



UNIVERSITY OF
PORTSMOUTH

PULSE 18

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

WELCOME

Welcome back to Pulse! After a short break, we are pleased to present the 18th 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 are simply interested in SHES, we very much welcome you and hope you enjoy reading this issue. With Pulse, we aim to keep you up-to-date with the latest school developments and 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 robyn.bate@port.ac.uk and don't forget, there is more to watch and read online at www.port.ac.uk/sportscience



PORTSMOUTH'S PLAYCE

PORTSMOUTH TO HOST THE UK'S FIRST PLAYCE, A MULTI-SKILLS ACTIVITY SPACE BUILT USING A PIONEERING SCIENTIFIC MODEL FOR MOVEMENT.

Based on a pioneering scientific model for movement developed in the Netherlands, the PLAYCE is designed to be accessible for people of all ages and skill levels, including those with disabilities. There are no separate play areas for different groups, but an integrated activity space for all. The design is focused to offer opportunities to perform basic movement skills rather than practice specific sports.

The project is led by Senior Lecturers Dr Martina Navarro & Dr Chad Witcher in collaboration with Portsmouth City Council and the Athletic Skills Model Company. This exciting project aims to encourage a more fun, active lifestyle for the local community by offering a colourful, purpose-built outdoor space.

FORMULA 1

F1 DRIVER SEAT 'AVATAR' HAS POTENTIAL TO IMPROVE COMFORT AND PERFORMANCE

A pilot project has successfully revolutionised the way Formula 1 racing seats can be designed using biomechanics technology, in an effort to improve a driver's comfort and performance.

Williams Racing engineers have partnered with experts from the University's School of Sport, Health and Exercise Science on a study to develop a more detailed understanding of how a driver physically fits in a car. The goal was to support race seat construction and improve fit ergonomics. Researchers created a digital 'avatar' of driver Nicholas Latifi to simulate his seated position by building a musculoskeletal model using 3D scanning.



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 done since completing their degree.

PHIL SAMUELS

Course: BSc Sport and Exercise Science

Job title: Strength and Conditioning coach for the US Air Force

How did you get to where you are now?

Doing over 1000 hours of placements within football teams and other sports. I transitioned from a placement to a part time S&C coach at Stevenage FC and 6 months later I became their Head of Academy Athletic Development and Nutrition. After 18 months at Stevenage I moved to Watford FC and then to the US Air Force, working with their pilots, security forces and other military personnel.

Any advice to other SHES students wanting to pursue a similar career?

Experience is everything, getting placement experience as soon as possible is essential. When on placements, build relationships with coaches and other staff members in addition to learning as much as possible about the job. Recommendations and your experiences are the most likely ways to get a job in the industry.



STUDENT PRIZE WINNERS

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

The Enterprise and Innovation Award

- Louis Howie (£500)
- Callum Jones (£500)
- Iain Covington, Gurpreet Singh, Joshua Scott, Ben Kinahan (pictured left to right) (£500)

Community Inclusion Prize

- Lucie Bishop (£500)

Gender Equality Prize

- Nadine Smith (£500)

Career Development Prize

- Ralf Mortimer (£500)
- Tilak Ramachandra Murthy (£250)
- James Adeneye (£250)

CONGRATULATIONS TO ALL THE WINNERS AND THOSE WHO TOOK PART!





HIGH QUALITY TEACHING

NEW STAFF PROFILE: SAHEN GUPTA

What is your background?

I studied a Triple Major Bachelor's in Psychology, Sociology and English for my undergraduate degree at CHRIST University, Bangalore, India before I started on my higher studies with a Doctorate in Psychology (Sport & Exercise) at Glasgow Caledonian University. I have worked in developmental and elite sport as a sport psychologist. I focus on a balance in applied sport psychology practice between high performance and mental health. My Doctorate research reflects this in its focus on resilience and multiculturalism in sport psychology.

What are your teaching duties and research interests?

As a Lecturer in Applied Sport Psychology, my primary roles are curation and delivery of modules at L4, L6 and L7. My research interests lie with resilience for mental health and performance in sport and multicultural sport psychology research. Understanding how individuals adapt to adversity over time, and translating sport psychology research and applied practice across cultures. I work with performance pathways and elite athletes developing long-term strategies for development and protective mental health parameters.

What attracted you to SHES?

I was attracted to SHES due to its integrated staff and student environment across different dimensions of sport science and human performance science. SHES is a dynamic research environment where we try to do real-world impact things- that is something that aligns with my values, and allows me to translate my science to help people.

GLOBAL CORNER

by Dr Mike Rayner

The 2022/23 academic year has once again been ground breaking for the School of Sport, Health and Exercise Science and our global engagement strategy. We have had students travel to our partners far and wide including our first ever student undertake an exchange year at the University of South Australia. Our student exchange provision is something we have specifically grown over the last few years and we are proud to boast that we now have exchange partnerships with ten institutions around the globe.

Additionally, the school has been interviewing potential students for our new BSc (Hons) Global Sport Management, a second dual degree course with Edith Cowan University in Australia. With Australia's sporting ecosystem due to significantly expand over the next decade with the country hosting the Women's Football World Cup this summer, the British and Irish Lions in 2025, the Rugby Union World Cup in 2027 and Olympic Games returning to Brisbane in 2032. We are excited about what our dual degree students will experience whilst down under and ultimately the career opportunities that will evolve.



COLIN IGGLEDEN SET TO RETIRE AFTER 25 YEARS

Since joining the University in March 1998, Colin has worn many hats, as a student, as a Senior Lecturer in Sport Management, and most recently as the Senior Tutor for SHES.

Known for his cheery, friendly character, Colin is highly regarded within the department. His approachable manner has made him popular amongst both staff and students, and he will be truly missed. In fact, the only thing that we won't miss about him is his awful taste in birthday cakes!

We thank Colin for his 25 years of service, and wish him a very happy retirement!

REFEREE BODYCAM TRIAL

In a new initiative designed to improve referee safety, the FA have commissioned a new body-worn camera trial. This study is the first of its kind in the UK which will see approximately 100 grassroots referees wear the equipment whilst officiating adult grassroots football matches. The aim of the trial is to explore whether the use of bodycams improves participant behaviour and respect towards referees in the grassroots game.

Leading the research is Senior Lecturer Dr Tom Webb, whose research focuses on the maltreatment of sports officials and the impacts on mental health and retention. Dr Webb says he is delighted to be involved with the evaluation of this trial which he describes as a "positive step forward for football". It is hoped that this pilot will help to deter, de-escalate and document violence towards referees, and cultivate a safer environment to work in.

CLINICAL EXERCISE PHYSIOLOGISTS

Three members of SHES staff have been registered as clinical exercise physiologists. Dr Andy Scott, Dr Ant Shepherd and Dr Zoe Saynor are three of only fifty-seven registered clinical exercise physiologists in the UK, as approved by the Registration Council for Clinical Physiologists. By obtaining professional registration, Clinical Exercise Physiologists demonstrate their commitment to professional development and compliance with proficiency standards, further enhancing the academic experience of SHES students.

JOE COSTELLO APPOINTED VISITING FULL PROFESSOR

Dr Joe Costello has recently been appointed as a Visiting Full Professor at The Centre of Neuroscience and Biomedical Engineering at The University of Electro-Communications in Tokyo, Japan. This is an incredibly rare opportunity for international scholars and is therefore a significant accomplishment.

But that's not all! Joe has also been invited to join the Editorial Board of The Journal of Physiological Sciences as a Senior Editor. This is a huge honour as it is the official journal of The Physiological Society of Japan. What's even more impressive is that Joe is only one of three Europeans who have been invited to serve on the board, making this a truly prestigious achievement.

BRA PRESCRIPTIONS FOR THE LIONESSES

The Research Group in Breast Health (RGBH) are once again teaming up with the Lionesses in the lead up to the World Cup this summer.

Last year the research group provided breast and bra education, bra assessments and bra prescription to the Senior England Women's football team in the lead up to their victory at the European Championship in September 2022.

In an unforgettable moment for British football, the Lionesses' secured a victory over Germany to become Euro 2022 champions. Following Chloe Kelly's memorable extra-time goal, she immediately whipped off her shirt, showing her Nike sports bra, prescribed by the RGBH. The Lionesses approached the RGBH having heard about their work with the English Institute of Sport, prescribing custom bras for female athletes for events like the 2020 Olympics. Professor Wakefield-Scurr, head of the project group, emphasised the importance of bra education for women in sport, saying the importance of: "Helping women understand what a sports bra is, how it works, how it should fit, what types are available, what might be better for you and your sport".



Contact us

To send in your news:
E: robyn.bate@port.ac.uk

For more information about SHES:
E: shes-headadmin@port.ac.uk
W: www.port.ac.uk/sportscience