School of Sport and Exercise Science
Welcome

It is my great pleasure to welcome you to the School of Sport and Exercise Science at the University of Lincoln.

The School of Sport and Exercise Science was ranked 6th out of 75 institutions nationally for overall student satisfaction in the National Student Survey 2016, as provided by unistats.com.

Our aim is to foster a stimulating environment conducive to learning and research. We aim to support the undergraduate and postgraduate student experience through research and our applied practice of national and international standing. Students on taught courses can gain real-world experience from active placements within the community with the aim of enhancing their employment opportunities after graduation.

We are proud of our specialist facilities and the support we provide to our students. The School of Sport and Exercise Science is home to a range of state-of-the-art equipment including the Human Performance Centre for applied work within the areas of sport and exercise physiology, biomechanics, psychology, and strength and conditioning. We have specialist laboratory spaces containing cutting-edge equipment for the assessment and evaluation of human performance. The Centre presents the ideal environment for students to engage in applied work with the aim of increasing their practical experience.

If you would like to know more about the School of Sport and Exercise Science at Lincoln, please contact us using the details at the back of this brochure or visit us on an Open Day to experience our School and campus for yourself.

Cathy Thomas
Head of School, Sport and Exercise Science

The University of Lincoln has some of the most satisfied students in the UK, and was placed in the top 10 for overall student satisfaction in the National Student Survey 2016. In The Times and Sunday Times Good University Guide 2017, Lincoln is ranked in the top 10 nationally out of 128 universities for both teaching quality and student experience.
Graduates Help Lincoln City FC in Amazing FA Cup Run

Lincoln City FC’s fairytale journey to the quarter finals of the FA Cup was underpinned by analysis from two Lincoln graduates.

The graduates set up sports coaching company VIRSCO (Virtual Sports Coaching) to help schools and sports clubs deliver high-quality sports sessions. VIRSCO employs a number of the School’s current students and graduates as staff coaches. Matt Page and Toby Ellis also founded iCoach4Sport, which has developed new software tools to help coaches, teachers and parents track a child’s development.

In order to promote awareness of their new company Toby and Matt approached Lincoln City FC with the idea of providing match analysis for the club. They analyse every game, looking at areas such as possession, shots on and off target, whether a player’s touch is successful or not and chances on goal. They mark each player out of ten and they assess the team as a whole, this rating can predict the outcome of the game.

Toby said “Our relationship with Lincoln City FC has really paid off. As the club has climbed higher in the FA Cup and played many high-profile games, we have gained a great deal of publicity and developed a new package that we want to offer to other football clubs.”

The School has been actively involved with the football club. Dr Danny Taylor and Sport Science Technician Jacob Wells have undertaken testing for the club with assistance from students. Third-year student Kieran Walker has worked as an assistant sports scientist and sports massage therapist at the club. MSc Sport Science student Josh Booth has carried out player monitoring. Furthermore, Dr Sandy Wilmott has collaborated on strength testing with medical staff at the club, and a number of students have worked as performance analysts with their Academy.

Pushed to the Limits: Cycling Team Put Performance to the Test in Sports Science Centre

A team of amateur road cyclists led by former Olympian Bryan Steel have been working with sports scientists to implement training and assessment techniques usually reserved for elite athletes as they strive to join the fast track to the highest level of competition cycling.

Experts in sports physiology based in the University’s Human Performance Centre (HPC) have been assessing the East Midlands-based Godfrey Bikewear Race Team using pro-level cycling ergometers to analyse performance, combined with high-tech oxygen consumption and blood lactate analysis to help create tailored training plans for each member of the team.

At the Human Performance Centre, the team’s six riders have been put through their paces on stationary SRM cycling ergometers for a range of assessments covering sub-maximal, maximal and sprinting efforts. Masks connected to computers monitor real-time oxygen consumption while blood samples taken at regular intervals measure the accumulation of blood lactate – an indicator of the body’s response to physical workload. The riders also undergo skinfold analysis to determine their current body fat percentage.

The results of these tests help to inform the personalised training plans developed by Bryan, their coach, and allow monitoring of progress over the course of the year.

Simon George, HPC Manager said: “We use analysis like this to help provide information that can be used to tailor training schedules based on each rider’s individual strengths and weaknesses. The HPC has provided similar analyses for a wide range of athletes and teams, including F1 racers, elite junior kayakers and world-ranked para-athletes from a number of disciplines.”
Understanding Asthma in Sport and Physical Exercise

A team of researchers are investigating experiences of asthma in sportspersons and those engaged in ‘serious’, regular exercise.

The researchers have used a variety of research methods to examine such experiences, including interviews, and the innovative approaches of autoethnography and vignettes. The researchers have found that asthma attacks can be terrifying for many sportspersons.

One participant in the study, a golf player and climber, in his 40s, described his experience: “You can’t breathe either way in or out, for some time… it’s a scary, scary, scary thing and it’s immediate.”

The research is part of the work of the University’s Health Advancement Research Team (HART) and is led by Professor Jacquelyn Allen-Collinson. The research team includes academics from the University of Lincoln including Professor Niro Siriwardena from the Community and Health Research Unit, and Dr Lee Grust from the Mental Toughness Research Group. Dr Helen Owton from The Open University and Dr Adam Evans from the University of Copenhagen are also part of the team.

HART conducts a wide range of fundamental and applied multi-disciplinary research in the areas of sociology, psychology, phenomenology, health, education and body-related domains. Research also aims to inform policy and practice in various health and exercise-related settings.

Students at the University of Lincoln have the opportunity to become involved in the research of HART, and PhD student Rachel Williams is part of the team on various projects, including the asthma project. Rachel said of her experience: “I have found that working on these projects alongside completing the work for my PhD has confirmed my deep commitment to academia and specifically to sociological research. It has also provided me with a thorough grounding in the everyday practices and realities of undertaking funded research projects. HART colleagues have been so supportive and have always encouraged me to get involved with interdisciplinary, cross-disciplinary and collaborative research.”

Do Great Players Make Better Coaches in the Sports They Excel at?

Directors of professional football and rugby union clubs are choosing former top-class players for coaching positions, suggests a study by researchers from the School of Sport and Exercise Science.

Responses to a survey of directors on the boards of professional football and rugby clubs confirmed that executives often preferred the so-called ‘great player’ over a coach who did not have such an illustrious playing history, because they felt current players would be more likely to accept the direction of a veteran star as “gospel.”

The study found that top clubs claimed highly-qualified coaches without glittering playing records sometimes failed to get their messages across. Often clubs looked to recruit a top player from within their own system ahead of outside professional coaches.

Responses to a survey of directors on the boards of professional football and rugby clubs confirmed that executives often preferred the so-called ‘great player’ over a coach who did not have such an illustrious playing history, because they felt current players would be more likely to accept the direction of a veteran star as “gospel.”

The study found that top clubs claimed highly-qualified coaches without glittering playing records sometimes failed to get their messages across. Often clubs looked to recruit a top player from within their own system ahead of outside professional coaches.

Lead researcher Alex Blackett, from the School said: “Our study showed that club directors place a great emphasis on past playing success when appointing senior coaching staff – often over and above formal coaching qualifications – because of a belief that playing pedigree is the best way as a coach to earn the respect of current players.

“In an era where scientific advances in coaching have elevated performance of elite athletes in many disciplines, it may be that football and rugby union clubs are needlessly shutting the door on a large pool of potential coaching talent.”

Premier Placement

Student Tom Ash gained an insight into what makes a winning team when he undertook work experience at Leicester City FC during their Premier League title season.

Third year BSc (Hons) Sport Development and Coaching student Tom applied to the placement through Life Skills, a scheme created with Barclays to inspire young people towards their future prospects. Tom wanted to develop his employability skills, as he wanted to work with children as a football academy manager or coach after his degree.

During his placement he worked with children aged between four and twelve, teaching them fundamental skills and eventually progressing to lead his own independent training sessions. He was also able to meet former Leicester City Manager Claudio Ranieri, who encouraged him to pursue his passions in coaching.

The week-long opportunity enabled Tom to learn alongside his undergraduate studies. Tom applied theories he learned in lectures and seminars to his own coaching techniques, adapting them to the behaviours of the children in various age groups. He also volunteered with local teams Lincoln City FC Under 10s and Hykeham Tigers FC, during his time at university.

Tom has now progressed to work in the community department of a football club.

He said, “The different coaching environments I experienced during my degree have helped develop my ideas and performance as a coach. I would not be in the position I am now without the placements I experienced at the University of Lincoln.”

Student Tom Ash gained an insight into what makes a winning team when he undertook work experience at Leicester City FC during their Premier League title season.

Third year BSc (Hons) Sport Development and Coaching student Tom applied to the placement through Life Skills, a scheme created with Barclays to inspire young people towards their future prospects. Tom wanted to develop his employability skills, as he wanted to work with children as a football academy manager or coach after his degree.

During his placement he worked with children aged between four and twelve, teaching them fundamental skills and eventually progressing to lead his own independent training sessions. He was also able to meet former Leicester City Manager Claudio Ranieri, who encouraged him to pursue his passions in coaching.

The week-long opportunity enabled Tom to learn alongside his undergraduate studies. Tom applied theories he learned in lectures and seminars to his own coaching techniques, adapting them to the behaviours of the children in various age groups. He also volunteered with local teams Lincoln City FC Under 10s and Hykeham Tigers FC, during his time at university.

Tom has now progressed to work in the community department of a football club.

He said, “The different coaching environments I experienced during my degree have helped develop my ideas and performance as a coach. I would not be in the position I am now without the placements I experienced at the University of Lincoln.”

Student Tom Ash gained an insight into what makes a winning team when he undertook work experience at Leicester City FC during their Premier League title season.

Third year BSc (Hons) Sport Development and Coaching student Tom applied to the placement through Life Skills, a scheme created with Barclays to inspire young people towards their future prospects. Tom wanted to develop his employability skills, as he wanted to work with children as a football academy manager or coach after his degree.

During his placement he worked with children aged between four and twelve, teaching them fundamental skills and eventually progressing to lead his own independent training sessions. He was also able to meet former Leicester City Manager Claudio Ranieri, who encouraged him to pursue his passions in coaching.

The week-long opportunity enabled Tom to learn alongside his undergraduate studies. Tom applied theories he learned in lectures and seminars to his own coaching techniques, adapting them to the behaviours of the children in various age groups. He also volunteered with local teams Lincoln City FC Under 10s and Hykeham Tigers FC, during his time at university.

Tom has now progressed to work in the community department of a football club.

He said, “The different coaching environments I experienced during my degree have helped develop my ideas and performance as a coach. I would not be in the position I am now without the placements I experienced at the University of Lincoln.”
Undergraduate Study

The School of Sport and Exercise Science offers a vibrant academic community and degrees across a range of exciting and challenging subjects. Sport and Exercise Science programmes at Lincoln benefit from state-of-the-art facilities, research-active staff and links with practitioners. The School aims to provide students with an ideal environment to enhance their career.

BSc (Hons) Sport and Exercise Science

Sport and Exercise Science at Lincoln aims to develop students’ knowledge, understanding and practical skills in key areas of physiology, biomechanics and psychology in order to understand their impact on sports performance, physical activity and health. This degree has been developed in response to the growing reputation of sport and exercise science and the role that sport and physical activity can play in improving the health of the nation. A number of the modules on the degree programme align with the professional standards of industry-recognised qualifications such as Gym Instruction, Personal Training and Exercise Referral.

This degree reflects current research-informed teaching and innovation within the sector. The first year is designed to provide an extensive understanding of sport and exercise science theory, while year two offers the opportunity to convert theoretical knowledge into practice. During the third year, students can study modules based around their own interests and career goals, such as Advanced Biomechanical Analysis, Advanced Sport and Exercise Nutrition, Strength and Conditioning, and Exercise Prescription for Health.

Modules can include Biomechanical Basis of Human Movement, Fundamentals of Human Physiology, Nutrition for Health and Performance, Sport and Exercise Psychology, Advanced Sport Physiology, and Personal Training.

Students have the opportunity to undertake applied assessments and work placements in order to apply their learning in a real-world setting and to gain valuable work experience. The School will cover all reasonable costs associated with work placements.

For more detail and the most up-to-date information: www.lincoln.ac.uk/u/spex

BSc (Hons) Sport Development and Coaching

Sport Development and Coaching at Lincoln aims to produce independent and informed practitioners through engagement with a range of practical, laboratory and field-based experiences, alongside more traditionally focused lectures and interactive seminar activities. There are strong links with national governing bodies of sport and a network of local schools and sports clubs. The University’s sports facilities provide students with access to specialist sport physiology, biomechanics and psychology laboratories as well as a range of sports facilities and fitness equipment.

The degree draws upon contemporary research aimed at helping students to develop their expertise and ability in a range of academic and vocational activities. These can include coaching on school and community-based projects, exercise prescription and fitness testing, as well as developing, managing and evaluating sport development schemes.

The first year includes core modules such as the Fundamentals of Teaching and Coaching and Research Skills, both of which are developed in years two and three. The dissertation in year three enables students to undertake independent study on a topic of their choice. The course has strong links with a number of external partners, including British Orienteering and Active Lincolnshire. Local partnership arrangements with schools, community groups and sports clubs provide additional opportunities for students to engage in relevant work experience. The School will cover all reasonable costs associated with work placements.

Graduates can progress onto a range of careers in areas such as sport development, coaching and fitness instruction.

For more detail and the most up-to-date information: www.lincoln.ac.uk/u/spdc

BSc (Hons) Strength and Conditioning in Sport

This specialist degree is informed by current research and innovation within the sector. It focuses on developing knowledge, understanding and practical skills in applied strength and conditioning, physiology, biomechanics and nutrition.

Throughout the course, students have access to specialist equipment in the University’s Human Performance Centre, which contains a fully-equipped strength and conditioning training facility, specialised laboratories and an ‘endless pool’, as well as our Sports Centre, which includes a fitness suite. These facilities provide students with an opportunity to engage in applied work and increase their practical experience.

Integrated into the curriculum are a number of professional qualifications that students may choose to undertake alongside their degree at no extra cost. These are industry-recognised qualifications and may include Gym Instruction, Personal Training and Exercise Referral.

Key concepts are presented throughout the degree, with deepening layers of complexity. In addition, year one students currently provide weekly applied support to talented University-based athletes through a scheduled Strength and Conditioning Clinic. This aims to develop strength and conditioning coaching skills, applied experience and confidence.

Applied assessments and work placement opportunities can expose students to real-life work scenarios that are designed to develop the skills needed to succeed in a range of sports-related careers. The School will cover all reasonable costs associated with work placements.

For more detail and the most up-to-date information: www.lincoln.ac.uk/u/spcs

The School of Sport and Exercise Science at Lincoln has been ranked 6th out of 75 institutions nationally for overall student satisfaction.*

*National Student Survey 2018, as provided by unistats.com
BSc (Hons) Health & Exercise Science

The BSc (Hons) Health & Exercise Science offers the opportunity to develop an in-depth knowledge and understanding of health and the underpinning exercise science behind it. It aims to prepare students to support clients from a range of population groups, both physically and psychologically, and to prescribe evidence-based interventions according to individual requirements.

Students can also consider components of public health work to improve the health of individuals and communities. The course is designed to empower students to be confident and efficient when working with a broad array of issues in the physical activity, exercise and health development sector.

Students have the opportunity to gain additional qualifications such as Gym Instruction, GP Exercise Referral and Personal Training, alongside their degree.

In the first year, students can examine core theoretical components relevant to physical activity, exercise and health. During the second and third years, they will focus on practice and apply their knowledge in school and community settings, including in school placements. The School of Sport and Exercise Science will cover all reasonable costs associated with work placements.

The course aims to enable students to develop applied skills in exercise science, physical activity, and health improvement, behaviour, sports participation and performance, means that it continues to have political and educational significance across the UK. Our programme has been developed in response to this and the need for young people to have access to high-quality physical education and sport provision.

First-year modules are designed to provide students with a foundation in teaching and pedagogy, school and youth sport development, social science, sport science and research. Students are also encouraged to develop key transferable skills.

There are opportunities to apply theory to practical and applied settings, including in school placements. The School of Sport and Exercise Science will cover all reasonable costs associated with work placements. During the second and third years, students can choose from a range of optional modules in order to tailor learning to personal interests and career goals.

Modules can include Physical Education Pedagogy; Sociological Issues in PE and Sport; Concepts in Educational Contexts; and Policy in Sport Development and Physical Education.

For more detail and the most up-to-date information: [www.lincoln.ac.uk/u/hex](http://www.lincoln.ac.uk/u/hex)

BSc (Hons) Physical Education and Sport

Physical Education and Sport at Lincoln has been designed for those who have a desire to work with young people in schools or youth sport settings. Students can develop their teaching abilities, knowledge and experience of curriculum activities, while having opportunities to gain real-world experience.

The long-standing importance placed on physical education, not only as a subject for teaching and learning, but as a vehicle for improving health, behaviour, sports participation and performance, means that it continues to have political and educational significance across the UK. Our programme has been developed in response to this and the need for young people to have access to high-quality physical education and sport provision.

First-year modules are designed to provide students with a foundation in teaching and pedagogy, school and youth sport development, social science, sport science and research. Students are also encouraged to develop key transferable skills.

There are opportunities to apply theory to practical and applied settings, including in school placements. The School of Sport and Exercise Science will cover all reasonable costs associated with work placements. During the second and third years, students can choose from a range of optional modules in order to tailor learning to personal interests and career goals.

Modules can include Physical Education Pedagogy; Sociological Issues in PE and Sport; Concepts in Educational Contexts; and Policy in Sport Development and Physical Education.

For more detail and the most up-to-date information: [www.lincoln.ac.uk/u/phye](http://www.lincoln.ac.uk/u/phye)

Alex Blackett
Lecturer in Sport Sociology and Coaching

I teach on the BSc (Hons) Sport Development and Coaching and BSc (Hons) Physical Education and Sport degrees.

I also coach on a Gated & Talented programme with sports charity Inspire4.

This role enables me to deliver multi-skills coaching sessions to gifted and talented young performers, which students have the opportunity to assist with.

“The sessions I deliver on this programme are linked to the teaching on undergraduate courses as they highlight innovative coaching practices, as well as show how the theoretical principles that students are introduced to in lectures inform and underpin my coaching on the Gated & Talented programme.”

“I lead a module on sport and exercise psychology as part of the BSc (Hons) Sport and Exercise Science course, which enables students to carry out needs analysis, conduct interviews, performance profiles, and observations to plan psychological interventions.”

“I currently teach on a number of courses within the School as well as supervise students focussing on sport psychology.”

Dr Adam Coussens
Lecturer in Sport Psychology

“I also coach on a Gifted & Talented programme with sports charity Inspire4.”

My research interests include the sociology of sports coaching, professionalisation of sports coaching and sport coach pedagogy.

“My research interests are focussed around sports psychology and my PhD looked at the role of social support and performance. I investigated the relationships and influence that coaches, teammates, friends and family have on athletes, from both a social psychology perspective and a performance basis. Whilst undertaking this research I worked with coaches and athletes from a variety of sports including football, hockey and golf. My research has developed to focus on whether coaches can be judged to be supportive, and how this impacts upon performance.”

“I have also undertaken collaborative research including focussing on challenging threat states and how people perceive situations; and looking at the role of health trainers. I plan to investigate the role of social support in health and sport settings and how this has an effect on psychological wellbeing.”

To find out more about our current School of Sport and Exercise Science academics, please visit: [www.lincoln.ac.uk/sport/schoolstaff](http://www.lincoln.ac.uk/sport/schoolstaff)
The Lincoln Experience

Students have the opportunity to gain experience by working on community projects and with University athletes and sports clubs.

First-Year Students Coach Athletes

First-year BSc (Hons) Strength and Conditioning in Sport students have the opportunity to gain valuable practical experience working with athletes by taking part in the Strength and Conditioning Clinic at the University.

Year one of the degree requires students to amass ten hours of applied experience and the weekly coaching clinic is an outlet for this.

Students can undertake an initial interview with each participating athlete and complete an individualised needs analysis document. The needs analysis focuses on an athlete’s age, sport, playing position, strength training experience, and experience of different exercises including bodyweight, free weight and power exercises. Students then tailor a category of exercise to suit the experience and fitness level of the athlete. The athlete specific programme is then drawn up by the student and they proceed to coach the athlete through the planned strength and conditioning session. The clinic is currently used by Students’ Union sports teams and sports scholarship students. MSc Sport Science student Charlotte Griffith works at the clinic and plays for the women’s football team.

"Seven of our squad have been involved in the clinic and it has been beneficial for our team. The team have enjoyed the experience and they feel as if they have been pushed to an appropriate level and have been able to apply the practices they carried out in the clinic in their own time.

"Our team have reached the Midlands 1A, one of the highest leagues for Students’ Union sports teams. The clinic is an excellent opportunity and can turn a good player or team, into a great player or team. The results of the women’s football team are proof of that."

Helping Talented Children to Deliver Their Best

Undergraduate and postgraduate students gained hands on experience working on ‘Gifted and Talented’ workshops with primary school year six children as part of a partnership with local charity Inspire+. The aim was to inspire talented sporting children with the addition of allowing undergraduate and postgraduate students to gain hands-on experience by supporting School of Sport and Exercise Science staff in the delivery of the sessions.

Local primary schools were invited to send a specially selected pupil that has been identified as gifted and talented at sport to the University for a day of activities. By exploring the scientific elements of sports psychology, children become experienced in developing positive self-talks and withstanding the pressures of competition. The children learn to analyse performance of events and movements with high specification cameras in biomechanics. Furthermore, the children took part in a battery of fitness tests which challenged their physical capabilities, including mobility, coordination, balance, quickness and power.

Project lead and Principal Lecturer in Enterprise, Mr Geoff Middleton said of the scheme: "Many of our students go on to teach in schools, work in applied sport science and coach at high levels, and this partnership provides students with the opportunity to work with School staff and gain experience of working with and responding to children when delivering the principles of sports science."

Students Inspire Teens to Follow in Their Footsteps

Staff and students from the School of Sport and Exercise Science have been working with The Newton Academy to inspire 11 to 14 year old girls to explore opportunities in science.

The science and technology-themed workshops were full of hands-on activities and projects to inspire and enthuse the next generation of female scientists and engineers. Participants took part in sports science workshops including, physiology, biomechanics, nutrition and sports psychology. Workshops were delivered by staff and students and by local science-based industry. Lecturers Gemma Best, Dr Sandy Willmott, Dr Mark Smith, Dr Kate Timmins and Patricia Jackman supported the Academy with the help of 15 students from the School.

Gemma Best said of the project: “The Academy has not only enabled girls to learn about sports science but has given our students experience of working on community projects.”
Body MOT Clinic
Jessica Slater ran a Body MOT clinic for University staff as part of a module in which students were tasked to develop, manage and deliver their own health promotion programme.

The programme included measuring height, weight, peak flow, grip strength, blood pressure and waist circumference. This enabled Jessica to offer lifestyle advice and recommendations to each individual. Jessica said: “I gained a real insight into what goes into organising a project – it wasn’t just the experience of delivering it, but the three months of planning were extremely valuable for my personal development. Being given the opportunity to work with actual clients is extremely important. I feel it will set me apart from other graduates and it has been a good opportunity to develop my CV.”

Dementia Friendly Golf
Second-year student Hugo Parry has evaluated a programme that uses golf to facilitate those suffering from dementia across the stages of diagnosis. The programme aims to improve the lives of people living with dementia, and runs for two hours every week at Lincoln Golf Centre, which became the first dementia friendly golf club in the UK.

Hugo observed a session and undertook an in-depth interview with the programme manager and is writing about the way the programme is run and how effective it is in a blog on health promotion.

Hugo said of the project: “I was amazed at the physical and psychological effectiveness of the programme for both the participants and their carers. For example, at the start of the session some of the participants could barely walk without support, however, thirty minutes later they were able to practise their golf swing in the driving range. It has been a great experience as I now begin to think about my future career path.”

Martin Cheatham
BSc (Hons) Sport Development and Coaching student

“One of the highlights of my degree was being given the opportunity to learn in a formal setting. This has provided me with the theoretical knowledge and skills needed to work to a high standard. These skills have also been transferable to informal settings such as coaching placements and sport development projects. As part of the degree I was given the opportunity to coach multi-skills at a primary school, part of a 10-week coaching placement.

“I enjoyed the Policy and Management in Sport module which gave me an insight into the modern sporting world and explored macro and micro-management strategies. The course is well organised and help is always at hand when needed.

“I have found my university experience intellectually challenging and socially awakening and the close proximity of University buildings and facilities ensures a friendly student community.

“In the future I would like to do a postgraduate degree in sports management.”

Georgia Clay
BSc (Hons) Physical Activity and Health Development student

“The experiences I have had at the University of Lincoln have been invaluable to my personal development. All of the staff in the School are helpful and friendly, and want you to achieve as much as you can in your time here.

“My degree has included shadowing real-world health promotion programmes and working with a range of clients to meet their health and fitness needs which has helped me to advance an array of skills. I gained my Level 2 Gym Instructor qualification and I am studying optional modules which will enable me to gain further professional qualifications. I also acquired fundamental counselling, communication and listening skills on the Counselling and Guidance Skills module.

“During my degree, I attended the British Association of Sport and Exercise Sciences Student Conference in Plymouth. At the conference, I presented my dissertation poster and defended my work. After studying Health Psychology in my second year, I would now like to pursue this as a career path, and I feel the opportunities I have had throughout my degree will be beneficial for my future career.”

Students on the BSc (Hons) Physical Activity and Health Development (the new title of this course is BSc (Hons) Health & Exercise Science) have been involved in a number of placements.

Bike Powered Smoothie
Freddy Sadeghi researched the theoretical aspects of utilising a smoothie bike for an assignment in his third year and worked with the University’s Energy and Environment Officer Tracey Turton to include the bike as part of a Healthy Campus and Wellbeing Week for staff and students.

The project promoted physical activity and healthy eating, and during the week over 140 smoothies were made for staff and students.

Freddy said: “I thought this would be a fantastic way to introduce an aspect of physical activity and healthy eating in a fun way. This project has benefited me personally as I felt like I was able to inspire a number of staff and students by talking about the physical and mental benefits of physical activity and healthy eating. During my degree I have developed a strong passion and interest in healthy eating. During my degree I have developed a strong passion and interest in healthy eating.”

Using Physical Activity to Benefit Cancer Patients
Students undertook work experience with Macmillan Cancer Support on a Get Active, Feel Good project to gain an insight into the benefits of physical activity on cancer patients’ psychological health.

Second-year students Heather McCrea and Kyla Siggee interviewed a member of the Macmillan team to discover the psychological benefits of physical activity on patients that the charity deal with on a day-to-day basis.

Heather said: “The Macmillan project involves health professionals advising patients about the simple things they can do to reduce their sedentary behaviour. For example, if a patient is bed bound they may be able to do simple ankle rotations to maintain circulation. It was very interesting to hear about the different cases the team work with and the different ways in which they help people through their cancer treatment.”

Martin Cheatham
BSc (Hons) Sport Development and Coaching student

“One of the highlights of my degree was being given the opportunity to learn in a formal setting. This has provided me with the theoretical knowledge and skills needed to work to a high standard. These skills have also been transferable to informal settings such as coaching placements and sport development projects. As part of the degree I was given the opportunity to coach multi-skills at a primary school, part of a 10-week coaching placement.

“I enjoyed the Policy and Management in Sport module which gave me an insight into the modern sporting world and explored macro and micro-management strategies. The course is well organised and help is always at hand when needed.

“I have found my university experience intellectually challenging and socially awakening and the close proximity of University buildings and facilities ensures a friendly student community.

“In the future I would like to do a postgraduate degree in sports management.”

Georgia Clay
BSc (Hons) Physical Activity and Health Development student

“The experiences I have had at the University of Lincoln have been invaluable to my personal development. All of the staff in the School are helpful and friendly, and want you to achieve as much as you can in your time here.

“My degree has included shadowing real-world health promotion programmes and working with a range of clients to meet their health and fitness needs which has helped me to advance an array of skills. I gained my Level 2 Gym Instructor qualification and I am studying optional modules which will enable me to gain further professional qualifications. I also acquired fundamental counselling, communication and listening skills on the Counselling and Guidance Skills module.

“During my degree, I attended the British Association of Sport and Exercise Sciences Student Conference in Plymouth. At the conference, I presented my dissertation poster and defended my work. After studying Health Psychology in my second year, I would now like to pursue this as a career path, and I feel the opportunities I have had throughout my degree will be beneficial for my future career.”
Learn in State-of-the-art Facilities

At Lincoln, we are constantly investing in our campus and strive to provide the best learning environment for our students. The School of Sport and Exercise Science offers a range of specialist facilities for students on its courses.

Human Performance Centre

The University of Lincoln’s state-of-the-art Human Performance Centre is a dedicated facility for applied work within the areas of sport and exercise physiology, biomechanics, psychology and strength and conditioning.

Housing specialist laboratory spaces containing cutting-edge equipment for the assessment and evaluation of human performance, the Centre presents an ideal environment for students to engage in applied work and increase their practical experience.

For example, the ‘endless pool’ allows the physiological and biomechanical assessment of swimming within a controlled environment, which supports research into swimming and triathlon performance. The facility also has a dedicated biomechanics laboratory used to measure such things as the kinematics of a person’s golf swing using state-of-the-art 3D cameras. There are also two exercise physiology laboratories, a strength and conditioning suite, a consultation suite and a coach education suite, which are all available for use by students within the School.

Students can benefit from the knowledge of our specialist staff, who are experts in sport and exercise physiology, sports biomechanics, sports psychology, coach education, strength and conditioning and sports nutrition. Many have sport science accreditation by the professional body relating to their discipline.

Many of the facilities are used by the School’s staff and students to provide physiological, psychological, nutritional and biomechanical support for a number of athletes such as world record-holding hand cyclist Liz McTernan.

Students’ Union Sports Clubs

The Students’ Union at the University of Lincoln currently has more than 150 sports and societies for students to join. Each year thousands of students get involved.

Sports clubs are a great opportunity to play the sport that you have a passion for, and have fun with like-minded people. Students can also gain valuable transferable skills such as problem solving and organisational skills by becoming part of a sports committee.

Students can compete in inter-university British Universities & Colleges Sport (BUCS) tournaments in a wide range of sports, including lacrosse, football, rowing and hockey.

Current sports clubs at the University include:

- American Football
- Archery
- Athletics
- Badminton
- Basketball
- Canoe and Kayaking
- Cheerleading
- Climbing
- Cricket
- Cycling
- Dance
- Dodgeball
- Equestrian
- Football

- Gaelic Football
- Gaming
- Golf
- Gymnastics
- Handball
- Hockey
- Kofukan Karate
- Lacrosse
- Mountaineering
- Netball
- Parkour and Free Running
- Rounders
- Rowing
- Rugby Union
- Rugby League
- Sailing
- Shotokan Karate
- Snowsports
- Squash
- Surfing
- Swimming
- Table Tennis
- Tennis
- Touch Rugby
- Trampolining
- Ultimate Frisbee
- Volleyball
- Water Polo
- Yoga

Sports Centre

The University’s Sports Centre offers additional opportunities for students to participate in sport and boasts a range of facilities including fitness suite, sports hall, football pitches, dance studio and saunas, as well as courts for badminton, tennis, basketball, volleyball and netball.

Great Central Warehouse Library

The Great Central Warehouse Library is open 24/7 for the majority of the academic year. The library offers access to books, ebooks, electronic journals, databases, an online catalogue, specialist collections and audio and visual archives. Students can access the latest equipment and learning spaces to complete group work. A dedicated subject librarian is on hand to help you navigate and locate materials for your studies. Subject librarians work closely with academic departments to maintain and develop the resources needed for courses and to provide assistance to students.
MSc Sports Therapy

At Lincoln, the MSc Sports Therapy aims to prepare students to apply sports science knowledge and principles to the assessment and treatment of injuries within a sporting context. The course is designed to develop skills in pitch-side first aid and trauma management, clinical injury assessment and competency in planning and implementing appropriate treatment and rehabilitation programmes for a range of sport and exercise related injuries.

The course aims to enable students to build on the foundation of knowledge of the different areas of sport and exercise science gained at undergraduate level and allows students to focus on the development of key essential practical skills relating to manual and therapeutic modalities. The course will also enable students to independently gain work experience opportunities within sports therapy settings and build a portfolio of at least 200 hours. Students undertaking a work placement are responsible for their travel, accommodation and general living expenses.

Upon successful completion of the course (including a minimum of 200 hours work experience), students will be eligible for full membership of the Society of Sport Therapists.

MSc Sport Science/ (Biomechanics)/ (Physiology)/ (Psychology)

This course is designed for graduates from sport-related degrees and professional practitioners wishing to keep their scientific knowledge and skills up-to-date. With an emphasis on applied theory, practical work and community engagement, this programme aims to provide students with a multi-disciplinary understanding of sport science.

You can choose to focus your independent work within one of three named pathways – Biomechanics, Physiology or Psychology – or study the MSc Sport Science without a designated pathway, to reflect the interdisciplinary nature of your studies. Academics with specialist knowledge will be available to mentor and support you throughout your chosen research project.

Example modules for study include Applied Sport Science Support, Investigation and Communication in Applied Sport Science, and Sport Science Research Project. The School’s links with elite athletes, local athletes, sports clubs and coaching networks can provide students with real-world opportunities for delivering applied sport.

MSc by Research Sport and Exercise Science/ Sport Studies

This programme is designed to allow students to develop a specialism in sport and exercise science, whilst having the opportunity to develop their own research ideas. We currently offer the MSc by Research in a range of different subject areas, depending upon the specialist research interests of our staff.

You can benefit from subject specific support from a supervisory team and a tailored programme of research training that allows you the opportunity to build on your existing knowledge, and acquire the advanced skills and expertise needed to achieve your career aspirations.

Graduates have progressed to careers in sport, exercise and physical activity both in practical and academic areas of the industry. Some go on to work in commerce or health professions.

MPhil/PhD Sport and Exercise Science/ Sport Studies

The School of Sport and Exercise Science offers a wide range of research degree opportunities across various disciplines within sport and exercise science and sport and health-related subjects. You can devise and choose a topic of enquiry under the supervision of staff with expertise in that area, and can benefit from a programme of research training that is designed to enable you to build on your existing knowledge and develop advanced skills and expertise.

Research is an essential component within the School, which is committed to maintaining an intellectually stimulating environment for postgraduate students. Graduates may go on to take positions as researchers or academics. Some graduates have taken jobs in sports-related domains and the health professions.

Research in the School is organised under the remit of five research groups, which are:
- Biomechanics Research Group
- Health Advancement Research Team
- Mental Toughness Research Group
- Physiological and Exercise Performance Research Group
- Youth Sport Research Group.

Gareth McNarry
PhD student

“I was a full-time swimming coach for 10 years and have returned to university to do my PhD. My PhD is joint funded by the University of Lincoln and the University of Copenhagen. In addition to studying at the University of Lincoln, I will be spending six months of my PhD in Copenhagen.

“The purpose of my PhD is to investigate the embodied experiences of elite swimmers. There is a lot of research about how to produce the ideal swimmer either from a physiological or biomechanical perspective, however, there is not a lot of research from the swimmer’s embodied, sensory perspective. My research therefore contributes to a developing area of sports research that explores the lived experiences of elite competitors. It aims to examine these experiences and how they impact upon the swimmer’s approach to training and competition, and their sporting lives in and out of the pool, more generally. The findings will be of relevance not only to an academic audience, but to swimmers, coaches and others.

“My experiences as a swimmer and coach have given me a good understanding of what to look for when I go out into the field. I will be conducting periods of observation as well as interviewing swimmers during my PhD and undertaking data collection over a 12-month swimming season, enabling me to capture responses at different stages of the season. In addition to gaining academic and practical knowledge, I am looking forward to getting back on to the pool deck and working with athletes.

“My supervisors in Lincoln and Copenhagen have been really supportive, as have my fellow PhD students. Within the School of Sport and Exercise Science, PhD students share an office and even though our PhDs may be focused on different topics, we all try to help each other.”

Postgraduate Loans

You can apply for a loan of up to £10,280 as a contribution towards your course and living costs. This will be paid into your bank account in three instalments during the academic year. If you are studying on a one year full-time course. For more information about Postgraduate Loans and how to apply, visit www.gov.uk/postgraduate-loan

The UK Government is due to introduce new doctoral loans of up to £25,000 for PhDs and equivalent postgraduate research programmes from 2018. Please see our website for the most up-to-date information.

For more detail and the most up-to-date information:

www.lincoln.ac.uk/sport/postgraduate
Life After Lincoln

Many University of Lincoln graduates go on to successful careers around the world. Ninety-five per cent of our most recent graduates were in work or further study six months after finishing their course, with almost three-quarters in graduate-level roles.*

Career Opportunities

Graduates can go on to study further at postgraduate level. However, subject-specific career opportunities include:

**BSc (Hons) Health & Exercise Science**
Opportunities may exist within the NHS, local authorities and private healthcare providers, as well as the fitness industry, teaching (following further training) and charities.

**BSc (Hons) Physical Education and Sport**
Graduates may choose to progress to a PGCE qualification and the University offers school-centred teacher training, which provides a clear progression route for successful applicants. Alternatively, employment opportunities may exist in sports coaching, youth sport development, local authorities and in private and voluntary organisations.

**BSc (Hons) Sport and Exercise Science**
Opportunities exist for employment in the fitness and healthcare sector, the emergency services and in the armed forces. There are also options for employment in the fitness and healthcare sector, the emergency services and in the armed forces.

**Careers and Employability Guidance**
At Lincoln, our dedicated team of employment professionals can help you to develop the knowledge, skills, confidence and experience to get the best start in your chosen career.

The School of Sport and Exercise Science has a dedicated Careers & Employability Adviser, who runs a drop-in clinic providing personal guidance appointments, including advice and support on developing your CV, applying for jobs and obtaining paid and voluntary work experience while you study. Additionally, students have the opportunity to complete the Lincoln Award, which can enable you to develop transferable skills in addition to those learnt on your course and to showcase your achievements to prospective employers.

*Destinations of Leavers from Higher Education Survey.

For more detail and the most up-to-date information: [www.uolcareers.co.uk](http://www.uolcareers.co.uk)

Meet Our Alumni

**Miles Hanson**
**BSc (Hons) Sport Development and Coaching**

“The highlights of my experience at the University of Lincoln were my work placements, which improved my coaching ability and were thoroughly enjoyable; the friendships I made, and my graduation at Lincoln Cathedral – a unique location.

“All my work placements related to the course and I enjoyed the freedom to plan and deliver sessions in the way I wanted to, which allowed me to make my own mistakes and reflect on these.

“On the course there was a great community of students, who were all like-minded and got on very well as a group.

“My favourite modules were Adapted Physical Activity, Contemporary Issues in Physical Education and Sociological Issues in Sport Development as they all provided a practical assessment aspect that was very relatable to the learning that took place in the modules.

“The course helped me to prepare for teaching by giving me confidence to be able to stand in front of pupils and deliver an enthusiastic session to them. I am currently doing my PGCE at the University and I have also secured a job as a Newly Qualified Teacher at the school I trained in.”

**Mica Girling**
**MSc Sport Science graduate**

“I work as an Assistant Partnership and Community Development Manager at Cherry Willingham Community School. I am responsible for managing the sports centre and our partnerships with local community groups and organisations. I have a team of seven members of staff. Additionally, I am the GP exercise referral coordinator, working with clients living with health conditions.

“My Master’s year built on the foundations of my undergraduate degree and enabled me to apply this knowledge to real-life situations and contexts.

“One of the elements I most enjoyed about the course was working with a real client. The application of my knowledge to a real-life situation gave me valid experience of working with a client in the sports industry.

“Postgraduate study develops your skills and enhances your experiences further to prepare you for employment. Lincoln is a fantastic university and the staff really go above and beyond to enable you to get the most from the extra study and reach your potential.”

Sophie Wells MBE
University of Lincoln alumna and Paralympic gold medallist Sophie Wells is a para-equestrian. Sophie has won many medals at both the Rio 2016 and London 2012 Paralympics Games. In 2016 she won two gold medals for the grade IV individual event and the team event and silver for the freestyle event. At the 2012 Paralympics Sophie won silver medals in the grade IV individual and freestyle events and gold in the team event. In addition to Paralympic success she achieved gold and silver at the 2015 Senior European Championships in France.
Find Out More

There are many ways for you to engage with the University of Lincoln and the School of Sport and Exercise Science. Whether you want to visit us and take a look around, find out more online or join our social media community, we are here to help.

Call us on +44 (0)1522 886644, email enquiries@lincoln.ac.uk or read on to find out ways to get in touch.

Open Days
The University holds Open Days throughout the year, which offer a great opportunity for you and your family to explore the campus, speak to lecturers and find out more about student life at Lincoln from our students. To find out more and to book your place, please visit www.lincoln.ac.uk/opendays

Postgraduate Visits and Masterclasses
At a postgraduate masterclass, there are opportunities to take part in an applied session or workshop, as well as to meet our academics and other prospective students.

Social Media
To keep up-to-date with the latest news and information from the University, join our online communities. See opposite for our handles, names and addresses.

International Students
The University of Lincoln aims to provide a vibrant and dynamic atmosphere for international students who are looking to study in the UK. Please visit www.lincoln.ac.uk/international for more information.

We want you to have all the information you need to make an informed decision when you are considering which courses and Higher Education providers to apply to. We encourage you to visit our website for the most comprehensive information, as well as looking at our prospectus and course brochures, and visiting us at an Open Day.

The course listings on our website provide detailed information including a full list of core and optional modules, details on fees, and information on any additional costs that you might incur on a particular degree, as well as accommodation costs. Information about the way you will be assessed on your course, where you will study, the staff involved in your teaching, entry requirements and application details can also be found on our website.

For full admissions terms and conditions, please visit: www.lincoln.ac.uk/terms
Open Days

Please visit our website to book your place at one of our Open Days.
www.lincoln.ac.uk/opendays