercise Physiology) and the third year project unit. I also contribute on various other units and supervise a PhD student.

What are your research interests?

My current research interests are understanding the physiological effects of various stressors (e.g. exercise, temperature) on human performance as well as establishing evidence-based practice in sport and exercise science through the publication of high quality systematic reviews and meta-analyses.

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

Two words. "Get involved." Use your time at university and in the DSES to experience as much as possible. Ask questions, volunteer, shadow people, and pinpoint what you want to do or where you want to work in the future. From there, ask the relevant people if there are any opportunities for you to help out or get involved.

What's the best thing about DSES?

The environment. DSES has a unique environment in terms of the people and the facilities.

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 sports and exercise science, with a number of students volunteering as participants for this work. Read about one of our recent research highlights below.

Olympic swimmers visit DSES

In order to help with their qualification and also their subsequent preparations for this year's Olympics, two of Team GB's open water swimming representatives spent time working with Professor Mike Tipton, Dr Heather Lunt and Geoff Long in the unique swimming flume facility housed within the extreme environments laboratory. During their visit swimmers Jack Burnell and Keri-Anne Payne received guidance advice and practical training in order to get them prepared for the water temperatures that they were likely to encounter during the open water swimming event in Rio.



DSES expands research team

Two new senior research associates have recently joined DSES.

Becky Neal's research focuses on the whole body and cellular responses to exercise in extreme environments. She has previously conducted research examining the responses to hypoxia. She recently submitted her PhD, which was supported by the English Institute of Sport. It investigated the effects of stressors such as heat, dehydration and hypoxia on adaptation and endurance performance. Michelle Norris' research is in the area of



breast support and strain, and the development of appropriate breast support garments. Michelle has previously worked at Institutions in Ireland and USA conducting research examining runner's lower limb mechanics and movement variability.



Busy summer for DSES lecturer

Dr Jenny Burbage has been busy disseminating breast health research this summer. In June, Jenny and PhD student Emma Sharland gave presentations about the sports bra at the Victoria & Albert Museum. The V&A's Undressed: a Brief History of Underwear exhibition, which runs until March 2017, provided a unique platform to highlight the research that has been undertaken by the research group in breast health. In September, Jenny chaired a panel discussion at the British Science Association Festival in Swansea, which was focused on women in sport and the barriers they face for taking part. The panel comprised of a female Welsh international rugby player and a representative from the Women's Sports Trust. Also in September, Jenny hosted a one-day breast science workshop. These workshops, run bi-annually, and attract individuals and companies from around the world to come and learn about the science behind breasts and bras for which the research group in breast health is internationally renowned.

Contact us

To send in your news:
E: jo.corbett@port.ac.uk

For more information about DSES:
T: 023 9284 5163
E: sports.science@port.ac.uk
W: www.port.ac.uk/sportscience