



UNIVERSITY OF  
PORTSMOUTH

# PULSE

## SPECIAL EDITION

### EDI FOCUS

#### WELCOME

Welcome to this special EDI edition of Pulse, the newsletter for the University of Portsmouth's School of Sport, Health and Exercise Science (SHES).

Equality, diversity, and inclusivity (EDI) are essential principles that contribute to the overall well-being and success of individuals, organisations, and societies.

There is excellent work being conducted in the EDI field in SHES, sitting within three sub-themes 'promoting inclusion in sport, health, and exercise' including:

- Promoting and supporting women and girls in sport, health and exercise;
- Addressing cross (socio) cultural issues in sport, health and exercise; and,
- Understanding disability, impairment and long-term health issues within sport, health and exercise.



#### LAUREN STEADMAN REGISTERS PHD WITH SHES

SHES are delighted to welcome paralympian and UoP alumni, Lauren Steadman MBE to the department to pursue a PhD.

Lauren is one of the most decorated British para-athletes, having competed in the triathlon at the Rio 2016 Games and the Tokyo 2020 Games, where she took home silver and gold medals respectively. No stranger to hard work, Lauren is looking to continue with her studies alongside preparations for the Paris Olympics next year, where she hopes to replicate her previous success. Having earned both her undergraduate and postgraduate degrees with the University of Portsmouth, Lauren now embarks on a new academic journey where she will be exploring mental health in elite sport. Although still in the early stages of development, Lauren will be taking a qualitative approach to understand the lived experiences of athletes. Lauren will be supervised by Professor Chris Wagstaff, having previously published work together on the organisational stressors encountered by athletes with a disability. We wish Lauren all the best with her sporting and academic pursuits!

#### SHES GENDER EQUALITY AND COMMUNITY INCLUSION AWARD

This year, the Community Inclusion and the Gender Equality prizes were awarded to Katherine Carew-Robinson (MSc in Clinical Exercise Science student) and Lucie Bishop (BSc in Sport and Exercise Psychology student) respectively. Katie will deliver free physical activity programmes to an underserved community in the heart of our city. These programmes will be co-designed with the community and informed by the Athletic Skills Model framework. Lucie, on the other hand, will use the prize to advance her career in an area where women are still underrepresented, sports coaching. Currently, women account for just 18% of qualified coaches and 9% of senior coaches in sports. Congratulations to both!



## ALUMNI UPDATE: ROSARIA BARETTO

### What is your job role?

I consider myself a social health-focused entrepreneur. I started my first business in 2018 after graduating from my undergraduate degree. Recently, I have embarked on a new venture called Mature Movers, where our focus has shifted towards older adults, as statistics show that 60% of over 60's have one or more health conditions.

### What made you want to start up your own business?

I am passionate about finding solutions in the health and social care industry, particularly for older adults who have far fewer options available to them. During my final year of university, I was studying physical activity prescription and promotion when it dawned on me: Why hasn't the NHS created a system that uses exercise to help individuals with health conditions? At that point, I was quite naive, but the seed was planted. Now, five years on, Mature Movers represents a web-based platform that simplifies the process of finding and accessing rehabilitation exercise classes.

### What made you want to join the EDI committee?

When I joined the committee, I was working on a project with a company called Disability Assist, and it really boosted my passion for helping people. I encounter EDI issues everyday in my industry, and I don't think we do enough to facilitate equality, especially when it comes to physical health. As a woman in a male dominated market, I also have lived experience of unconscious bias when trying to raise investment. Even female investors tend to favour men! Joining the EDI committee allows me to use my lived experience and commitment to promote fairness and equality.

## FACULTY OF SCIENCE AND HEALTH IN THE MEDIA

Reflecting back on 2023 and the media coverage for the Faculty of Science and Health, celebrating our successes. Overall, the faculty contributed to 140 Conversation articles, podcast episodes, and press releases. As a result it secured 9918 items of coverage overall in the 12 months from December 2022-December 2023.

Two of the top ten academics were from SHES; Professor Mike Tipton and Dr Joe Costello. Within the Faculty, SHES were featured in 37 press releases, conversation articles and podcast episodes, making us the top school within the faculty for media coverage.

Some of the stories that SHES were involved in included: Sports Bra Guidance from the Research Group in Breast Health, Cold water immersion advice and guidance, How to recover from a bad night's sleep: a new study says just 20 minutes of exercise can help







## STAFF PROFILE - DR DAVID PRICE PHD, GMBSS, PGDIP, MSC, BSC (HONS)

What is your background?

My time within the school dates back to my undergraduate and postgraduate days where I studied sport and exercise science and sport and exercise psychology. I followed this up with a postgraduate diploma conversion course in psychology at Manchester Metropolitan University before returning to Portsmouth to embark on a professional doctorate in sport and exercise psychology. My research interests focus on the role stress and self-care play on performance and wellbeing across a range of populations.

What are your teaching duties?

My official title is Senior Teaching Fellow in Sport and Exercise Psychology. I am the course leader for the MSc in Sport and Exercise Psychology and the module coordinator for the Applied Sport Psychology and Psychology of Elite Performance modules on the course.

What does your consultancy role look like?

My most recent consultancy position was with the Football Association as a consultant performance psychologist working with para footballers. While I predominately worked with deaf men and deaf women teams, I often encountered para footballers from a range of impairments (cerebral palsy, partially blind, blind, powerchair). The agenda was to provide psychological support to these high performing teams. This might involve working one-to-one with para footballers regarding performance, developmental or wellbeing challenges, or supporting the coaches to create optimal training environments.

## REFUGEE S&C

The Wiltshire gym opened its doors to refugees and asylum seekers living in Portsmouth in 2023 as students led weekly, hour-long classes for individuals supported by the Portsmouth City of Sanctuary charity. The pilot classes held in April and May served as the platform from which a TRIF funded project was launched to provide individuals the opportunity to be active in a space that would not normally be accessible to them. However, the main aim of the project moving forward is to examine the impact engagement with individuals with different life stories has for students.

An initial reflection from recently graduated SHES students Tara-May Morse and Mackenzie Steele indicates there may be potential to provide evidence for the positive impact of developing inclusive physical activity spaces: "Running these sessions has been a huge learning opportunity for us. We've helped provide a safe space for them to exercise and have fun, and I hope they got as much out of the sessions as we did."

Picture caption: (From left to right) Robert Rowland, Tara-May Morse, Mackenzie Steele, Roni Edwards, Alistar Raddon, Dr Thierry Middleton. © Karen Bornhoft/University of Portsmouth



## LAUNCH OF THE CULTURE, BEHAVIOUR, INCLUSIVITY, AND GOVERNANCE RESEARCH THEME.

We are pleased to announce the formation of the new Culture, Behaviour, Inclusivity, and Governance theme. As showcased in this special issue, the creation of the Inclusivity sub-group is recognition of the growing body of world-leading research conducted by SHES in areas including: promoting and supporting women and girls in sport, health and exercise; addressing cross (socio) cultural issues in sport, health and exercise, and understanding disability, impairment and long-term health issues within sport, health and exercise. For any questions about our work in Culture, Behaviour, Inclusivity, and Governance, please contact the theme lead, Dr Matt Miller-Dicks ([matt.miller-dicks@port.ac.uk](mailto:matt.miller-dicks@port.ac.uk)).

## **FEMALE POLICE OFFICERS TO RECEIVE BREAST HEALTH EDUCATION AND HAVE PPE TESTED**

Breast health can significantly impact a female's occupational performance, health and overall wellbeing. Reportedly, 67% of female Police officers found wearing body armour either uncomfortable or very uncomfortable with a bra, regardless of type. In an exciting first step to address some of the concerns outlined, the College of Policing is currently funding a study with Dr Jenny Burbage, in collaboration with the University of Lincoln. The aim of the project is two-fold. Firstly, to provide breast educational material to the National Wellbeing Service, and secondly, to conduct an initial lab-based research study to assess equipment-laden breast motion in a range of bra styles. Breast educational material is now available as a resource on the Oscar Kilo website. The aim of the lab study is to explore the interaction of personal protective equipment (PPE) with different bra types across a range of breast sizes, and how this interaction affects breast movement and the perception of comfort. A greater understanding of the bra and PPE interaction may also lead to pain reduction, decreased sick days and recommendations for future PPE adaptations and/or appropriate breast support for female officers.

## **RESEARCH GROUP IN BREAST HEALTH: COLLABORATIONS WITH THE RUGBY FOOTBALL UNION**

In April 2023, Dr Nicola Brown took to the stage at the invitation of the Rugby Football Union (RFU) to discuss breast considerations in rugby at the Women and Girls Health Symposium. Dr Brown's presentation shed light on the overlooked impact of breast movement and breast injuries during rugby, revealing potential performance and participation implications. Recognising the need for the change, the RFU in collaboration with Professor Joanna Wakefield-Scurr and Dr Nicola Brown, unveiled breast health and sports bra fitting guides in July 2023. These guides were integrated into the RFU's Women and Girls Welfare Toolkits, making a significant stride towards fostering education, awareness and better support for women and girls in the world of rugby.

## **SHES TO HOST WISEAN CONFERENCE**

SHES are excited to announce The University of Portsmouth has been selected to host the upcoming Women in Sport and Exercise Academic Network (WISEAN) Conference on June 26-27, 2024. WISEAN aims to unite academics, practitioners, and advocates from various fields to advance research on women in sport and exercise, with a focus on enhancing women's participation and success.

SHES is proud to have had a strong presence at the previous WISEAN conference held at Liverpool John Moores University in June 2023, actively contributing through poster and oral presentations, showcasing research on women in sport, and hope this will grow going into a 'Home' conference this year.

The event in the coming summer will be a celebration of female athletes, leaders, and researchers, providing a platform for diverse voices in the sports world, while championing gender equality and inclusivity. Keep an eye out for updates from the committee in the coming months! Why not follow @wiseconf on twitter for updates or go to the website!



## **Contact us**

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