



UNIVERSITY OF
PORTSMOUTH

PULSE 19

LATEST NEWS FROM THE SCHOOL OF SPORT, HEALTH AND EXERCISE SCIENCE

WELCOME

Welcome to the 19th Volume of Pulse, the newsletter for the University of Portsmouth's School of Sport, Health and Exercise Science (SHES). Whether you are a current, former, or future student, collaborator, 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 chloe.ryder@port.ac.uk and don't forget, there is more to watch and read online at www.port.ac.uk/sportscience



FLOAT TO LIVE

Your help is needed for the next phase of the 'Float to Live' campaign adding the Science behind the message. Do you want experience of working in research that will quite literally save people's lives? The School of Sport, Health and Exercise Science are working with the Black Swimming Association (BSA) and Royal National Lifeboat Institution (RNLI) on a new project supporting people to float to live when they fall into water accidentally or find themselves in difficulty when swimming. We will be working in London administering body composition and lung function tests as well as seeing how people float and how buoyant they are in the water. We are working with participants from African, Caribbean, Asian and mixed communities and would like to offer opportunities to students from these communities who would like work experience they can put on their CV. We will provide all the training you need to be able to help. If you would like more information please contact Dr Heather Massey (heather.massey@port.ac.uk)

TESTING WITH LAUREN STEADMAN

Preparing to go for gold again at the 2024 Paralympics, Lauren visited the Spinnaker Building for a custom gait analysis. Adidas, Lauren's sponsor, provided trainers that included carbon fibre plated racing shoes and more traditional cushioned training shoes. The purpose of the analysis was to measure any differences Lauren felt from a comfort and support perspective and to see if there were any biomechanical changes to her running when wearing different trainers. This information is important to help minimise the risk of running related injuries and to ultimately improve performance. All shoes were tested in a variety of speeds that represent training and race intensity. During these running trials, motion capture data and EMG (a measure of muscle activity) were recorded. Lauren also scored each trainer for support, comfort and appropriateness for training or racing. In conjunction with the biomechanical data, this self-reported feedback helped build a picture of how each shoe performed. Working closely with Lauren's coaching and physiotherapy team, this biomechanical gait analysis will form an important part in preparing Lauren for Paris 2024. Good luck Lauren!



ALUMNI PROFILE: MISHGAHN OMER

Course: BSc Sport Management & Development
Job title: Marketing and Business Development Coordinator – Joma



How did I get to where I am now: My life has been shaped by sports since I started playing tennis at the age of four, fuelling my passion for athletics and a desire to make a positive impact in the sports industry. The pivotal moment in my academic journey was when I discovered the Sports Management program at UoP. It was here I found a course that aligned with my aspirations and I built lasting connections with colleagues who continue to be an integral part of my personal and professional network. Through living, studying, and working in India, Canada, and the United Kingdom, I immersed myself in diverse cultures and gained a global perspective on sports. This journey broadened my horizons and led me to pursue a master's degree at New York University (NYU). NYU's proximity to major sports organisations and extensive networking opportunities made it an ideal choice. I take networking seriously, as it is through connecting with individuals and gaining insights into their experiences that I was able to mould my future path.

Advice to other SHES students: Network!! Networking is truly remarkable. Whilst acquiring knowledge is essential, it's crucial to remember that in the world of business, comprehending people is just as vital. Engage with others, listen to their stories, and learn from them. Some advice may seem better than others, but every perspective you gather is invaluable. I arrive at this conclusion from a 'Sports Business' perspective, however, whether you're just starting out or are well into your journey, understanding the experiences of the individuals you aspire to work with can be incalculably beneficial.

GRADUATION PRIZE WINNERS

In July, we were pleased to celebrate the achievements of our students from the graduating class of 2023. A special acknowledgement goes to this year's SHES academic award winners listed below:

Undergraduate award winners

Best BSc Project Grades

- Sport & Exercise Science: Amy Dent
- Sport & Exercise Psychology: Nathan Shiers
- Exercise & Fitness Management: Thomas Dunning
- Sport Management: Morgan Sturt

- Outstanding Academic Achievement: Ben Kinahan
- Will Houghton Memorial Award for Outstanding Contribution to the School: Gurpreet Singh
- Contribution to community sport: Emma Guy

Postgraduate award winners

- Dr Alex Milligan Memorial Award: Amanda Morely
- Frank Golden Award for best MSc Project Grade: Louise Buller
- Outstanding Overall Achievement Award: Madison Geeves



CONGRATULATIONS TO ALL OUR AWARDEES ON THEIR FANTASTIC SUCCESS!

MEET THE PHYSIO TEAM!



Helena: Hello, I'm Helena and I am the MSc Physiotherapy (pre-registration) Course Leader. I got my undergraduate degree from the University of Portsmouth and my pre-registration MSc in Physiotherapy at the University of Essex. I have worked clinically in the NHS & private practice for over ten years, specialising in Neurophysiotherapy. I am responsible for writing and delivering teaching content to our MSc students and I love sharing my passion.

Tim: As Associate Head of Employability and Placements, I work with our local NHS and private physiotherapy services to ensure high quality placements for students on the course. All students complete a minimum of 1000 hrs of placement activity across a range of clinical areas. My research includes biomechanical analyses of numerous clinical and sporting populations and I teach this area of the course.

Carolina: I am a Lecturer in Physiotherapy. I completed my BSc in physiotherapy at the University of Aveiro and my PhD at the University of Southampton. I am a clinical academic physiotherapist, which means I combine my academic work at the University of Portsmouth with clinical practice in the NHS. My clinical and research interests are focused on care for the elderly.

Holly: I am a physiotherapist specialising in Musculoskeletal injury and rehabilitation. I have a range of experience in the NHS, Private Practice, Sport and Military. I am Clinical Team Lead Physiotherapist for the Ministry of Defence and am passionate about treating holistically, promoting the recovery of mental and physical challenges of injury, aiding improved quality of life and return to high function.

GLOBAL CORNER

INTRODUCTION OF THE GLOBAL SPORT MANAGEMENT (DUAL AWARD)

This year we have introduced a brand new premium degree called 'Global Sport Management'. This four year course, led by Dr Helen Symons, is a dual degree split between the University of Portsmouth and Edith Cowan University in Australia.

Global Sport Management covers all the key aspects of sport management such as events management, sports law, marketing, and entrepreneurship – and most excitingly, students get the chance to spend a year studying abroad. Students undertake their first two years of study here in Portsmouth, followed by a year in Australia before returning to Portsmouth for their final year. This dual degree is a fantastic opportunity that we are thrilled to offer our students, allowing them to achieve two degrees over a four year period rather than six years. Global Sport Management follows the success of the Sport, Health and Exercise Science dual degree run by Dr Heather Massey, the first cohort of which have just ventured out to Australia to begin their third year of study.



CHRIS MILLS CLIMBS KILIMANJARO

Earlier this year, Dr Chris Mills took on the challenge of climbing Mount Kilimanjaro. Here in SHES, we are known for our work in Extreme Environments, but Chris really put the research into practice on his latest endeavour. Outside of work, Chris is a keen pole vaulter and is used to pushing his body to the limit, but this was a new sort of challenge entirely. On scaling Africa's tallest peak, Chris said "I was looking for a new challenge and wanted to live life with no regrets. I love the mountains, especially when they're covered in snow, and I couldn't think of a better way to spend my time off!" As for what's next, Chris predicts his next adventure to be hiking in Iceland, trekking across glaciers and seeing the northern lights.

EXTREME ENVIRONMENTS HONOURED WITH EXCELLENCE IN PHYSIOLOGY AWARD

Earlier this year, the Extreme Environments research group (EEG) was awarded the inaugural Excellence in Physiology Award from The Physiological Society. The accolade acknowledges the innovative, life-saving research the group has carried out, which has influenced global practices and policies, improving athlete and occupational safety in extreme environments. The EEG's research has spotlighted the health risks posed to athletes, such as cardiac arrhythmias and hypothermia from cold water immersion, as well as heat-induced impairments. Prof. Mike Tipton, Head of the EEG, said: "We are delighted to receive this award and the recognition it gives the work of our research group at Portsmouth. We are particularly pleased to receive it from The Physiological Society, which has facilitated the highest of scientific standards over the years, and supported many members of our group along the way."

DR ANDY SCOTT APPOINTED AS ICSESP

Dr Andrew Scott was appointed to represent The British Association of Sport and Exercise Sciences (BASES) as their Director on the International Confederation of Sport and Exercise Science Practice (ICSESP). The ICSESP is formed from directors representing the national associations of the UK, Australia, Canada, USA and New Zealand to promote professional practice and employability in sport and exercise science. So far the role has involved liaising with members of the Confederation to begin the development of Global Professional Standards at postgraduate and undergraduate levels. Included in this work is also the development of relationships with relevant bodies in the fitness sector and countries developing their national associations in sport and exercise to promote global uptake of professional standards to enhance graduate mobility and employability.

INAUGURAL R & I SHOWCASE

This autumn SHES hosted the inaugural research and innovation showcase at Portsmouth's historic dockyard. Colleagues from across the university were brought together with some of our external partners to discuss the world leading research activities taking place in the School. Throughout the day, colleagues from our three research groups (Extreme Environments, Culture, Behaviour, Inclusivity and Governance, and Physical Activity, Health and Rehabilitation) presented showcases, posters and exhibitions, highlighting the diverse work we do in SHES. We look forward to hosting future showcases in the years to come.

SHES AT INTERNATIONAL CONFERENCES

This year, SHES have had the privilege of participating in several international conferences. For some of our research students, this was not only their first conference, but also the first time disseminating their PhD research and the conferences presented a great opportunity to share their findings and network with key individuals in their field.

Pictured below, SHES had a strong presence at the 28th Annual Congress of the European College of Sport Science. Hosted in Paris, our team of academic staff and postgraduate research students had a fantastic time showcasing the range of research activities taking place within the school. Meanwhile, the Sport Management team travelled to Belfast to the European Conference of Sport Management where they engaged in invaluable discussions about sport management education, governance and policy. Closer to home, the Research Group in Breast Health attended the International Congress on Soldiers Physical Performance. Presenting their research to female British Army recruits, the team discussed the importance of bra education and provided recommendations for PPE adaptations.



Contact us

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