



UNIVERSITY OF  
PORTSMOUTH

# PULSE ISSUE 11

Latest news from the DSES

**Number 1 Sport & Exercise Science Course  
in South East England (*The Guardian Guide 2019*)**

## WELCOME

Welcome to the 11th issue of Pulse, the newsletter of the University of Portsmouth's Department of Sport and Exercise Science (DSES). Whether you are a current, future or former student, or you are simply interested in DSES, 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, please email [martina.navarro@port.ac.uk](mailto:martina.navarro@port.ac.uk) or [chad.witcher@port.ac.uk](mailto:chad.witcher@port.ac.uk). View more online at <http://www2.port.ac.uk/departmentsportandexercise-science/>



## HOD PROF. RICHARD THELWELL DELIVERS PASSIONATE INAUGURAL LECTURE

On 21 November, Professor Richard Thelwell (centre of left picture), Head of Department, delivered his inaugural professorial lecture entitled, "So who is the performer? Going the full 'psycle' in elite sport." Over 200 attendees from sport and academia, including UoP vice-chancellor, Professor Graham Galbraith (right) and Faculty of Science Executive Dean, Professor Sherria Hoskins (left) were present to hear Richard reflect upon his distinguished 20+ year career in elite sport. Within his lecture Richard shared his thoughts regarding the influence that psychological research, practice and education has had, and continues to have, on performance and wellbeing for athletes, coaches and support staff who are expected to work and perform within pressurised, volatile and dynamic environments. Following his lecture, Richard said "To be able to educate about, conduct research in, and deliver consulting practice in the elite sporting environment has, and continues to be a real privilege. It is also very humbling to have been able to present my reflections and future thoughts to such a wide-ranging audience that included students, colleagues from Portsmouth and across the UK, individuals who have particularly influenced my journey, people with whom I have consulted, and of course, my family...who found out what I do!"

## SPORTS SCHOLAR PLAYS INTERNATIONALLY

Third year Sports Scholar Ms. Emily Windsor (pictured above ©Dave Vokes) was selected to play for an Invitational XI, making her debut in April against the USA national team. Emily and the selected team won all five matches where she contributed with both runs and wickets throughout. Reflecting on this and other recent accomplishments, Emily said, "last year was a whirlwind summer becoming county champions and then getting a super league contract - my first professional experience as a cricketer. I have worked hard this winter and hope I can go out there this season and learn from last year and have a great season. We are all very proud of Emily's accomplishments and congratulate her on balancing her academic pursuits and athletic goals."

## 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 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:** Bruce Suraci

**Course:** BSc Sports Science (Graduated 2012)

**Job title:** Head of Academy Coaching & Development at AFC Bournemouth

**Typical day:** Highly variable. Can be anything from taking a session, assisting a coach or observing a coach from an education perspective across U7-18 ages, to observing First Team / U21.

**Best thing about your job:** Improving people personally and professionally

**How did you get where you are now?** Pure graft, day in, day out. No secret to it. "Talent" is a myth!

**Advice you would give to DSES students wanting to pursue a similar career:** Work as hard as you can, do everything you can each day and don't make excuses. Apply your learning, get a part-time or volunteer job coaching footballers on the side of Uni and apply concepts you learn in your lectures/seminars. Complete your badges and make sure you develop your network. Understand if you really want a career in elite football, it's unforgiving and relentless. No such thing as a 9-5 and say goodbye to weekends. Mental resilience is vital.



### DSES CAREER DEVELOPMENT AWARD

This year's DSES-sponsored £500 Career Development Prize has been awarded to Cheng Lim, BSc Sport & Exercise Science, Level 6 (centre of picture) to complete a L2 FA Coach course. Further awards of £250 were awarded to Michelle Lau, BSc Sport & Exercise Science, Level 5 (not pictured), Harry Woodley, BSc Sport And Exercise Science, Level 6 (not pictured), Alex Gould, MSc Human And Applied Physiology, Level 7 (left), Lauren Cleave, MSc Sport And Exercise Psychology, Level 7 (not pictured) and Freyja Haigh, BSc Sport And Exercise Science, Level 6 (not pictured) to complete a variety of courses and workshops. An additional £100 award was given to Joe Rattigan, MSc Sports Performance, Level 7 (right) to obtain a two year performance analysis software license. These awards provide financial support to successful applicants from all year groups and courses who can demonstrate how the award will enhance their career development and future employment prospects. Well done all!

### DSES STUDENT LUCY WARD WINS BRITISH UNIVERSITY GOLD IN BOXING (54-57 KG)

Congratulations are in order for Ms. Lucy Ward who in February fought her way to become British University 54-57 kg gold medal champion. This year's competition took place in Wolverhampton. To secure the gold medal, Lucy won both of her fights by technical knockout/stoppage. This is an amazing achievement and speaks to Lucy's dedication in the ring.

### SANDWICH YEAR ACCOMPLISHMENTS

It's been another successful year for our DSES sandwich-year students. This year saw six students complete placements including: Adam Payne (Watford FC), Audrius Borneika (Sports Charity Mwanza), Boluwatife Taiwo (University of Zaragoza), Daniel Butts (Department of Sport & Science, University of Portsmouth), Jessica Charles (Christ's Hospital School) and Matthew Loades (Peterborough Utd Football Club).





## HIGH-QUALITY TEACHING

### STAFF PROFILE

**Name: Mike Rayner**

**What is your background?**

I have a PhD in Sports Management and previously served as a Business Operations Manager for a multi-national construction company. In this role I was responsible for recruitment, marketing and appraisal strategy development.

**What are your teaching duties?**

I coordinate the Strategic Management in Sport and Sports Entrepreneurship and Business Venturing modules within our undergraduate programmes. I also coordinate the study abroad sandwich year programme and am the Course Leader of the MSc in Sports Management.

**What are your research interests?**

My research integrates business and sociological approaches to advancing knowledge on four complimentary areas within Sports Management: employee performance and well-being, organisational behaviour, human resource development and employment relationships within professional sport environments

**What career advice would you give to our students?**

Build your experience in any way you can. Take each opportunity that is on offer whether it is volunteering in the labs, undertaking a placement activity or even studying abroad as these are the experiences that will make you stand out in a crowd when trying to secure that dream job!

**What's the best thing about DSES?**

The diverse range of courses that are on offer in DSES provide an excellent working environment for both staff and students

## STUDENTS WANTED: MSc CLINICAL EXERCISE SCIENCE COURSE

Are you looking for a flexible course to gain MSc training as a clinical exercise physiologist, with recognised vocational training, experiential placement learning and additional volunteer experience for accreditation and employment? If so, the MSc Clinical Exercise Science is the course for you, with industry-recognised fitness training instruction and exercise referral courses along with clinical exercise placements, training and industry-recognised certifications to allow graduates to be employed to provide exercise services for people with cardiovascular disease, chronic respiratory disease, stroke, cancer and people at risk of falls. The course is 12 months full-time or 24-months part time and includes teaching by clinicians, exercise physiologists, biomechanists and motor control specialists, external course providers and placement learning. The modules are generally block taught for three weeks each, one after the other during the year, and teaching is generally scheduled all day on Thursday and Friday with some Saturdays which allows time for engagement with mandatory placements and additional volunteering in these services. The project forms a substantial part of the course and could include data collection, a meta-analysis of previously published studies or to start your own clinical exercise service. The course is recognised by the Register of Exercise Professionals, provides sufficient experience to become a British Association of Sport and Exercise Sciences Certified Exercise Practitioner and, with more experience that can be gained during the course, you can work towards ACSM Clinical Exercise Physiologist status. Check our courses here: [port.ac.uk/dses](http://port.ac.uk/dses)



## DSES STAFF MEMBER RECOGNISED AT VICE-CHANCELLOR'S AWARDS FOR EXCELLENCE

Students and staff who have made exceptional contributions to the University of Portsmouth and the community were recognised at the Vice-Chancellor's Awards for Excellence. We are very proud to report that one of our own, Dr. Paul Gorczyński, was recognised at the most recent event for his work in student and staff mental health. In November 2018, Paul was also recognised as one of the world's leading authorities in elite sport and mental health and was invited to the International Olympic Committee headquarters to join an expert panel preparing a statement on improving the mental health of elite athletes.

## 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 SOME OF OUR RECENT RESEARCH HIGHLIGHTS BELOW.

### MITCH LOMAX: INNOVATIVE LIGHTDEVICE RESEARCH

Dr. Lomax's (pictured right) is evaluating the safety and performance of a novel software called Lifelight® First. This software can be downloaded onto a tablet and is used to monitor blood pressure, heart rate, respiratory rate and oxygen saturation (vital signs). These vital signs are measured during clinical assessments and are undertaken regularly on patients accessing healthcare services. The novelty of this software is that it can measure these vital signs without contact with the patient and simply requires a tablet with an integral camera. Lifelight® First has potential application within various areas of the health care system, and could also be useful in settings where direct access to health care is limited or as a part of a telemedicine service. The data collected will be used to validate the accuracy of the software and support its CE marking.

### UOP HOSTS ATHLETIC SKILLS MODEL

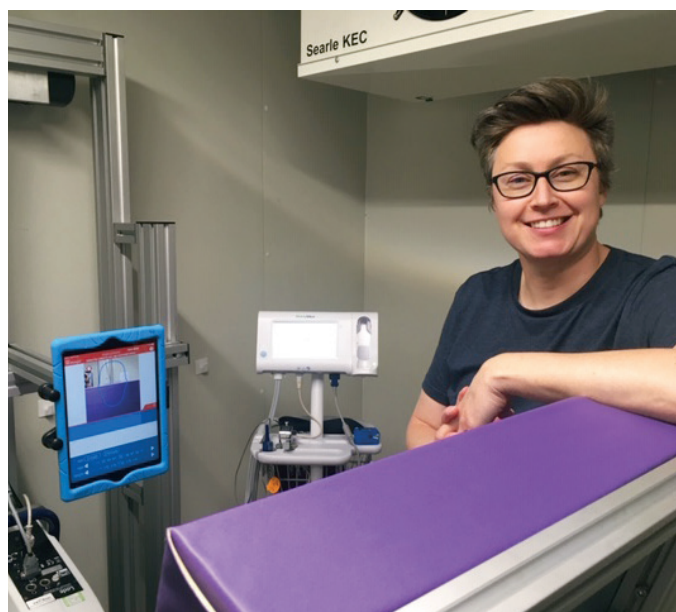
From the 11th-12th of April, and for the first time in the UK, the UoP hosted an Athletic Skills Model (ASM) workshop - hosted by Dr. Martina Navarro and Dr. Matt Dicks. The ASM offers a different way of thinking about movement, sports, physical education and healthcare. As an example, if PE teachers and coaches encouraged children to practice a range of basic skills embedded in many sports, such as jumping and balancing, people are more likely to develop into more competent sportsmen and women. The two-day event offered theoretical and practical perspectives informed by current science on the ASM - and in particular, the multi-lateral movement approach. Presenters included Dutch national football team strength and conditioning coach Rene Wormhoudt, who founded the ASM model; Dr. Geert Savelsbergh, a youth sports expert from Amsterdam; Dr. Keith Davids, a skills acquisition expert from Sheffield Hallam University and Jan Kasper, former director of several clubs from the English Premier League.

## PHD RESEARCH THRIVING IN THE DSES

Since last edition we have grown as a department and would like to formally acknowledge, and welcome, the following PhD researchers: Jennifer Wright, Joe Antoun, Jonathan White, Joseph Muller, Laura Grubb, Michael Passaportis and Ruth de Vos. Welcome aboard! We have also said goodbye to a number of PhD students who successfully completed their vivas - Samantha Meredith (supervisors: Chris Wagstaff and Matt Dicks), Rebecca Larnar (supervisors: Chris Wagstaff, Richard Thelwell and Jo Corbett) and Rebecca Hings (supervisors: Chris Wagstaff and Richard Thelwell). We would like to take this opportunity to congratulate them on a job well done.

## INTERNATIONALS JOINING THE DSES

Later this year we will welcome three new internationals to the department. Dr. Maria Perissiou, a post doctoral researcher from Greece is joining us from the University of the Sunshine Coast, Australia. She will be running the funded (Astra Zeneca) project looking at the effects of a new class of diabetes medications on physiological functions in people with type 2 diabetes. Zoe Poucher, a PhD student at the University of Toronto (supervised by Dr. Katherine Tamminen), will be joining us to collect data between 31 Aug and 5 Nov. Finally, Dr. Alessandro Quartirolì (Associate Professor, University of Wisconsin - La Crosse, USA) will be joining us during his sabbatical between Aug and Dec.



## Contact us

### To send in your news:

E: [martina.navarro@port.ac.uk](mailto:martina.navarro@port.ac.uk) / [chad.witcher@port.ac.uk](mailto:chad.witcher@port.ac.uk)

### For more information about DSES:

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

T +44 (0)23 9284 5163

W: [www.port.ac.uk/sportscience](http://www.port.ac.uk/sportscience)