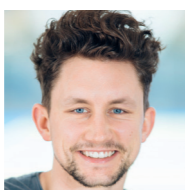


Research focus

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 sport and exercise science, with a number of students volunteering as participants for this work. Read about some of our recent research highlights below.

DSES expands research capability

We have recently appointed alumni Dr Tim Blackmore as a Senior Research Associate working on a project investigating novel aspects of breast biomechanics. Tim received his PhD from Southampton Solent/ Nottingham Trent University for which he investigated the effect of athletic socks on running biomechanics. He has returned to the University of Portsmouth where he studied for both his undergraduate and postgraduate degrees.



We also welcome PhD students Adam Causer and Tom Williams. Adam's research aims to investigate the extent to which inflammation, oxidative stress and vascular dysfunction contribute to a reduced aerobic fitness of patients with cystic fibrosis. Tom's research is looking at the impact of environmental stressors on cognitive function, particularly when you are exposed to multiple stressors at the same time.



Dr Tom Webb launches book

Our Senior Lecturer, Dr Tom Webb's book *Elite Soccer Referees; Officiating in the Premier League, La Liga and Serie A* launched in April. The book explores the evolution of the match official and includes exclusive interviews with elite and ex-elite referees, as well as with professional soccer managers. Tom's research has received a great deal of interest from the national and international media, where he has been interviewed by broadcasters such as BBC Radio 5 live, Talk Sport, *The Times*, Radio 4 and Sky Sports.

BASES Expert Statement to be led by DSES staff

Professor Mike Tipton and Dr Jo Corbett have each recently been awarded the honour of developing a British Association of Sport and Exercise Sciences (BASES) Expert Statement. In recognition of their leading research and reputation in the area of environmental physiology, Professor Tipton will lead a team developing a Statement focusing on performing in a cool environment, with Dr Corbett heading a team focusing on performing in a hot environment. The Statement will be presented at the BASES annual conference later this year.

www.port.ac.uk/sportscience

Extreme Environments Laboratory (EEL) round-up

DSES Senior Research Associate, Rebecca Neal, had a successful month in December, winning the Physiological Society and *Experimental Physiology* Oral Communication Prize for her presentation at the 6th International Conference on the Physiology and Pharmacology of Temperature Regulation in Ljubljana, Slovenia. The following week she presented a poster summary of her PhD research at the English Institute of Sport National Conference before passing her PhD viva voce examination.



In February, Professor Greg Whyte OBE performed an 'uphill swim' in our flume as part of his #50at50 campaign to raise awareness of the importance of learning to swim to prevent drowning, and Dr Chris van Tulleken took part in a -20°C run as part of filming for a new BBC series on the human body. The EEL also hosted a BASES workshop, which demonstrated the latest approaches for preparing athletes and workers required to perform in extremes of hot and cold. The workshop attracted delegates from academia, industry, defence and applied science who were all keen to hear about the latest research conducted here.

Professor Mike Tipton continues to raise the impact of EEL research by giving invited lectures at the World Extreme Medicine Conference and to the Swedish Special Forces, to name a couple. He also lent his expertise to the RNLI and Gaelic Athletic Association's combined drowning prevention campaign 'Respect the Water' which aims to reduce the instances of drowning in Ireland.

Follow the lab activities on Twitter @ExtEnvLab_UoP.

Contact us

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Pulse



Issue

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Welcome

Welcome to the seventh issue of *Pulse*, the newsletter of the University of Portsmouth's Department of Sport and Exercise Science (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. Don't forget, there is more to watch and read online at www.port.ac.uk/sportscience.

Best Sport and Exercise Science Department for Overall Student Satisfaction in England (National Student Survey 2016)

GB success for DSES lecturer

In January, Dr Heather Massey won three medals representing GB at the World Ice Swimming Championships in Burghausen, Germany, racing in a lake in water temperatures of 2-3°C and air temperatures between -5 and -14°C.

Heather, who teaches Environmental Physiology and researches the effects of coldwater exposure on the body, won age group medals in the 200m freestyle (1st place), 50m breaststroke (2nd place) and 1km freestyle (3rd place). She has several longer open water swims planned for the summer. In her spare time, she can be found swimming along the beaches of Portsmouth in most weather and sea conditions!



Alumni becomes US Soccer's High Performance Director

James Bunce, who completed his undergraduate and postgraduate degrees with us, has been appointed US Soccer's first High Performance Director.

James's proactive approach to gaining sports science experience paid off when after his undergraduate degree he was appointed as an intern at Southampton FC. He stayed at the Club for eight years in various roles, and was later offered a role as Head of Sport Science at the Premier League, subsequently becoming Head of Elite Performance within the organisation. In his new role, James will be looking to implement a systematic and evidence-led approach to provide all male and female senior and youth national teams with world-class performance and medical support.

James advises current students: 'Make yourself stand out from the crowd. Seek experience within a club or organisation, attend as many courses and conferences as you can and build a strong network. It's not easy, but the long-term rewards will definitely be worth it!'

www.port.ac.uk/sportscience

Alumni update

The Department of Sport and Exercise Science (DSES) 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.

Name: Will Abbott

Course: BSc (Hons) Sport and Exercise Science and MSc Sports Performance

Job title: Head of Academy Strength and Conditioning and Sport Science, Brighton and Hove Albion FC

Typical day: A typical in-season training day begins with a meeting with the coaches and support staff. We review each athlete to determine their training status, and then discuss what we need from the day's training from a physical, technical and tactical perspective. I then put together and deliver a warm-up to prepare the athletes, assist the coaches with the training session, and lead any separate conditioning or rehabilitation work.

Best thing about your job: I've always been a big fan of football, so working in a professional football club is a dream come true. The best thing about my job is working as part of a high-performing team and environment. In addition, the feeling of being part of a team when winning games or achieving success is unbeatable!

How did you get where you are now? It's been a long and rigorous journey. During the final year of my undergraduate degree and my Master's degree, I worked unpaid at Southampton FC. I then completed another full-time internship at Brighton and Hove Albion FC. After three managerial changes, and numerous roles within the football club, I now find myself in my current position overseeing all of the strength and conditioning and sport science support we provide our academy athletes (U9-U23).

Advice you would give to DSES students wanting to pursue a similar career: 1) Don't wait until after you've graduated to get experience. 2) Network as much as possible. High-performance sport is a small world, and you never know how people may be able to lend you a helping hand further down the line! 3) Build your CV by gaining BASES, UKSCA and ISAK accreditations.

Best memory: Walking up to collect my degree on graduation day.



Dr Alex Milligan

by Professor Joanna Wakefield-Scurr

It is with great sadness that I write this piece in celebration of the life of one of our researchers, Dr Alex Milligan, who passed away in February 2017. Alex joined the University of Portsmouth in 2005 as an undergraduate in sport and exercise science, and went on to an MSc in Sports Performance. Alex was a contentious scientist who was not prepared to compromise. This set her up well to continue her studies into a PhD with the Research Group in Breast Health, followed by a position as a Senior Research Associate. Alex was a fantastic team player and this was evident in her prolific sporting and professional career. Alex represented the University at conferences, won awards, developed an impressive publication record and generated income.

Alex taught and inspired others to become passionate about science. But for me, the quality I admired most in Alex was her integrity. Integrity is the foundation of science, from transparency in participant recruitment, data collection and analysis, to how we present findings. We all know that statistics can be manipulated – data removed, positive findings presented ahead/instead of negative findings – but scientific integrity should underpin everything we do as scientists. Alex was one of the most honest, meticulous, contentious scientists I have ever had the pleasure of working with. She would triple-check everything and was not, under any circumstances, prepared to lower her scientific standards or compromise. I learnt a lot from her. There is no right or wrong answer in science, there is only evidence. This, her approach, enabled and inspired the systematic, logical progression of knowledge in breast biomechanics. Alex was an honest, open, warm, considerate and beautiful person, and science is a poorer place without her.



DSES Careers Development Prize

This year's DSES-sponsored £500 Career Development Prize has been presented to Rosaria Barretto (pictured centre, BSc (Hons) Exercise and Fitness Management, Level 5) towards gaining a Level 3 Diploma in Sports Massage. Further awards of £250 were awarded to Adrian Fautly (MSc Clinical Exercise Science), Matt Blandford (MRes Science), Jack Thomas (BSc (Hons) Sport and Exercise Science, Level 6), Marcus Campopiano (MSc Sports Performance) and Ryan Edge (not pictured, BSc (Hons) Sport and Exercise Science, Level 6) for a variety of courses and workshops. These awards provide financial support to successful applicants who can clearly demonstrate how the award will enhance their career development and future employment prospects. Well done all!



New lecturer joins DSES

In January, we welcomed Dr Daniel J Brown from the University of Bath, following the completion of his PhD. Daniel has previously worked for the British Paralympic Association at the London 2012 Paralympic Games. His research centres on the psychology of human excellence and wellbeing, with his doctoral thesis forwarding an understanding of thriving in humans and applying this knowledge to sport performers.



Paddling to success

Sports management with business communication student, Kate Gritsinina, undertook a work placement with Nelo Kayaks – the largest canoe manufacturer in the world, based in Portugal – as part of the Erasmus+ scheme last summer.

During this two-month internship she was involved in event organisation, marketing and worked in a sponsorship management role. Kate said: 'This work placement allowed me to experience a new culture, establish further career plans and gain valuable experience within numerous managerial disciplines in the sporting industry. It was a major boost to my employment opportunities.'

Visiting professor appointed

One of our senior lecturers, Dr Zoe Saynor, has been appointed as a Visiting Professor at the University of Toulon (France) for 2017, as a result of a research collaboration with Dr Mathieu Gruet, expert in muscle fatigue in people with cystic fibrosis. Zoe will deliver a number of lectures and seminars on exercise in respiratory conditions along with delivering sessions to athletes on an elite performance programme. Furthermore, Zoe's PhD student, Adam Causser, was successfully awarded funding to visit the University of Toulon for a placement this summer.

International opportunities for our students

Chris Hughes, DSES Associate Head (Education), recently agreed partnerships for student exchange and study abroad opportunities with four universities in Canada and the US. Each institution was chosen due to their differing size, location and exchange offering, and are SUNY Brockport, Brock Ontario, Western Ontario and Minnesota. Each opportunity will offer something slightly different depending on the student's preference.



To discuss international opportunities for 2017/2018 or 2018/2019, contact mike.rayner@port.ac.uk.

Staff profile

Name: Dr Denise Hill
Role: Lecturer, Sport and Exercise Psychology



What's your background?

I completed an undergraduate degree in sport science and physical education at Loughborough University, and a Master's in sport and exercise psychology at the University of Exeter. After teaching for a few years in further education, I became a senior lecturer in sport and exercise psychology at the University of Gloucestershire, while also completing a PhD in Choking under Pressure: The Case of Elite Golfers. I remained at Gloucestershire for 11 years. There, I became the course leader for the BSc (Hons) Sport Science and MSc Sport and Exercise Psychology, followed by a management post overseeing all the sport science courses and staff who contribute to the programmes. I then started at DSES in 2016.

What are your teaching duties?

I coordinate the units Sport and Exercise Psychology and Professional Practice in Sport Psychology. I also contribute to various other sport psychology and research methods units, and supervise a number of research students.

What are your research interests?

My main research interest is choking under pressure. So, I explore the cause and consequence of catastrophic performance failure under pressure. While I have predominantly explored this phenomenon in sport (especially golf), I am also interested in understanding choking under pressure across other domains, for example, academia, music, work and the military.

What advice would you give students to help prepare for a career in sports science?

Firstly, know your stuff and, secondly, network. So, work hard, complete your degree to a high standard, consider postgraduate qualifications, get involved in research and complete your own research. You also need to be known by potential employers.

What's the best thing about DSES?

It's a unique department. I've been involved in higher education for a long time, and the staff in this department are incredibly motivated to offer the best learning environment for our students, and complete world-leading research. That combination is rare – so I'm privileged to be part of the team.