



UNIVERSITY OF PORTSMOUTH

PULSE ISSUE 20

News from the School of Sport, Health and Exercise Science

WELCOME

Welcome to the 20th 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.



CELEBRATING UNDERGRADUATE RESEARCH SUCCESS!

The SHES team are very proud to congratulate some of our undergraduate students for their amazing research achievements and success!

Firstly, the team are very proud to congratulate Finlay Morgan! Fin was accepted to present at the at the BASES Student Conference which was held on the 3rd April 2024. Finlay presented his research 'Influence of head-mounted virtual reality (VR) on psychological and physiological responses in the heat'. His poster presentation for this conference won the 'Undergraduate Poster Presentation' award!

SHES are also celebrating Amy Dent (BSc Sport & Exercise Science) for her project: "No One is Judging You"- An Exploration into the Impact of Informal Sport on University Students' Sense of Belonging, which won the Undergraduate Dissertation Award from The British Association of Sport and Exercise Science. Amy presented her research at the BASES Student Conference on the 3rd April 2024.

A huge well done to Nathan Shears (BSc Sport & Exercise Psychology) for his project: 'Competence Satisfaction as a Predictor of Subjective Performance and the Mediating Role of Subjective Vitality', which won the HTA Whiting Undergraduate Dissertation Prize from the British Psychological Society Division of Sport and Exercise Psychology.

Well done to all three students!

(Photograph: Finlay Morgan with his poster at the BASES Student Conference 2024).



ALUMNI UPDATE - BEN KINAHAN

Undergraduate Course: Sports Management

What is your job title and role?

My job role is Lead Content Creator for AP Race Club. My role consists of producing marketing content whether it be for social media or for event documents and branding.

How did I get to where I am now?

After working for IRONMAN as Branding coordinator for the past two summers, I was very keen to stay working in the Sports event industry and applied for a lot of jobs when I was looking for my first full-time contract. I found out about the job through Adam Peaty's Instagram, where I was able to get in contact with the AP Race team and, within two weeks, was employed as their new Lead Content Creator, where I've been across different parts of the UK and had a 10-day trip to Thailand to join our GB athletes on their training camp and getting to know some of the worlds greatest athletes. Due to the start-up nature of the business, it has been great to have input not just on the marketing side of the company but also on different strategies and procedures to help the business progress further.

Advice for SHES students?

My best bit of advice is "EXPERIENCE"! You'll learn more from gaining work experience in the field than you will any other time during your degree. Internships are a great way to gain experience working within developed businesses and teams that will teach you core values that are really beneficial for when you graduate and are ready to sign your first full-time contact.



TIM EXELL GOES BACK TO SCHOOL WITH STEPHEN MORGAN MP

On Friday 8th March Dr Tim Exell was invited to take place in an industry roundtable with students, teachers and local business leaders to discuss the skills needed and jobs available for young people in and around Portsmouth, hosted by Stephen Morgan MP.

The event took place at the Shadow Minister for Rail's former school, Priory School in Southsea and was in partnership with leading social mobility charity Speakers for Schools. The roundtable debated how national and devolved governments can better support young people to prepare for the workforce with the right skills and opportunities, particularly in the face of a fast-evolving workforce and reported skills shortages across many sectors.

With the support of Speakers for Schools, Morgan is keen to build stronger links between educational institutions and local employers to grow talent pipelines sustainably.





STAFF PROFILE - HARRY RAMSEY

What is your background?

I completed my Undergraduate at the University of Portsmouth (UoP) in BSc Sport and Exercise Science. I then studied for a Master in Research (MRes) degree again at UoP before applying to a funded PhD with the South Coast Doctoral Training Partnership (SCDTP). I was first required to complete a MSc in Social Research Methods at the University of Southampton, prior to commencing my PhD in the Department of Psychology at UoP. In May 2023, I started as a Lecturer in Skill Acquisition here in SHES.

What are your teaching duties?

I am the module coordinator for the second year module Principles of Skill Acquisition. I also supervise undergraduate and masters dissertation projects and I have most recently become the lead supervisor for the research component for a Professional Doctorate student within the school.

What are your applied/research interests?

My research interests are centred around understanding skilled perception and action, primarily in sport settings as well as in natural-everyday environments using a blend of quantitative and qualitative research methods. My research interests also include the development of perception and action skills across the lifespan. A particular aspect of my research that I enjoy is the ability to speak with professional sports clubs and organisations to assist in how they train and develop these perceptual-motor skills with their athletes.

SPORTS MANAGEMENT GOES TEXAN!

Earlier in the year three of our Sport Management academics were invited to London to present to students visiting from Trinity University in Texas while they were on an overseas study tour. Robyn Bate, Sarthak Mondal and Sport Management course leader Kieren McEwan all had the pleasure of meeting the Trinity students and presenting some of their research.

Trinity University is one of our Global Partners and we currently have one of our second year Sport Management students, Max Warren. Accompanying Kieren and his colleagues was Head of School, Mike Rayner. On the visit Mike said "This was an amazing opportunity to connect to students from Texas and showcase some of the excellent work we do here at the University of Portsmouth. It was also a great opportunity to explain what a great place Portsmouth is to study and hopefully spark some further interest from the Trinity students in coming over to study with us for a period of time".

Kieren added "The link with Trinity University is one of several which is going from strength to strength. Being able to welcome overseas students to our Sport Management course makes our programme more vibrant for our home students and having the chance to also study overseas and gain credit is an amazing opportunity for those studying on our programme. It really demonstrates our commitment to global graduates who are ready and able to work anywhere around the globe."

(Photograph: Sports Management Team with Trinity University Students)



CELEBRATING MSC RESEARCH SUCCESS!

The SHES team are very proud to congratulate Rachel Woods (MSc Sport and Exercise Psychology) for winning the British Association of Sport and Exercise Sciences (BASES) Masters Dissertation of the Year Award 2023.

Rachel's project 'An Exploration into Organisational Culture within Women's Football' was the first to explore women's football culture from the perspectives of individuals (former and current) belonging to the same successful women's football club. Rachel is due to present her project and findings at the BASES Annual Conference, and we wish her the best of luck with her oral presentation!

SHES ACADEMIC RAISING THE PROFILE OF GLOBAL SPORT AND EXERCISE SCIENCE PRACTICE

Andrew Scott has been invited to take part in a Panel Discussion on International Perspectives on the Discipline of Exercise Physiology at the Research to Practice 2024 annual conference of Exercise and Sport Science Australia (ESSA) in Sydney in May, a conference for academics and practitioners. The invitation as a panel member is part of his role as the British Association of Sport and Exercise Sciences (BASES) Director of the International Confederation of Sport and Exercise Science Practice, who are sponsoring his attendance at the conference. He was also invited to present a poster at the conference of his research into the perspectives of people living with metastatic breast cancer on being physically active since their diagnosis. The project was supported by the Portsmouth Metastatic Breast Cancer Support Group and conducted during last summer as part of a student research group project on the MSc Clinical Exercise Physiology course.

PROFESSOR MIKE TIPTON GOES TO PARLIAMENT REPRESENTING THE PHYSIOLOGICAL SOCIETY

On Monday 4th March, early-career researcher scientists, politicians and a panel of expert judges attended Parliament for STEM for BRITAIN, a major scientific poster competition and exhibition. The event was organised by the Parliamentary Scientific Committee to give members of both Houses of Parliament an insight into the outstanding research being carried out at UK universities by early-career researchers.

Professor Mike Tipton spoke about the vital role physiology plays in tackling global challenges. The Physiological Society Prize was judged by a panel of physiologists, including Chair of The Society's Policy Committee Chair, Professor Mike Tipton, and Chair of Communities Committee, Professor Lucy R Green. Professor Mike Tipton said "The Physiological Society is proud to support STEM for Britain, which gives the opportunity for early career physiologists to talk directly to politicians about their research".

LAUNCH OF THE INDIAN SPORT MANAGEMENT ASSOCIATION!

The newly formed Indian Sport Management Association has elected Mr. Sarthak Mondal and Dr. Sahen Gupta as the President and Vice-President (Research) of the association on a four-year term until December 31, 2027. Dr. Mike Rayner will also serve as a member of the Global Advisory Committee. The Indian Sport Management Association has been formed to advance the development of the sport management scholarship in India and will hold its first annual conference in Mumbai on December 17, 2024. The association has been granted provisional recognition as the representative sport management academic body of India by the Asian Association for Sport Management in March 2024.

Sarthak Mondal, also volunteered to help Fairstreet Sports, the organisers of MotoGP Bharat 2023 to identify the economic impact of the event. The event saw a total spend of Rs 528 crores (£52.8 million) and a direct economic impact of Rs 105 crores (£10.5 million).



Contact us

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