

<p><b>Institution:</b> York St John University</p>
<p><b>Unit of Assessment:</b> 26 (Sport and Exercise Sciences, Leisure &amp; Tourism)</p>
<p><b>a. Overview</b></p> <p>Sport and Physical Education has played a significant role in York St John University's (YSJU) history, and the academic focus of the subject has been systematically revised as the institution has grown from its position as a college of Higher Education to become a University with Taught Degree Awarding Powers (TDAP). Since the award of TDAP, research has become increasingly important to the core business of the institution and the University has subsequently made explicit its ambition to achieve Research Degree Awarding Powers. Research in Sport at YSJU has advanced considerably in recent years as the University has sought to establish itself as a learning led, research informed institution. YSJU did not submit Sport as a UoA to the 2001 RAE, but it was included for the first time in 2008 where 40% of its research outputs were judged to reflect work that was nationally recognised and 50% were deemed to be internationally recognised. This was seen by the University as a strong foundation for further development of the subject. Planned modification to the structure of UoA 26 has seen two eclectic research groups exhibiting broad interests in Sport and Exercise Science and Sport Psychology develop into three small research groups whose focus is on (i) motivational processes (ii) socio-cultural aspects of sport and (iii) exercise and health.</p>
<p><b>b. Research strategy</b></p> <p><b><i>Evaluation of RAE 2008 and subsequent changes</i></b></p> <p>The strategic aims stated in the 2008 RAE submission in sport related subjects were grounded in the 2007-2012 YSJU Research Strategy. This strategy proposed an increase in research capacity and expansion of the YSJU research infrastructure to support an application for Research Degree Awarding Powers (RDAP) in 2013. Three priority objectives were identified for UoA 26 in 2008. First, that the UoA would strengthen the research experience and enhance the research qualifications of academic staff in order to further develop a nationally recognised research profile and an emerging international reputation. Second, that it would enhance the research environment and increase research student provision. Third, that it would improve its success in generating external funds to support research. It is in the context of these priorities that developments in UoA 26 are considered.</p> <p>To enhance the research experience and strengthen the qualifications of staff in UoA 26, the HLS Faculty invested in additional research leadership, the appointment of new research active staff and research training for existing staff. In 2008, a Professor of Sport Related Studies (Hall) was appointed to augment research leadership, further enhance the research culture and contribute to research on motivational processes. Since then, further research active staff members have been appointed to strengthen, or begin to develop, critical mass in the three identified research groups. New appointments have completed, or are in the process of completing, a PhD degree, and all have an emerging research profile (Brown, exercise and health, Jowett, motivational processes and Mierzwinski, socio-cultural aspects of sport). A further appointment (Allen) was awarded a PhD in October 2013, and while she is expected to contribute to future research productivity in the motivational processes group she is not being included in our REF 2014 submission. University policy ensures that PhD fees for staff undertaking PhD research are covered by the University. Between 2008 and 2012, various staff members received both financial support and remission from agreed academic responsibilities in order to complete external PhDs. Watson was awarded a PhD in 2012 and Banda will complete in 2014. This provides evidence of Faculty commitment to the development of its staff. Support is on-going to enable a further four members of sport staff to undertake PhDs in the area of exercise and health in order to build research capacity and strengthen critical mass in this area (Forsdyke, Liefeth, Gray and Harper).</p> <p>HLS investment in staff development aims to increase the research profile of UoA 26, cultivate an environment that is conducive to the production of internationally recognised research, and embed</p>

a culture where research informs learning. Since 2008, both the volume of research output and quality of research have improved. Between 2008 and 2013 ten members of sport staff published research outputs in peer reviewed journals compared to seven during the previous RAE period. In the 2008 RAE, while seventeen (68%) of the 25 submitted articles were published in peer reviewed journals, only nine (36%) of these were in journals whose current impact factor is greater than 1. Since 2008, however, staff in UoA 26 have published in strategically targeted journals with a reputation for both research integrity and quality and 100% of the outputs submitted to REF 2014 have been published in either peer reviewed journals or edited books where the work has been subjected to peer review.

To facilitate growth in post-graduate research student numbers, the HLS Faculty invested in staff training and mentoring to increase the number of PhD supervisors. In 2008, only two UoA 26 staff met the University of Leeds criteria to supervise PhD students. Since then, six staff members have completed University of Leeds supervisory training. Subsequent growth in PhD enrolments has been commensurate with supervisory experience and the availability of funding. While the UoA had no full-time research students and only two part-time research students enrolled between 2001-2008, four full-time research students and three part-time research students have enrolled onto PhD degrees since 2008, representing over four-fold growth. Two full-time students have been supported by competitive YSJU studentships, one has been supported by external research funding secured by Hall, and a further student has been supported by external sponsorship.

Because external research funding to YSJU has historically been modest, increased research funding was a further key objective stated in the UoA's previous RAE submission. In comparison to the 2001-2008 census period, total research income has increased in the period from 2008 to 2013. Total research income of £34,000 was reported in 2008. To date, external research income attributed to UoA 26 is £205,200, representing over six-fold growth. Collectively, the evidence shows that UoA 26 has performed well against the priority objectives set for the period from 2008-2013.

#### ***How University research strategy is delivered through Faculty operating plans and UoA 26***

York St John University identifies itself as a learning-led, research-informed institution where research, seen as the highest form of learning, is playing an increasingly prominent role in the core business of the institution. This is recognised in the University Research Strategy which guides the institution's aspiration to 'Develop a strong, vibrant and sustainable research culture that informs our teaching, inspires our students and staff, enables research excellence, and enhances our academic reputation'. The key objectives of the strategy which are realised at Faculty level are to:

(i). Promote research as a key form of learning: This objective is implemented through embedding the research process within every level of the curriculum and by collaborating with students in the joint production of research outputs. Success is monitored through the personal development review (PDR) process. In UoA 26 success is evident from staff collaboration with undergraduate, MSc and PhD students, which has resulted in several papers at national and international conferences and publications in peer reviewed journals and edited books.

(ii). Ensure that research and scholarly activity contribute to exceptional learning and teaching: This objective is operationalised individually through PDRs and success is monitored by Programme and Annual Evaluative Reports that are reviewed as part of YSJU quality processes. Evidence of the link between research and exceptional learning can be seen through UoA 26 staff regularly obtaining funding to support "Students as Researchers", an internally funded scheme to enable undergraduates to work with active researchers.

(iii). Create a critical mass of sustainable research and increase the percentage of staff with doctorates: The HLS Faculty leadership team, through the Faculty Research Committee, establishes research direction and facilitates the development of focused research groups. Staffing strategy seeks to ensure that these groups reflect sufficient research expertise and critical mass. Delivery against this objective is evidenced by comparing current staff profiles with those of 2008. In 2008 five sport staff had PhDs. Currently there are seven staff with PhDs, one submitted and awaiting examination and a further staff member who will submit by January 2014. In addition, five

members of staff are currently enrolled on PhD programmes.

(iv). Achieve Research Degree Awarding Powers (RDAP) with increasing numbers of students and high completion rates: Through research productivity, experience and esteem UoA 26 staff have contributed significantly to meeting the threshold metrics criteria for the award of RDAP.

(v). Engage with and influence users of research locally, nationally and internationally: Evidence of local, national and international impact can be found in UoA 26's Impact Statement. Hall's work on motivation in youth sport has local, national and international dimensions, working with grass roots coaches, FA coach educators and national and international representatives from various Football Associations. Hall's work on perfectionism has engaged international users, through invited coaching workshops in Norway, Sweden and Taiwan to discuss the management of perfectionism in athletes. Hall has also engaged UK health professionals on patient motivation, having addressed the Association of Chartered Physiotherapists in Respiratory Care about evidence-based approaches to motivation in NHS patients. Banda's work on corporate responsibility, using sport as a vehicle for social change, has been adopted by 17 Euroleague professional basketball teams, by professional basketball teams in the USA and China and by the organisation Coaching for Hope. As a co-author of the NHS 'Exercise Referral Systems: National Quality Assurance Framework', Professor Smith has engaged with local and regional GP groups to promote exercise as a therapeutic modality.

(vi). Increase research activity through effective research management, tied to work planning systems and student experience: Individual staff research goals are established and monitored through the PDR process and staff workload planning is undertaken in conjunction with line managers. Research management is supported by a full-time senior research administrator, and delivery of the research strategy is monitored by the Faculty Research Committee (FRC). Student experience is monitored through the Post-graduate Research Student Experience Survey (PRES) where HLS Faculty scores are above national averages for PhD supervision and support.

#### ***Research management and the methods for monitoring the attainment of targets***

At University level, research is managed through the University Research Committee (URC) and its various sub-committees, including the Research Degrees Sub Committee (RDSC) and the Research Ethics Committee. In addition, a University-wide Research Supervisors Forum meets six times per year to support staff development and training in supervision. Research in Sport is managed at Faculty level through the HLS Faculty Research Committee (FRC). The FRC meets on four occasions during the academic year and is chaired by a Research Professor. The FRC reports directly to the HLS Faculty Leadership team and the URC, and it liaises with the RDSC on post-graduate research student matters. The FRC advises the Faculty Leadership team on all research matters and oversees the development, implementation, support and monitoring of research across the Faculty. It also oversees and monitors research governance and ethical practice across the Faculty through the Faculty Research Ethics Committee in line with the Universities UK Concordat on Research Integrity.

The planning, monitoring and management of individual staff research is guided by the University Annual Work Planning Model (AWPM), a management tool that enables an equitable approach to the allocation and management of academic staff workloads. Individual research performance is monitored against agreed research objectives through an annual PDR meeting with the Head of Department and input from a Faculty Research Professor. 10% of each staff members' workload is allocated for research and a local agreement ensures that the maximum annual teaching allocation at YSJU is no greater than 450 hours, compared with 550 hours in other similar institutions. Staff in UoA 26 may be allocated additional research support through negotiation with their line manager. Research Assistant support and funds for conference travel may be accessed through a regular open bidding process for available QR funds. PhD supervision is supported by an allocation of 50 hours per year per student. The University expects that academic staff will engage in self-management and monitoring of their research by regularly updating the University online Academic Profile System (APS).

***New and developing initiatives, not yet producing visible outcomes or performing at a national level but nevertheless of strategic importance***

The UoA 26 strategy aims to further develop identity, capacity and infrastructure in its three research groups. The Motivational Processes group seeks to build upon international and collaborative partnerships to understand the personal and environmental factors which underpin adaptive and maladaptive motivational patterns in sport, exercise and health contexts. The group researching Socio-Cultural aspects of Sport seeks to understand the meaning of sport and how it can be used as a vehicle for addressing social inequalities, locally, nationally and internationally, while the Exercise and Health group focuses on research which addresses issues of physical activity and nutrition in the promotion of health and well-being.

A number of research initiatives are in varying stages of development in UoA 26, and these provide an indication of the identity and strategic direction of each group. In the Motivational Processes group various research outputs from an EU funded project entitled Promoting Adolescent Physical Activity (PAPA) will emerge from November 2013. Hall and Jowett are collaborative partners in this project. The first papers outlining the project and validating the instrumentation have been published in a November 2013 special issue of the *International Journal of Sport and Exercise Psychology*. Hall, and Jowett contributed to three of the six articles. The PAPA project will be a prolific source of published research in the next REF census period, and through an extension of the PAPA project Hall and Jowett are also collaborating with colleagues from the University of Valencia to publish findings from work examining the influence of perfectionism on motivational processes in youth sport. Outputs from the collaborative work of Hall, Jowett, Smith (PhD student) and Mallinson (PhD student) with Gotwals (Lakehead University, Canada, currently Leverhulme Research Fellow at YSJU) on projects concerned with perfectionism, psychological well-being and burnout have been submitted for publication. Further international collaboration has been established by Hall, who is a Visiting Research Professor at Munich Technical University during the 2013-14 winter semester, where he and Prof Juergen Beckmann are researching perfectionism, the burnout process and psychological well-being in elite junior athletes. Hall and Dawson (submitted to UoA 3) were successful in securing a PhD studentship (2014-2017) and this research will examine motivation and self-management of long-term health conditions, combining research on motivational processes and adherence to rehabilitation. Allen's work from her PhD examining the effects of after-school sport and life skills programmes on youth underachievement will contribute to an understanding of motivational processes in PE and youth sport.

In the Socio-Cultural Aspects group, Velija, Mierzwinski and Professor Smith have ongoing collaborations with the YSJU Unit for Children and Youth examining youth bullying and banter in physical education. Velija's book on Global Issues in Women's Cricket will be published in 2014. Watson's work on sport and Christianity has led to outputs already accepted for publication in 2014, including a systematic review on sport and the Christian religion, a book on Sport, Religion and Disability and a book on Sports Chaplaincy. Various outputs from Banda's PhD on sport development to combat HIV /Aids in Zambia will be published post-2013. Brown is developing links with the NHS around applied work on exercise and nutrition in the management of long term health conditions and this work will be central to the emergence of the Exercise and Health group.

**c. People, including:**

**i. Staffing strategy and staff development**

*Staffing strategy:* The YSJU staffing strategy states that the potential to achieve academic excellence in research must be a key selection criterion that guides new academic appointments. Since 2008, a requirement to be research active has been built into both job and person specifications for all new academic posts in the HLS Faculty. A completed or near completed PhD is an essential requirement for all new academic positions. Faculty Research Professors are normally involved in the academic selection process to ensure that YSJU research aspirations are prioritised in the appointment of all new staff. This approach to selection and appointment of new Sport staff ensures that focused research groups can be developed, critical mass can be established and research aspirations can be realised.

*Staff development:* All YSJU staff are provided with opportunities to develop their research skills. On appointment, new staff members in Sport are allocated a mentor from within the HLS Faculty who will have both research and teaching experience. The mentor provides advice throughout the probationary period on developing as a researcher and contributing to the institutional research culture. During their probationary periods all new staff members meet with the Professor responsible for research leadership in Sport to discuss plans and agree research objectives. On completion of probation, staff participate in an annual PDR. Through this process, they are further mentored on career development, on establishing esteem through networking, marketing their research and engagement in external research related activities such as contributing to the editorial and reviewing process, grant reviewing and external service to the academic community.

All members of academic staff are provided with opportunities to participate in regular research training workshops organised centrally by YSJU Academic Staff Development. Staff members are also encouraged to participate in regular in-house seminars involving research students and academic staff from the HLS Faculty with further contributions from external speakers. In line with PDR plans, staff are also supported from Faculty and QR funds to attend national and international conferences. Applications are made to the Faculty Leadership Team and support is provided for at least one national or international conference every year on condition that research is accepted for presentation.

To facilitate growth in doctoral provision, central support is provided for staff to access training programmes in research supervision, research degree examining and other relevant programmes offered by the University of Leeds and the University of York. UoA 26 researchers who are inexperienced in research supervision are encouraged through the PDR process to work with experienced supervisors in the co-supervision of research students. Three researchers have gained experience of research supervision using this process since 2008, and two members of UoA 26 researchers have University of Leeds 'sole supervisor' status and are able to help mentor inexperienced supervisors. Further staff development in research supervision is offered centrally through the Postgraduate Research Supervisor's Forum, which meets six times per year. YSJU operates a personal promotion system for established research staff who are able to demonstrate an outstanding contribution to research. A personal Chair may be conferred on applicants who are able to demonstrate exceptional or internationally recognised achievement in original research. The professorial appointments of Hall and Smith in UoA 26 resulted from this process.

## ii. Research students

UoA 26 has experienced significant growth in research student numbers since RAE 2001. Between 2001 and 2008 two part-time students enrolled for PhDs in sport, one of whom successfully completed. In the period since 2008, seven further students have enrolled on PhDs. Projected completion dates are listed below.

Student	FT/PT	Degree	Start	Submission
GJ	FT	PhD	11/09	Due 31/12/13
TC	FT	PhD	11/09	Submitted 10/13
SM	FT	PhD	09/11	Due 09/15
MM	PT	PhD	06/12	Due 06/19
JG	PT	PhD	09/12	Due 09/19
DF	PT	PhD	07/13	Due 07/20
ES	FT	PhD	10/13	Due 10/17

YSJU offers its students opportunities to engage in an individually tailored programme of research. Research training is based upon a formal training and development needs analysis, which is reviewed regularly as part of the supervisory process. Training workshops are provided by YSJU

central services and though collaborative arrangements with the Universities of Leeds and York. Students may select from Leeds and York courses on research skills, as well as personal development, employment and career planning skills. YSJU subject-liaison librarians also provide research students with advice on resources and training in retrieval skills and the use of bibliographic software.

HLS research students are encouraged to participate in an annual Research Methodologies Conference, open to all YSJU research students who also have opportunities to attend the HLS Faculty seminar programme where staff and invited speakers present their research. The Faculty also provides regular in-house seminars in which research students present their work. UoA 26 PhD students are encouraged and supported to present their research at national and international conferences and they are mentored to publish their research in peer reviewed journals. In the last 18 months, three full-time and one part-time student have published peer reviewed research articles as lead authors, and in total they have contributed to six published articles in peer reviewed journals and a book chapter for an edited book. YSJU provides a generous funding package to support its PhD research students. An annual expense account of £900 per full-time student and £450 per part time student is provided for fee-paying research students, while those on studentships have funding provided within their bursaries. The expense account may be used to support attendance at conferences, external short courses, or for the purchase of key resources.

To provide an environment that is conducive to enquiry, critical debate, and strong social support, all YSJU research students are housed in a dedicated Graduate Students Centre. This has enabled the development of a strong supportive community that has an interdisciplinary focus and where there is an appreciation of different methodological perspectives on research. The research students provide each other with peer support and have developed an active discussion group and a writing support group whose meetings and activities are advertised on the Virtual Graduate Centre on Moodle. Research students are also provided with opportunities to teach on the undergraduate programmes at YSJU. Heads of Programme liaise with supervisors about available teaching opportunities. Students wishing to teach may do so from their second year of study, providing they have undergone mandatory training on the Postgraduate Certificate in Academic Practice, or they possess a recognised teaching qualification.

### **c. Income, infrastructure and facilities**

External funding has been secured from various sources. YSJU is one of eight partners in a four year EU Framework 7 funded project (FP7-HEALTH-2007-B) on children's motivation and health. Total funding for the project is €3.8 million of which €125,000 supports the work of Hall. Funding of £36,000 was secured by YSJU from the Leverhulme Trust to support a Research Fellow to collaborate with Hall on research concerning perfectionism in sport. Small grants have been received from Aramark (£3,000), the HEA (£2,700) and the Wingate Foundation (£3,500) to undertake research on motivational processes. Banda was awarded £60,000 Delphe funding for an HIV/AIDS sport development project in Zambia involving research.

*Evidence of infrastructure and facilities to support research:* To support research in UoA 26 and facilitate the development of the Exercise and Health group YSJU operates two dedicated laboratories equipped with a selection of systems for kinetic and kinematic analysis of movement patterns. The equipment includes a force platform, EMG system, high speed digital video capture and analysis, isokinetic dynamometer and a 3D analysis system. To support applied research in exercise and health the laboratories are also equipped for physiological assessment of fitness and performance through a range of ergometers, cycle ergometers, online expired air analysis systems, blood analysis equipment and health screening equipment. To assist with quantitative and qualitative data analysis, the HLS Faculty invested £6000 in a scanner for data entry, and made further investments in equipment for data transcription. SPSS, AMOS, NVivo and Endnote software are all centrally available on the YSJU platform for staff and student use. The University recently invested in excess of £1 million to acquire and redevelop a 57 acre sports facility in order to facilitate research into sport, exercise and health in conjunction with the delivery of both community and student sport.

**d. Collaboration or contribution to the discipline or research base**

*International collaborations:* UoA 26 staff (Hall, Jowett) have collaborated with EU partners on a large scale project examining motivation and children's health (PAPA) that was funded under EU Framework 7 (FP7-HEALTH-2007-B). Hall and Jowett are co-authors on three papers – Quested et al. (2013); Duda et al. (2013) and Wold et al. (2013) – published in a special issue of the *International Journal of Sport and Exercise Psychology*, November 2013. Hall has also collaborated with staff at the Norwegian University of Sport on perfectionism and athlete burnout, published in the *Scandinavian Journal of Medicine and Science in Sports* in 2008. Following a 12 month visit in 2013 as a Leverhulme fellow at YSJU, John Gotwals (Lakehead University, Canada) was appointed as a co-supervisor for a YSJU research student (Smith) to examine perfectionism and psychological well-being in junior elite athletes.

*Contributions to Discipline:* Based on his work on perfectionism, Hall was an invited keynote speaker at: the International Society of Sport Psychology (ISSP) Congress, Morocco, 2009; the Swedish Sport Psychology Congress, Stockholm, 2010; the North American Society for the Psychology of Sport and Physical Activity, New Orleans, USA 2013; and the Dance UK Conference, Birmingham, 2013. Hall also organised invited symposia on perfectionism at the ISSP Congresses in Morocco, 2009, and Beijing, China, 2013, and has been an invited keynote speaker on motivation in clinical contexts at the UK Association of Chartered Physiotherapists in Respiratory Care Conference (2010).

Watson has co-authored two edited books that contribute to the area of Sport and Spirituality – Parry, Watson & Nesti (2011) *Theology, Ethics and Transcendence in Sports*; Watson & Parker (2012) *Sports and Christianity: Historical and Contemporary Perspectives*. Hall has also contributed invited chapters on perfectionism to various edited Sport Psychology texts. These include, Roberts & Treasure (2012) *Advances in motivation in sport and exercise*; Lidor & Cote (2013) *Conditions of Children's Talent Development in Sport*; Hackfort & Seidelmeier *Bridging Gaps in Applied Sport and Exercise Psychology*; and Papaioannou & Hackfort (2014) *Fundamental Concepts in Sport and Exercise Psychology*. To bring together international researchers on perfectionism YSJU hosted an International Network Meeting on Perfectionism in July 2012 with speakers from Canada, Sweden, Germany, Holland, Belgium and the USA.

From 2008, Hall served as Section Editor and Editorial Board member for the *International Journal of Sport & Exercise Psychology*, Editorial Advisory Board Member for the *Journal of Sports Sciences* and Section Editor for the *Scandinavian Journal of Medicine and Science in Sports*. Watson was an editorial board member on the *International Journal of Religion and Sport* and the *Journal of the Christian Society of Kinesiology and Religious Studies*.

Hall was president elect of the International Association of Applied Sport Psychology, Division 12, Sport Psychology from 2006-2010. He is IAAP President of Div. 12 from 2010-2014.

Based on his research into HIV Aids in Zambia, Banda was an invited Expert Panel Member at the International Parliamentary Conference on the Millennium Development Goals (Nov 2012). Banda was also the Chair of Special Human Rights and Sport-for-Development workshop session organised by the Commonwealth Secretariat in July 2012.