



**UNIVERSITY OF
PORTSMOUTH**

PULSE ISSUE 9

**Latest news from the Department
of Sport and Exercise Science**



WELCOME

WELCOME TO THE NINTH 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 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.

DSES PROFESSOR AWARDED MBE

Professor Mike Tipton received an MBE from Her Majesty The Queen at a special investiture ceremony at Windsor Castle in February. He was awarded the MBE in the 2018 New Year's Honours list for services to research and teaching in extreme environmental physiology and research in drowning prevention. Professor Tipton, who is the UK's leading cold water survival expert, is Director of Research in DSES and leads the Extreme Environments Laboratory (EEL). He has spent 35 years working in the areas of thermoregulation, environmental and occupational physiology. Professor Tipton and colleagues in the EEL examine the physiological and psychological

responses to adverse environments and the selection, preparation and protection of those who enter such environments. On receiving the honour, Professor Tipton said: "It all seems a bit like a dream now, but I will not forget the day. Nor will I forget the friendship and support that so many colleagues, friends and family have given me over the years; it is undoubtedly this that made the day possible in the first place." Congratulations Mike from all in DSES!



NUMBER 1 SPORT AND EXERCISE SCIENCE DEPARTMENT IN ENGLAND

(The Guardian University Guide 2018)

NEW SPORTS FACILITY

The designs for a £50m sport facility were recently unveiled to staff, students and the local community as part of the first major phase of the University's estate masterplan, which aims to reshape its city centre campus. The proposed plans will significantly transform the student experience, promoting health and wellbeing through the provision of a wide range of sports and fitness activities, and strengthen connections with rest of the city. It will also enhance the University's sport and fitness-related research and innovation programmes.

Facilities will include an eight court sports hall, eight lane 25m swimming pool, fitness suite, multipurpose studios, squash courts, climbing wall and a ski simulator which will be available for student, staff and community use. The building will also have teaching facilities, office space and an underground car park.

Professor Richard Thelwell, Head of DSES said "The new sports facility will further enhance the reputation of the Department of Sport and Exercise Science as one of the leading sports-related degree course providers in the UK. Not only will the facility further promote the health and wellbeing of students, it will substantially contribute to our ongoing development of education provision, research and innovation activities, and student employment opportunities and overall satisfaction."



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 ex-students. In this regular feature we catch up with one of our alumni to find out what they have done since leaving the University of Portsmouth.

ALUMNI PROFILE Name: Amy Lush

Course: BSc Sports Science (Graduated 2010)

Job title: Barrister specialising in Family Law

Typical Day: There is no such thing! I am sent to Courts all across the country (there can often be a lot of travel involved). I attend Court on a daily basis so if I am lucky to finish a hearing early in the day, you'll find me preparing for the next day's case. I represent clients from all walks of life. "Family Law" is such a vast area of law and where I am still so junior, I have yet to specialise further. I therefore have a diverse practice.

Best thing about your job: It's flexibility. At times, the job can be thoroughly exhausting and relentless. I am self-employed therefore I do not have set hours during which I have to be sat behind a desk. As long as I attend Court and meetings on time and comply with deadlines imposed, it is up to me how I get the work done.

How did you get where you are now? There are many people who told me that I would not be successful in pursuing a career as a barrister. The statistics are terrifying and when I applied to study the Bar Professional Training Course, it came with a Health Warning! I could not have got to where I am today without hard work, stubbornness and sheer determination and a lot of luck. If I can qualify as a barrister, there is no reason why anyone else cannot.

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

If you are considering a career in Law, do your research. Know what you are about to sign up for. It is incredibly competitive and those who enter any application process half-hearted will be sifted out. Having said that, I thoroughly recommend this career path: it was worth the blood, sweat and tears (metaphorically!) to get here.

Best memory: I was fortunate to be given the opportunity of assisting with an ongoing piece of psychology research within the department for my dissertation. I received an award for my poster presentation, presented the same poster at a BASES Student Conference and I was a co-author in a published article, which featured this research. The whole experience was hugely rewarding.



STUDENT IN BUCS BOXING FINAL

Current student Omar Barry, who is in his 3rd year of the BSc (Hons) Sport & Exercise Science degree, progressed to the BUCS 64kg final coming away with a credible Silver Medal. Omar only started boxing when he joined the University in September 2016 and through regular training soon was ready to start boxing competitively. Along with the University boxing team Omar travelled to Staffordshire University to compete in the BUCS championships in February, where he left with a record of 10-1. Omar credits his success to their coach James Connor who has aided his improvement in the sport. Congratulations Omar!



DSES CAREER DEVELOPMENT AWARD

This year's DSES-sponsored £500 Career Development Prize has been presented to Matthew Dwornik (Pictured Centre, MSc Sports Performance, level 7) towards gaining a Level 3 Gymnastics coaching course.

Further awards of £250 were awarded to Rosaria Barreto, a previous award recipient, (Not pictured, BSc Exercise and Fitness Management, Level 6), Nikoletta Csaben (Pictured left, BSc Exercise and Fitness Management, Level 4), Maritina Antonoglou (Not pictured, MSc Clinical Exercise Science, Level 7), and Amy Dickinson (Pictured right, BSc Sport & Exercise Science, Level 6) for a variety of courses and workshops. These awards provide financial support to successful applicants from all year groups and courses who can clearly demonstrate how the award will enhance their career development and future employment prospects. Well done all!



SUCCESSFUL NEW CAREERS EVENT HELD

The inaugural DSES Careers Conference was held on 16th January 2018, which was generally well-attended by students. Presenters included a range of DSES Alumni who returned to talk about their careers since graduating from the department, the MSc course leaders discussed their programmes, a number of local placement providers attended to discuss their projects with students and a number of presenters who talked about career development in sport, education and physical activity. The sell-out event was the Careers in Physiotherapy session where students were encouraged to think about whether they had the determination to forge a career in physiotherapy. The Conference will be held at the same time next year, where we hope for even better attendance.

High-quality teaching

STAFF PROFILE

Name: Joseph O'Halloran

What is your background?

I completed a BSc degree in Sport & Exercise Science at the University of Limerick in Ireland. Following completion of my degree, I pursued a PhD in Sports Biomechanics, the specific focus of my PhD was in Artificial Neural Network analysis of motor skill performance. Following completion of my PhD thesis I moved to the University of Massachusetts, Amherst USA where I worked in the biomechanics and motor control laboratories as a Post-doctoral researcher in the Department of Kinesiology with Prof Joe Hamill and Prof Richard van Emmerik. While at U Mass I became an NSCA certified Strength and Conditioning Specialist. I have continued my CPD in this area with full recertification every three years. I joined DSES in August 2014 as a lecturer in Human Movement Science, focussing on Biomechanics and Strength and Conditioning.



What are your teaching duties? I coordinate and lecture the L5 Advanced Fitness Training and Assessment Unit. This is on our Exercise and Fitness Management Degree pathway. A key component of this Unit is the REPs L3 PT qualification that I have built into the Unit, allowing all students taking this Unit to attain a PT qualification in addition to their degree. I am also Course Leader of the MSc in Sports Performance. Within that course, I coordinate and lecture on the Strength and Conditioning Practice Unit. I also contribute on various other units and supervise undergraduate and MSc dissertation projects in addition to MRes and Prof Doc research students.

What are your research interests? My current research interests are primarily focussed on the use of dynamical systems theory methods in the evaluation of human movement. Currently my research is examining the use of dynamical systems theory analysis methods in the evaluation of the metabolic cost of movement patterns. My research also examines the stability and variability of the coupling of the locomotor and respiratory systems. I also currently work within the Occupational Research Strand on a project focusing on the biomechanical analysis of Ladder Climbing.

What advice would you give students to help prepare for a career in Sports? Get as much experience as you can, both within the labs on research projects and externally on placements and volunteering. Also, additional vocational qualifications are offered in DSES within Exercise & Fitness Management and also Sport & Exercise Science; make use of the opportunity!

What s the best thing about DSES? The people, both staff and students, create an excellent working environment.

NEW STAFF MEMBER JOINS DSES

In November, we welcomed Dr. Chad Witcher who joined us from Canada where he spent several years as an Assistant Professor in Public Health. Chad holds a PhD from the University of Alberta (Edmonton, Canada) in Kinesiology, Sport, and Recreation. Broadly, Chad's research explores ways to promote health and well-being among older adults within various settings (e.g., urban neighbourhoods, residential facilities, and rural communities).



DSES LECTURER URGES INDIA TO EMBRACE SPORTING PROFESSIONALS

DSES lecturer and Sports Management expert Dr Mike Rayner visited India in January as part of the 'Great Talk' series where 12 UK academics are invited to promote UK science and education and explore possibilities for academic partnerships. He visited Amity University and Hansraj College, and the University of Delhi, both in New Delhi, and the International



Institute of Sports Management and The National Academy of Sports Management, both in Mumbai. Sports management encompasses a wide range of skills and takes in everything from sponsorship and clothing, to negotiating television rights and developing sports medicine.

DSES offers an undergraduate degree in Sports Management and Development, and a postgraduate degree in Sports Management, to help meet such needs. Mike states: "Unless the country tackles this skills shortage, it is at risk of the market crashing, and of losing the benefits good management across the sector could bring."

WINNING THESIS FOR DSES LECTURER

Dr Dan Brown has won the 2018 Society for Sport, Exercise & Performance Psychology Dissertation Award. These awards recognize outstanding student research that has the greatest potential for making a significant contribution to the theoretical and applied knowledge base in exercise and sport psychology. This is now the 2nd prestigious prize Dan has been awarded for his PhD thesis, congratulations!



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.

RESEARCH REVEALS HOW COMPETITION CAN BE DANGEROUS IN THE HEAT

Research conducted by staff from DSES has just been published in the journal 'Sports Medicine'. This research sheds light on an important question: why some people are able to push



themselves to the point of collapse when they compete in hot conditions. Participants in the study completed a 20 km cycling time trial as quickly as they could, whilst exercising alone in cool conditions. During the time trials an avatar representing their performance was projected onto a computer-generated 'virtual' race course. They did the same thing in hot conditions, but because they felt hotter and less comfortable, they went slower. However, they also undertook a

head to head completion in the hot conditions, where they went faster than when they exercised alone in the hot conditions; what the participants did not know was that their competitor avatars were a replay of their own exercise in the cool environment. Despite going faster and getting hotter they felt no different. Lead author Dr Jo Corbett said 'Competition changes athletes focus so that they aren't aware that they are getting hotter, meaning that some athletes might get dangerously hot without realising it in these competitive situations.'

STAFF EXPERTISE USED FOR TV SHOW

Dr. Martina Navarro participated for the second time in the UFC TV Show Lab Fight as an expert for motor control and eye movements. In her role as expert she tested elite MMA fighters such as Chris Weidman in several cognitive tasks in a realistic environment. The third season of Lab Fight has 5 episodes and invites current UFC champions to perform test batteries challenging them physically and mentally. The first and second season is already available on fight pass: <https://www.ufc.tv/category/ufc-lab-1>



EXTREME ENVIRONMENTS LABORATORY (EEL) ROUND-UP

Firstly a congratulations to the head of EEL Professor Mike Tipton who received an MBE in the New Year's Honours List for his contribution to research in extreme environments, well deserved! The EEL has again been very busy with a number of research papers and successful funding bids. Dr Gemma



Milligan, Dr Joseph O'Halloran and Professor Mike Tipton completed a detailed ergonomic assessment of ladder climbing (key risks (short- and long-term) to technicians in the offshore wind industry), submitting an industry report which resulted in a very successful invited presentation to the G

Power Annual Stakeholder meeting in Hamburg. Dr Clare Eglin and Professor Mike Tipton have been awarded the preferred task lead for a military-funded project into Non-freezing Cold Injuries (~£440,000). Dr Jo Corbett and Professor Mike Tipton have been awarded £29K of funding to undertake a MoD Review of Heat (specifically in females) and Dr Heather Massey and Professor Mike Tipton have been awarded £10K to continue work with the RNLI Respect the Water Campaign. Dr Heather Massey also delivered an engaging Christmas Lecture for local Year 9 pupils as part of our DSES Christmas lecture series that demonstrated human reliance on technology to withstand extreme environments vs animals. Follow the lab activities on Twitter @ExtEnvLab_UoP

NEW DEPARTMENT VISION LAUNCHED

Following consultation, DSES have launched their vision statement and direction for future research. It has been proposed that DSES will be world leading centre for each of our internationally excellent areas of expertise: Extreme Environments, Occupational and Organisational Performance, Human Performance and, Physical Activity, Health, and Rehabilitation. Each area will focus on providing a sustainable, inclusive, collegiate, supportive and partnership-driven culture of continuous learning and development for taught and research students, staff and partners, across the outstanding educational, research and innovation activities.

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