

Institution: Leeds Trinity University
Unit of Assessment: Sport and Exercise Sciences, Leisure and Tourism.
<p>a. Context</p> <p>Research within this submission from the Department of Sport, Health and Nutrition (SHN), since 2008, has been focused on three main areas: 1) Nutrition and Public Health 2) Exercise Physiology, specifically focusing on appetite and exercise using physiological underpinnings; and latterly, 3) Mental Toughness. As such, one of the main beneficiaries of the research conducted within SHN are educational users at primary and secondary schools (both pupils and teachers). These individuals have been reached primarily through health promotion events (on University campus or school based), through workshops training ‘cooking champions’ and Higher Level Teaching Assistants (HLTAs), after school cooking clubs, and providing education resources for teachers. In addition, to impacting young people and teachers, the research reaches the wider adult population within the area of public health, specifically around advancing knowledge in nutrition education, through working with local charities and organisations within the community.</p> <p>The third area, Mental Toughness, has engaged a number of educational and business users in a number of countries. Collaborative research that has established the validity of the MTQ48 mental toughness questionnaire has allowed its use within non-academic environments such as businesses, sports teams as well as with teachers. Community services have also been part of project interventions, measuring the impact of mental toughness interventions with venerable young people at risk of becoming NEETs (not in Education, Employment or Training).</p>
<p>b. Approach to impact</p> <p>Leeds Trinity has had a strategy for developing research as part of its aim to become a University (a goal that was achieved when the Privy Council granted it University status on 10th December 2012). A key part of this strategy was to raise the profile of the institution locally, nationally and internationally, and this was a key driver of impact-related activities within SHN as well as the desire to share knowledge and educate the public. The institution has a strong Catholic ethos, reflecting its foundation principles, and part of this is a wish to reach out to and engage with the local community. The work of SHN, works extensively within the local community across the subject area. Impact is therefore embedded in this manner in the character of the institution. Impact activities have been supported by the institution’s involvement with CREST (the Consortium for Research Excellence, Support and Training). CREST is a sub-association of Guild HE, a network for small and specialist institutions. Through CREST, Leeds Trinity has benefited from the dissemination of policies related to impact and specific impact workshops for staff. Prior to the REF assessment period, the institution was awarded HEIF funding for the creation of several Business and Community Fellows who supported knowledge transfer. In 2008 this impact-related activity was devolved to the Enterprise and External Engagement Group, an arm of the Research Committee. SHN received funding from HEIF to engage with local community groups, specifically with FE providers by enhancing staff and students’ knowledge in healthy eating and fitness – the former, linking in with research of this UOA. Pathways to impact have also been supported by Leeds Trinity’s Marketing and Communication team who have publicly disseminated research undertaken at the institution.</p> <p>SHN has looked to actively engage with the local community in the provision of undergraduate teaching and departmental research activities. Strong links have been fostered with primary and secondary schools within West Yorkshire, with SHN establishing a large number of partnership schools within the region. Links with local schools and organisations are maintained through the department’s extensive volunteering network, which is managed by a full-time Community Sports Development Officer within SHN and university wide Volunteering co-ordinator. These networks</p>

provide access to a number of population groups for researchers and allow the practice of research to be applied within the community.

The department is committed to community engagement. SHN has established community health promotion events to engage members of the local community, with SHN students running health promotion [events](#) on campus. Members of the community and local schools and businesses are invited to attend these events, in which health information and research findings are disseminated. The institution has been fully supportive of such community engagement activities. Facilities and equipment have been provided free of charge for various events including the [MEND](#) (Mind, Exercise, Nutrition... Do it!) programme, run by the submitting unit for local children and families, with the institution providing the facilities and equipment free of charge. Similarly, Leeds Trinity has provided free access to facilities for the International Centre for Mental Toughness Development. Furthermore, as part of the Cooking Communities Project, annual 'conferences' were held at Leeds Trinity University (June 2008, April 2009 & June 2010) in order to disseminate good practice between cooking clubs, and bring together local schools, businesses and extended services representatives. These conferences were well attended (60+ delegates per event) and Leeds Trinity provided administrative support and catering facilities at cost.

This approach to community involvement has also been reflected in a number of specific research projects. For example, Leeds Trinity's Cooking Communities Project (2007-2011) established a series of school-based community cooking clubs in disadvantaged areas of West Yorkshire, which were run by older adults from the local community who volunteered to act as 'cooking champions'. Here, links with local charities/organisations such as [Caring Together in Little London and Woodhouse](#), [STEP \(Supporting the Elderly People\)](#) and the [Extended Services Inner North West Hub](#) were established. Importantly, this project was designed from the outset to support local businesses, with all ingredients sourced from local suppliers and community based projects such as [Fresh 'n' Fruity](#) (a lottery funded initiative that provides affordable fruit and vegetables by establishing market stalls in deprived communities).

Furthermore, lecturing staff are entitled to 20 research days a year. In addition, one member of staff within SHN has benefited from an extended period of QR funded research leave (5 months), providing teaching relief to pursue research and impact activities. Leeds Trinity has also supported a member of staff when they were invited to work (Aug - Sept, 2011) as a visiting research fellow in the School of Human Movement Studies, Faculty of Health, Queensland University of Technology, Brisbane, Australia.

SHN has increased its national and international reach through collaborative research. For example, one staff member within SHN (Perry) has worked with individuals from the University's of Hull & Lincoln in the development of the MTQ48 mental toughness questionnaire. This work has led to the establishment of the International Centre for Mental Toughness Development by Perry and others, and has allowed the MTQ48 questionnaire to be embedded in a number of non-academic environments e.g. rugby football league teams, businesses and educational providers. It has also taken Perry to Switzerland at the University of Basel and Perry was invited to give a day's training to the Oman Ministry of Higher Education at London South Bank University that has also enabled further national and international collaborations to be developed.

c. Strategy and plans

As a new University, Leeds Trinity is focusing on protecting and building on areas of research excellence whilst encouraging the broadening of the research base into new areas of research activity. Within this vision, we have an expectation of research impact and seek to embed impact

as part of the research cycle. Research schemes funded by the institution, such as the Research Fellowship scheme, will require applicants to consider who might benefit from the research (beyond academia) and how these users might be engaged. The University however recognises that not all research will have impact in this manner and will still continue to fund such projects. The future inclusion of impact in the institution funded schemes aims to support researchers to consider the specific benefits of their research and identify particular user groups. The University's Research Committee will now be monitoring impact in addition to research activities. The increased work involved in creating impact will be factored into staff workload planners and flexibility in subject teams (for example rearranging or covering teaching responsibilities) will be encouraged. The Marketing and Communications team will be more involved in research projects from the beginning so that research findings can be disseminated effectively to targeted audiences at any appropriate point. Though many staff are 'impact literate', the institution will focus on staff development to ensure that all research active staff understand the meaning of impact and how this can be created.

In order to build upon the research conducted in SHN and the impact this has, the department will seek to identify the impact from their research as an on-going process. Staff will consider both academic outputs and any associated practitioner or applied journals to ensure their research helps impact the desired population. SHN will also work as a team to identify research groups that can 1) carry out the research and 2) carry out the impact, whether working with schools, businesses or policy makers to effect change for example in policy or funding. Some of the existing work that will be maintained includes:

- Maintain and establish new links with schools/local community groups.
- Seek out small grants to aid staff in impact work, embedding impact activities into initial research proposals.
- Focus impact activities on vulnerable young people and community cohesion, specifically through developing relationships with regional and national youth projects/charities (using the networks of previously established partnerships such as Greater Merseyside Connexions, Caring Together).
- Collaborate with key organisations such as Sport England, British University College Sport, to effect policy and funding.

The new Leeds Trinity University and Department Research Strategies and Action Plans set out how the above will be achieved and supported.

d. Relationship to case studies

The Cooking Communities case study exemplifies SHN's approach to impact, highlighting how traditional academic research can be combined with strong community engagement. Not only has this project raised the research profile of the University amongst the local community, it has helped promote social cohesion between individuals from different generational backgrounds, and stimulated local economic activity.

The second case study highlights the impact of collaborative research (Leeds Trinity University, University of Hull & University of Lincoln) relating to mental toughness, and the impact this has had on performance in business, education and health. This research incorporates a number of non-academic users (educational and business) across several countries. As such, this research has provided national and international impact and reach.