



UNIVERSITY OF
PORTSMOUTH

PULSE ISSUE 14

Latest news from the School of SHES

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

WELCOME

Welcome to the 14th 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 with. 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. You can also find out more at port.ac.uk/sportscience



THE NEW ERA - CHALLENGING COVID

As the global pandemic continues to dominate news stories, it is worth pausing and reflecting on the School achievements so far in this academic year, despite the challenges posed. Collectively, staff and students have embraced the new era in terms of course delivery, learning approaches, assessment strategies and general monitoring and support of well-being. Perhaps most pleasing has been the continual positive feedback from students, to staff, for the support and innovative approaches that are now being employed. At the time of writing, it would certainly appear that the new blended and connected form of engagement has been successful. However, such an approach is not without limitations, especially given the 'human' and 'laboratory' nature of many of the courses. We are working diligently behind the scenes to ensure that students are able to catch-up on such experiences when we are able to re-open such areas of our provision. Further to the learning and teaching activities, the research and innovation activities continue to be very successful, in terms of us being able to facilitate the 'restarting' of some prestigious projects, but also in terms of new funded work being secured. So, despite the obvious challenges there is a lot to be positive about as we continue to embrace the new era!

Head of School, Professor Richard Thelwell

IMPROVING RECOVERY FROM COVID-19

Dr Zoe Saynor, in collaboration with researchers from across the UK, Australia, Ireland and New Zealand, recently published an article looking at the physical activity, mental health and well-being of adults during the initial stages of National governments' COVID-19 containment responses. Of importance, a negative change in exercise behaviour during this time was shown to be associated with poorer mental health and well-being. Dr Zoe Saynor and Professor Mike Tipton were also both part of an invited expert group which developed a National COVID-19 Resilience Programme, aimed at improving the health and well-being of older people during the pandemic. This report was launched at a Parliamentary and Scientific Committee meeting on 9th November 2020.

STUDENT SUCCESS

ALUMNI UPDATE

The School of SHES at the University of Portsmouth 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 been up to since completing their degree.

ALUMNI PROFILE

Name: Megan Davis (BSc Sport & Exercise Science and MSc Clinical Exercise Science)

Job title: Diabetes Project Officer

Typical day: Performance monitoring of services that I manage, and provide reports to NHS regional leads. Plan and deliver on service quality improvement projects that ultimately aim to improve health outcomes and reduce health inequalities.

Best things about your job: I get to be creative and innovative with my work, as well as being reflective and analytical. I am able to work across professional boundaries, whether that being internally across directorates or externally with other health organisations.

How did you get where you are now? Taking opportunities to support senior colleagues with work tasks. This not only gets you noticed as a supportive team player but gives you ample chances to develop professional skills.

Advice you would give to SHES students wanting to pursue a similar career: Get involved! Assisting with research projects at uni definitely provided me with transferable skills that I still use today.

Best memory: Supporting a research experiment involving swimmers taking part in the Great North Swim and monitoring their internal core temperature. Windermere was beautiful, we had a lot of laughs!



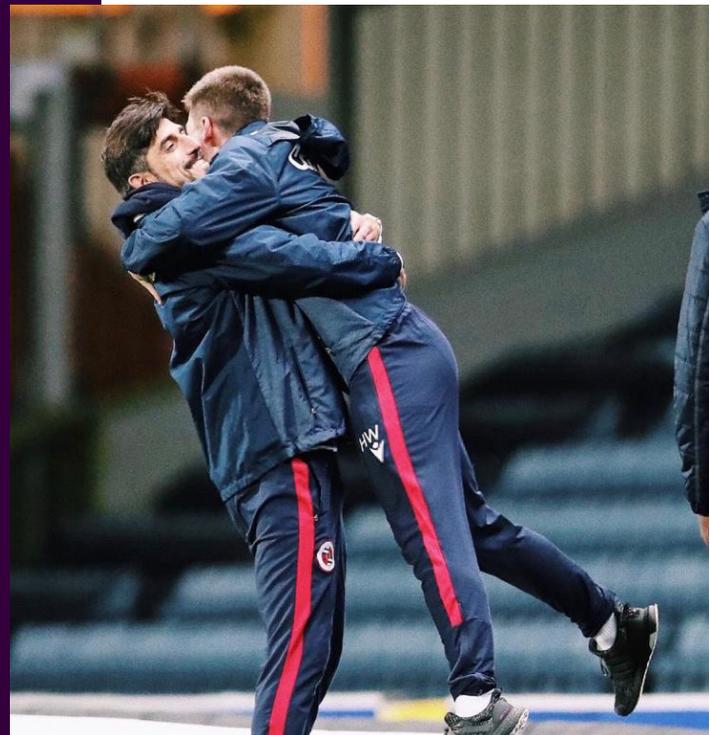
GRADUATION PRIZE WINNERS

In July, we were unable to celebrate the excellent achievements of our undergraduate and postgraduate students in the way we were accustomed to at a Graduation ceremony, although this has been postponed until 2021. Congratulations nonetheless to all for their accomplishments! A special acknowledgement to our award winners listed below:

BASES award for Outstanding Academic Achievement (SES, **Natalie Groome**); Dr Alex Milligan Memorial Award Outstanding Master's Contribution (**Lok Hin Chan**); Outstanding Contribution to the Department: The Will Houghton Memorial Award (**Edward Koppoe**); Best BSc Project Grade: (SES, **Fazle Abbas Nanji**), (EFM, **Kin Chan**), (SMD, **Matthew Loades**), (SEP, **Alice Munns**); Frank Golden Award: Best MSc Project Grade (**Alex Gould**); Outstanding Academic Achievement (Highest BSc Overall Grade, **Claire Edwards**); Outstanding Academic Achievement (Highest MSc Overall Grade, **Billy Hopkins**); Human Kinetics Most Improved Student (Highest Percentage Increase from Level 5-6, **Alexander Nicholl**) and Contribution to Community Sport (**Aaron Tasker**).

INTERNSHIP SUCCESS AT READING FC

This summer, Harry Wood (Level 5 Sport & Exercise Science student) was appointed at Reading Football Club as their First Team Sports Science Intern for his sandwich year placement, which has already been an incredible experience and opportunity. His role since joining has been to assist in implementing all aspects of Sports Science within the club. This includes nutrition, GPS tracking, warm-ups, cool downs, gym sessions and pitch-based injury rehabilitation sessions, as well as assisting coaching staff during training and matches. Harry says: "I strongly recommend looking into a placement year that's right for you as it will give you valuable experience for the future and assist you in your degree!".





HIGH QUALITY TEACHING

NEW STAFF PROFILE

Mr Daniel Fatomide

What is your background?

I studied Sport and Exercise Science for my undergraduate degree at the University of Portsmouth, which was followed by studying a Masters in Sports Performance Analysis. Over the last couple of years, I have been working as a performance analyst and basketball coach for a basketball academy, which was connected to a professional club.

What are your teaching duties?

I am now a Teaching Fellow in Performance Analysis, where my main roles are to create and deliver content for modules in both the BSc Sport and Exercise course, at Level 5, and in the Sports Performance Masters.

What are your research interests?

Being an applied practitioner, most of my interests surrounding performance analysis are connected with the development of youth athletes, understanding the processes behind the growth of sporting teams/organisations and the journey towards sustained sporting success.

What is the best thing about SHES?

Being a new member to SHES, one thing I would say is the positive energy you get from so many people, albeit temporarily virtual. The willingness to want to help each other solve issues and develop best practice is something that I would say I have initially felt is great about SHES :-D

GLOBAL CORNER

Whilst 2020 has been a unique year in so many ways, SHES has managed to continue to expand its global opportunities for both staff and students. In addition to recent developments with Trinity University, Amity University and the University of Canberra, SHES have engaged in partnership developments with the University of North Carolina and Virginia Commonwealth University in the USA to provide further teaching-block and yearlong overseas opportunities for students, as well as providing prospects of international research collaborations.

It is also exciting to announce that we have recently signed a Memorandum of Understanding with the Sports Company of Trinidad & Tobago (SporTT). The collaboration was initiated through a former SHES MSc student Kanisha Vincent. SporTT describe themselves as a hybrid of Sport England and the EIS and have oversight for 15 sport-governing bodies. At present, SporTT are currently devising their strategy for the next cycle and thus the opportunity to partner with SHES comes at a time when we can help shape their strategy and contribute to its implementation and the achievement of any KPIs.

Finally, Dr Tom Webb was part of a successful collaboration with partners from across Europe in securing research funding under the Erasmus+ programme. The project is titled 'Raising the growth and participation of female sport officials in Europe' and will address gender equity in sport officiating. This research project not only aligns to SHES's global engagement agenda but also links to the school's underpinning values.



The Sports Company of Trinidad and Tobago Limited

NSS SUCCESS

In the recently published National Student Survey (NSS), the Sports Management and Development programme emerged as 1 of only sixteen courses across the University to achieve a 100% student satisfaction.

Course leader, Dr Kieren McEwan, commented by saying that "this is an amazing achievement, particularly given the lockdown measures we experienced towards the end of the last academic year. It is testament to the dedication of the course team in ensuring high quality education continued to take place. It also reinforces our status as a leading UK provider for programmes of this type and we look forward to continued success in the future."

RESEARCH FOCUS

WE ARE PROUD THAT EVERY MEMBER OF OUR ACADEMIC STAFF IS ACTIVELY INVOLVED IN RESEARCH OF 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.

THE IMPACT OF COVID-19 ON MENTAL HEALTH

The COVID-19 pandemic has been a public health crisis in the UK and around the world for all of 2020. It has resulted in a tremendous loss of life, debilitating illness, and extreme hardship for many people. Working with researchers in the UK and around the world, I've had the privilege to address the crisis and better understand what it means for people's mental health, in a variety of contexts, including clinical, education and sport settings. From explorations of isolation and loneliness, to being mindful of LGBTQ+ diversity and inclusivity in mental health research, to working toward creating structures to monitor mental health and responding in emergencies, I have been working with teams to learn as much as possible from this crisis to improve mental health services in the future. Part of my work has also involved working with Dr Anthony Papatomas at Loughborough University to develop a suite of eight mental health units for the BASES Sport and Exercise Psychology Accreditation Route (SEPAR) which, upon completion, allows registration with the Health and Care Professions Council as a Sport and Exercise Psychologist. The units include videos and booklets that cover: mental health; depressive disorders; anxiety disorders; post-traumatic stress disorder; disordered eating; addictive behaviours; mental health stigma in sport; and mental health literacy. One-day workshops on mental health in sport are also being developed for the new year. Full details on the mental health units and workshops will be available on bases.org.uk. [Dr Paul Gorczynski, Senior Lecturer]

DR BETH CLARKSON WINS AWARD

Dr Beth Clarkson recently won the 2020 Celia Brackenridge International Research Award (CBIRA) for excellence in scholarship on women in sport. Beth was recognised for her journal article titled 'Negotiating gender in the English football workplace: Composite vignettes of women head coaches

experiences'. This work extended our understanding of the numerous sociocultural and organisational barriers women head coaches face in specific occupational areas of the football pyramid. The Anita White Foundation, who organise the award, will welcome Beth in the new year to present her work as part of the Institute of Sport research series. Beth's scholarly work is now focusing on racialised and gendered inequalities that in part explain the under-representation of Black, Asian and ethnic minority women coaches in the football workplace.

DR JO CORBETT PROMOTED TO READER

Dr Jo Corbett has recently been promoted to Reader in Environmental Physiology in recognition of his work as a member of Extreme Environments Laboratory. His research focuses primarily on heat, hypoxia and hydration, including: 1) optimising adaptation to environmental stressors, alone and in combination; 2) the use of environmental stressors to improve physical performance under different conditions (cross-stressor tolerance); 3) strategies to improve physical performance in extreme environments, and 4) the therapeutic role of environmental stressors in health and disease. He has also worked as an applied consultant helping a number of high level athletes, including Olympic champions, with their preparation to perform in extreme environments.



Contact us

Share your story:

E: jenny.burbage@port.ac.uk

For more information about SHES:

Twitter: [@UOPSportScience](https://twitter.com/UOPSportScience)

T +44 (0)23 92 5173

W: port.ac.uk/sportscience