



UNIVERSITY OF
PORTSMOUTH

PULSE ISSUE 8

Latest news from the Department
of Sport and Exercise Science



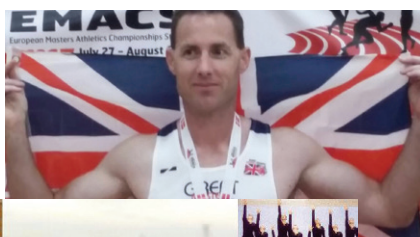
WELCOME

WE HOPE THAT PULSE WILL HELP YOU TO KEEP UP-TO-DATE WITH THE MANY EXCITING AND INTERESTING PROJECTS IN WHICH OUR STAFF AND STUDENTS ARE INVOLVED.

Please remember, 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. Don't forget, there is more to watch and read online at www.port.ac.uk/sportscience.

DSES STAFF EXCEL IN SPORT

This summer, Dr Chris Mills won an impressive gold medal at the European Masters Athletics Championships in Denmark in the pole vault event, with a final height of 4.20 metres. Physiology technician Christine Joliffe was awarded with an outstanding contribution to GBR TeamGym Award in July. Christine has been associated with the Portsmouth School of Gymnastics since its formation in 1990 and has represented GBR at four senior international competitions, going on to qualify as a TeamGym coach and judge. Dr Zoe Saynor will continue to play for Harlequins Ladies this season, who are to compete in the inaugural Tyrells Premier 15s competition, the highest level of women's domestic rugby. This follows on from a remarkable unbeaten season with the club in 2016–17. Congratulations to Chris, Christine and Zoe for their sporting achievements!



NUMBER 1 SPORT AND EXERCISE SCIENCE DEPARTMENT IN ENGLAND

(The Guardian University Guide 2018)

ALUMNI SUCCESS STORY



Rob Chave, who completed his BSc Sport and Exercise Science (2008–2011) and MSc Sports Performance (2011–12) degrees with us, has just been appointed the Physical Preparation Manager for Sri Lankan Cricket following two years as the Strength and Conditioning Coach for Sussex Cricket. Rob's new role is to manage all aspects of physical preparation across

the U19, A-Team and National Performance Squad at the High Performance Centre in Colombo. Rob had also taught on our BSc Sport and Exercise Science course for the past five years, passing on his excellent knowledge and experience to our students, and will be sorely missed.

Rob's advice to current DSES students?

'Any keen sports science or sport and coaching student should flourish at University of Portsmouth, providing they are willing to work hard themselves and use the lecturers to facilitate and progress their learning'. Rob adds: 'The University of Portsmouth has been hugely important in allowing me to develop as a practitioner and enabling to make some significant steps in an applied world. I am hugely grateful to everyone in the department, particularly Dr Gemma Milligan, for giving me the opportunity to progress as a Strength and Conditioning Coach. Whilst the academic and applied world can seem vastly different, there are plenty of transferable skills that can contribute to a coach's success'.

port.ac.uk/sportscience

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 graduates. We catch up with one of our alumni to find out what they have done since graduating.



INTERESTED IN A CAREER IN PHYSIOTHERAPY?

Ollie Holt graduated from DSES with a BSc (Hons) Sport and Exercise Science in 2016. As one of three Portsmouth alumni to successfully apply to study MSc Physiotherapy (pre-registration) at the University of Southampton last year, we asked him to share his experience to help our current students who are considering pursuing a career in physiotherapy.

- 1) Get some shadowing or **work experience** in a healthcare setting while you're studying or during the holidays if you can. This will really help you to understand what the role of a physiotherapist actually is (it's not all massages and sprains).
- 2) **Know the role of physiotherapy** with regards to the different environments physiotherapists work in such as schools, hospitals, the community, sports clubs, GP surgeries, and the varying client groups they work, with for example, cardiorespiratory disease, geriatric, paediatric, learning difficulties, head injuries, stroke, Parkinson's disease and multiple sclerosis.
- 3) Think about your **unit choices**. Biomechanics (anatomical landmarks, terminology, kinematics, kinetics), injury and rehab, physiology (tissues, healing, neurology, cardiology, respiratory etc.), anatomy (insertions, origins, innervations, blood supply), exercise prescription, motivational psychology and goal setting, are all fundamental to a physiotherapist's role. DSES offers so many great units that can guide you in the right direction; make wise choices from the start.
- 4) Take an interest in research. Evidence-based practice is essential to the effective treatment of patients and is only achieved through the good critique and utilisation of contemporary research. You need to **commit to being a 'lifelong learner'** if you want to be a physiotherapist.
- 5) **Be enthusiastic!** I believe enthusiasm leads to happiness in hard work, and you will work hard if you want to progress in physiotherapy. So, make sure you enjoy it!

VOLUNTEERING AWARDS

Current student Beth Joslin, who is in her 3rd year of the BSc (Hons) Sport and Exercise Science degree, won 'Young Volunteer of the Year 2017' in June at the Portsmouth 'Inspiring Volunteer' Awards for her outstanding volunteering efforts on the Portsmouth Spirit of Rugby project. Beth was instrumental in being a great role model for the younger females in the volunteer group and the weekly sessions. She oversees the volunteers delivering skills and games to a range of young people aged 9—24 years old and motivates them each week to keep them engaged in the project and give something back to their community. In addition, three BSc (Hons) Sports Development students were recognised in the Students' Union Awards this year (Bartosz Milewski, Football Coordinator and Handball Activator; Emma Boucher, UTC and Tennis Activator; Tom Edwards, Futsal Coordinator), highlighting the great contribution DSES students make when volunteering.



DSES GRADUATION

We celebrated the DSES class of 2017 graduating from the University of Portsmouth in July; students received their degrees from Chancellor Sandi Toksvig. The successful DSES award winners this year were: Harry Ramsey (Outstanding Academic Achievement BSc, sponsored by The Great South Run Company); Cameron Norsworthy (Outstanding Academic Achievement MSc, sponsored by Professor Mike Tipton); Charlotte Murphy (Most Improved Student, sponsored by Human Kinetics); Joshua Osofa (Contribution to Community Sport, sponsored by Department of Sport and Recreation, UoP); Mark Gray (Best BSc Sport and Exercise Science project grade, sponsored by Cranlea); Jack Banting (Best BSc Sports Development project grade, sponsored by BHLive Active); Christopher Vine (Best MSc project grade, sponsored by Jenny Golden); Aaron Puckrin (The William Houghton Memorial Award for Outstanding Contribution to the Department, sponsored by DSES) and Matt Moase (The Dr Alex Milligan Memorial Award for Outstanding Master's Contribution, sponsored by DSES). Congratulations to all!



ELLA GETS GOLD AT WORLD TRANSPLANT GAMES

Ella Gibson, a kidney donor recipient who graduated from DSES with a BSc (Hons) Sport and Exercise Science in 2015, competed in the 2017 World Transplant Games in Malaga. Ella competed in five events to win six medals. She took part in the 5km road race run (bronze), 5km individual time trial bike (bronze), 400m freestyle swim (bronze), 800m track run (bronze) and 30km road race bike (silver), with the longer run, cycle and swim compiling to win her gold in the virtual triathlon. After returning home from the Games, Ella said, 'It was inspiring to meet so many other transplant recipients and hear their incredible stories of how they made it to the Games'.

High-quality teaching



STAFF PROFILE Name: Beth Clarkson

What is your background? I completed a BSc degree in Sports and Exercise Science and MRes in Applied Sports and Exercise Psychology at Bangor University in Wales. During my time in Wales I worked as a Regional Girls Performance Centre Coach for the Welsh Football Trust, and later as a first team performance analyst for a semi professional football team. After my masters,

I moved to the United States of America where I worked as an academy soccer coach. I later returned to the UK in 2014 to begin a PhD at the University of Portsmouth with Dr Chris Wagstaff and Professor Richard Thelwell while working as a business development manager in the sports coaching sector. In 2015 I moved full time into academia to take a teaching position at the University of Winchester, where I became the Programme Leader of the BA Sport Business and Marketing degree. Finally, I returned to the University of Portsmouth in August 2016, and was appointed Lecturer of Sport Development and Coaching.

What are your teaching duties? I coordinate and teach the first year Sport Business Principles and the third year Sports Marketing and Sponsorship unit. I also contribute on various other units and supervise undergraduate and postgraduate research projects.

What are your research interests? My doctoral research aims to better understand how the spread of affect, mood, and emotions within groups can influence performance across sports, business, and education contexts. I am also interested in understanding the challenges facing female leaders in traditionally male-dominated sports.

What advice would you give students to help prepare for a career in Sports? I firmly believe that you can never have too many strings in your bow if you wish to work in the sports industry. Use your time at DSES to experience as much as possible; take up a new sport, get involved in staff research projects, say yes to unexpected opportunities, take qualifications, or actively pursue an interest alongside your studies if you have the time. In my experience, you never know when it might be useful in the future to have that knowledge or experience under your belt.

What's the best thing about DSES? We have a thriving research community, and I love working within one of the top ranked sports departments in the UK!



NEW STAFF MEMBER JOINS DSES

In August, we welcomed Dr Martina Navarro who joined us from the University of Bern, Switzerland, where she was working as a postdoctoral research fellow. Martina holds a PhD in Human Physiology (Neuropsychology) from the University of Sao Paulo, Brazil, partially developed at the MOVE Research Institute Amsterdam at the VU University Amsterdam during a Sandwich program. Martina's research

focus is on understanding the intricacies of the key elements (perception, action, cognition and emotion) in human performance psychology. Specifically, her work investigates how high levels of anxiety and different skill acquisition strategies may affect attentional resources and consequently decision-making process.



PSYCHOLOGY LECTURERS WIN PRESTIGIOUS AWARDS

Dr Chris Wagstaff has been presented with an early career researcher award by the Association of Applied Sport Psychology, the field's leading practitioner society. He won the Dorothy V Harris Memorial Award for his outstanding contribution to innovation, the impact his work has in the field of sport psychology, and the importance of this work in applied settings. Dr Dan Brown won the 2017 British Psychological Society Division of Sport and Exercise PhD Award for his thesis entitled: Human Thriving: A Conceptualization, Understanding, and Application to Sport. Well done Dan and Chris!



PLACEMENT OPPORTUNITIES

DSES students are embarking on numerous work placements in their Professional Development unit, which is chosen in Level 5 and experienced from the summer onwards without taking a year out of your degree. This unit requires 150 hours and can be completed in the summer in four weeks, full time, spread over the summer or during the Level 6 academic year in Portsmouth. The intention is to provide students with the opportunity to apply what they have studied on their degree to the workplace and then reflect on this to enhance professional practice, ready for full time employment on graduation. There is also the opportunity to choose an independent learning activity or self-employment opportunity – some students combine these together to gain a qualification and use this qualification in starting their own business.

For the previous 12 months (Kieran Forrest) and now the next 12 months (Jack Baldwin) DSES students have fought off competition from students in other universities to provide sport science/strength and conditioning support to the First Team and Academy team of Sussex County Cricket Club as part of their Sandwich Year Work Placement unit. This unit involves taking a year away from degree study, as a longer version of the Professional Development unit and is ideal for when a more full time prolonged period of experience is required, such as elite sport or teaching etc.

For discussion about such opportunities for 2018–19 please contact andrew.scott@port.ac.uk.

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.



LINKS WITH PORTSMOUTH FOOTBALL CLUB

The University of Portsmouth recently announced a two-year deal as Portsmouth Football Club's official education partner. Over the past four years, students from DSES have supported the work of the Academy

coaching and sports science staff through placements and applied research projects. The new partnership is the start of a long-term working relationship between the University and Portsmouth Football Club. Recently, DSES' Beth Clarkson was invited to sit on the Q&A panel for the 'Empowering Women in Sport' event, hosted at Portsmouth Football Club, as an advocate of greater female representation in coaching and to speak about her journey as an elite football coach working for academies in England, Wales, Sweden and America. The event featured guest speakers from women working in football governance, commercial marketing, refereeing, coaching, and playing. The event aimed to raise awareness of women working in a variety of leadership roles within football and to inspire young women to pursue a career in the football industry.

DSES TO HOST CONFERENCE

DSES and the University of Chichester will be hosting the Third International Conference on Physical Employment Standards in Portsmouth from the 17–19 July 2018. This three-day conference will present current research and information for developing and implementing Physical Employment Standards. It will inform the processes of recruitment, retention and retirement of personnel employed in physically demanding occupations. The conference will be highly relevant to researchers, practitioners and policy-makers within all military, emergency service and industry sectors. For more information, please contact pesconference2018@gmail.com.

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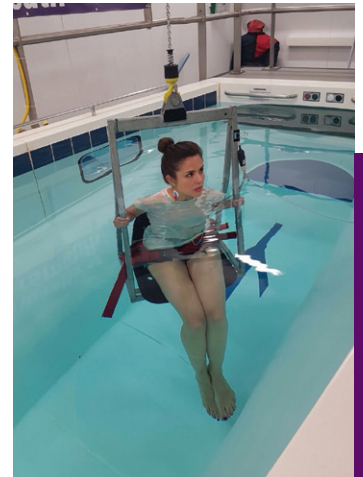
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EXTREME ENVIRONMENTS LABORATORY (EEL) ROUND-UP

As part of an ongoing partnership the Extreme Environments Laboratory welcomed a group of students from King's College London in March who are undertaking a MSc in Human and Applied Physiology to undertake a study in our lab. Professor Mike Tipton has now been elected to the council of the RNLI and the ongoing work in the EEL has importantly underpinned the RNLI's Respect the Water Campaign again this year. Utilising our department's expertise in occupational science, Dr Gemma Milligan, Dr Joseph O'Halloran and Professor Mike Tipton have won a contract with the Energy Institute to look at the physical demands placed on people who work in wind farms. Senior specialist technician Geoff Long ran outreach workshops for groups of year 6 pupils from local schools this summer, who visited the EEL as part of the University's UP for Juniors programme. In July Dr Joe Costello was interviewed by the Portsmouth News about the benefits of ice baths and filming took place for BBC's Countryfile programme, where reporter Keeley Donovan was immersed in cold water and the impact of the respect the water campaign was discussed. In October the BBC aired a programme that was filmed in the EEL with the Van Tulleken brothers called 'The Human Body: Secrets of Your Life', which focused on how the human body survives the cold. Follow the lab activities on Twitter [@ExtEnvLab_UoP](https://twitter.com/ExtEnvLab_UoP)



INVITED PRESENTATIONS AND NEW COLLABORATIONS

In August, Dr Joe Costello was an invited speaker at a BASES Sport and Performance division event on 'Science and Team Sports', held in University College Dublin. The audience included coaches, strength and conditioning coaches, sports scientists, physiotherapists, those working with athletes, and involved in the development of the athletes training programmes. Joe presented a summary of his research titled 'Recovery Interventions – What does the Science say?'. Dr Matt Dicks was invited to present at the 5th International Congress of Complex Systems in Sport this October in Barcelona, where he spoke about 'Athletes as complex adaptive systems'. Matt also spent time at the University of Rouen in Normandy, France during June as a visiting professor. Dr Zoe Saynor was invited to speak at the most recent Hellenic Cystic Fibrosis Association Conference at the Technopolis of Athens, representing the University Hospital Southampton team she is collaborating with. Zoe delivered teaching regarding how to implement exercise into a busy clinical environment and recommendations for change in practice in Greece.

