



UNIVERSITY OF
PORTSMOUTH

PULSE ISSUE 13

Latest News from the School of Sport, Health and Exercise Science (SHES)

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

WELCOME

Welcome to the 13th 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 www.port.ac.uk/sportscience



MOVING WOMXN



STUDYING WITH COVID-ENCE

Since mid-March, when face-to-face teaching was suspended to help ensure the wellbeing of students and staff as a precaution against coronavirus, we have experienced significant changes in how we live and work. The staff and student response was nothing short of phenomenal and within 5 working days significant steps were taken to alleviate the disruption to students. All teaching/tutorial activities were moved on-line and assessments planned to have a face-to-face format amended to alternative formats – all whilst ensuring quality assurance compliance, external examiner engagement, and professional body approval.

Despite the unknowns, we remain open for business. We are preparing pedagogically excellent on-line delivery for the first 6 weeks with flexibility to adapt as the situation changes. In fact, with social distancing in mind, the small group sessions will likely lead to even better learning experiences. Finally, all areas of our taught provision remain intact and new courses are starting!

So, all students, new and continuing, can look forward to studying with confidence!

MOVING WOMXN LAUNCHED

As part of SHES's commitment to gender equality, the Athena SWAN self-assessment team has been working on several initiatives to support a Silver Award application next year. One of these initiatives is "Moving Womxn" – a student-led group focused on inspiring and empowering women to engage in physical activity and sport. In addition to encouraging physical activity and sport participation, the group also works with women and minorities to promote the many career paths within Exercise Science – given the majority of our students are men (who are more likely to engage in physical activity and sport than women).

This is a group led by and for students (and all are welcome). If you're interested in becoming involved, please visit the website (<https://movingwomxn.uk/>). Ask about the mentorship scheme!

STUDENT SUCCESS

ALUMNI UPDATE

The School of Sport, Health and Exercise Science 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 done since completing their degree at the University of Portsmouth.

ALUMNI PROFILE

Name: Jonathan White

Course: BSc (Hons) Sport and Exercise Science

Job title: Sports Biomechanics PhD student

Typical day: Trying to get my head around Matlab and Visual 3D for data analysis, whilst building up the literature review chapter of my thesis.

Best things about your job: Collaborating with and learning from leaders in the field. Sharing an office with like minded people who provide support and welcome distraction.

How did you get where you are now? Being proactive, early into my second year I had an idea for a research question, I raised this to the relevant module leader (Dr Tim Exell) and here we are three years later trying to answer it!

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

The best way is to get stuck into research, be this via being the participant or by volunteering to help out the researcher.

Best memory: Making the transition from UG to PG research student, and having my student card give me access to the academic office (and all the cake that you find in there)!



CAREER DEVELOPMENT AND INNOVATION PRIZE WINNERS

During this academic year SHES had the pleasure of reviewing applications for our Career Development Prize, and the new Innovation and Enterprise Award. Following an extremely competitive selection process the following students were awarded the following prizes:

Career Development Prize

Alice Munns First Prize – £500

Amreece Sekhon Runner up – £250

Lucy O'Connor Runner up – £250

Sian Dunlop, Aimee Felstead, Leonie Murray, Fazle Nanji and Daniel Piccolo Commendation – £200 each

Innovation and Enterprise Award

Vanessa King (PhD candidate) for her project 'Close the Gap' – £500

Lucy O Connor (MSc student) for her 'Virtual Boxing' project – £500

Regina Lubiatoowska, Matthew Loades and Edward Koppoe (BSc Sports Management and Development students) for their Mindful Kitchen business proposal which seeks to provide a healthy alternative to fast food and takeaway services – £500

Congratulations to all the winners and those who took part!

ARE YOU AN ALUMNI OF SHES?

We were going to be celebrating our school's 25 year anniversary this summer by holding an event, but we look forward to seeing you next year instead – more information to come! Alumni are reminded to update their details at www.alumni.port.ac.uk/contact with the Alumni and Advancement Team, so you'll never miss out on our events, reunions and news!





HIGH QUALITY TEACHING

COURSE PROFILE

MSc Strength, Conditioning and Rehabilitation

The School of Sport, Health and Exercise Science is delighted to introduce the MSc in Strength, Conditioning and Rehabilitation beginning in September 2020. This MSc was created to augment the undergraduate profile, to reflect the research profile of the School, and to provide graduates with an opportunity to specialise in the area of strength and conditioning for high level sport and exercise performance. The programme learning outcomes have been developed to comprehensively prepare postgraduates to work in the field of strength, conditioning and rehabilitation related areas.

This MSc recognises an interdisciplinary approach, providing a holistic understanding for applied support work of which professionals working in the field must be aware. The course will have, as its central focus, a desire to ensure that students are not just intellectually challenged but also have an excellent experience that is research and practice-informed enabling them to participate in career-enhancing activities.

This is the only MSc Strength, Conditioning and Rehabilitation course in the UK, providing something that is unique to students. The delivery will certainly reinforce the notion of evidence-based practice within relevant placement environments, enabling enhanced progression to skilled employment on graduation.

GLOBAL CORNER

Despite COVID-19 dominating the 2020 headlines, SHES has continued to explore opportunities to expand our global reach. In February (before lockdown), the school travelled to India to present research examining India's Growing Sports Economy at the British Universities International Liaison Association conference as part of our partnership work with Manipal University. This coincided with a visit to Amity University in Delhi, whereby the school established a further Memorandum of Understanding to develop a student exchange programme and short-course development. Further student exchange opportunities are on the horizon with partnership work continuing with Trinity University in the United States, Canberra University in Australia and the University of Otago in New Zealand. It is hoped that these new partnerships will be able to provide further teaching-block and year-long overseas opportunities for students as well as providing prospects of international research collaborations. Prior to lockdown in the UK, SHES and the International Management and Sport College, based in Singapore, undertook a successful course validation event to franchise two Level 6 Top-Up pathways in Sport and Exercise Science and Exercise and Fitness Management and a DipHE in Sport and Exercise Science. This is the start of what is hoped to be a fruitful relationship with the first cohort of students enrolling in May 2021. Finally, the school is continuing to develop dual degree awards with Edith Cowan University in Australia and Western Carolina University in the US and we are hoping to have the course validation events before Christmas. Watch this space...



NEW SHES STAFF

The school has recently welcomed three new members of staff:

Emma Neupert is an applied exercise physiologist and has worked with Olympic athletes both in Canada and the UK. Emma has research interests in athlete monitoring, testing, periodization and athlete development.

Dr Maria Perissiou is a clinical exercise physiologist, and joins us from the University of Sunshine Coast, Australia. Maria's research explores the acute effect of exercise on vascular haemodynamics in patients with abdominal aortic aneurysm.

Rob Rowland is an accredited strength and conditioning coach and combines a teaching role within the school with leading the University of Portsmouth's applied strength and conditioning programme.

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.

INTRODUCING OUR THEMATIC RESEARCH GROUPS

Research in the field of sport, health and exercise sciences is rarely conducted solely by one discipline (biomechanics, physiology, or psychology), rather it is a collaborative endeavor with a focus on furthering our knowledge in a certain area. Within the School of Sport, Health and Exercise Science our world leading experts contribute to three thematic research groups (TRG).

The **Extreme Environments** TRG has an international reputation developed over 22-years of exploring how individuals cope in extreme terrestrial and aquatic environments, and what is needed to operate in these environments.

The **Physical Activity, Health and Rehabilitation** TRG examines barriers to physical activity, and the role of exercise and other non-pharmacological approaches in the management of a range of pathologies.

The **Individual, Organisational, and Occupational Performance** TRG examines physiological, psychological and biomechanical aspects of human performance across different sporting and organisational contexts.

The emergence of these TRGs has been driven by the work conducted by academics, research staff and research students, and has been formalised by Dr Jo Corbett, Associate Head (Research). The TRGs provide our staff with a platform and support network to maximise the expertise within the school by aligning research interests, developing a clear research identity, and continuing to develop our thriving research culture. In upcoming volumes we will be shining a light on each of our TRGs giving an insight into their research.

COVID-19 RESEARCH

Our school's Physical Activity, Health and Rehabilitation TRG is involved in a number of projects investigating the impact the current pandemic is having on physical activity and health. In collaboration with the Universities of Southampton, Winchester, Oxford Brookes, Exeter, Swansea and Gloucester, as well as teams in Ireland, NZ and Australia, Dr Zoe Saynor is exploring the effect of coronavirus (COVID-19) restrictions on physical activity and wellbeing in the UK. As part of our ongoing partnership with the Wessex Kidney Centre, Joe Antoun is leading an investigation into the impact of coronavirus (COVID-19) restrictions on wellbeing, quality of life and physical activity in people with end-stage renal disease.

PROFESSOR AWARDED IRELAND MEDAL

Congratulations to Professor Mike Tipton MBE, who has received the Ireland Medal from The Lifesaving Foundation in recognition of his outstanding contribution to saving lives worldwide from drowning. Mike is a leading expert on cold water survival and is part of the School's Extreme Environments Laboratory, examining the impact of adverse environments on those who enter them. He is also on the Council of the e Royal National Lifeboat Institution and Trustee/Director of Surf Lifesaving GB. Mike has authored two classic lifesaving books: Essentials of Sea Survival and The Science of Beach Lifeguarding.



Contact us

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