

**Environment template (REF5)**

<b>Institution: University of Chichester</b>
<b>Unit of Assessment: 26 Sport and Exercise Sciences, Leisure and Tourism</b>
<b>a. Overview</b>

This Unit of Assessment enters REF2014 with 19FTE category A staff (15 SL, 4 Readers, 1 Professor), an increase on RAE2008 of 61%. The Unit delivered all objectives of RAE2008, created national and international impact, awarded 16 doctorates, established the Chichester Centre for Applied Sport and Exercise Sciences, and made 8FT new appointments with wide-ranging research expertise (7 early career, all in REF2014 submission). Capital investment of £4.5 million on expansion with new facilities including 5 laboratories and £616K for research equipment will provide the impetus for continued research growth and a strong post REF2014 submission.

<b>b. Research Strategy</b>
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RAE2008 confirmed the Unit's international standing (4\*-5%, 3\*-15%, 2\*-40%). The multi-disciplinary and applied approach to research within the Unit has been significantly expanded in line with the proposed RAE2008 research strategy. Achievements of the Unit (staff names entered in bold) regarding the objectives of RAE2008 (objectives in bold) were:

1) **“Advance knowledge of metabolic interventions to enhance aerobic and non-aerobic performance”**. This objective has been expanded, examining single and multi-ingredient ergogenic aids (i.e. carbohydrate/electrolyte gels, caffeine, carbohydrate, whey protein and beta-alanine) during resistance training (**Willems** et al., *J Hum Kinet* 33, 91-103, 2012; Kendrick et al., *Amino Acids* 34, 547-554, 2008), isometric contractions (beta-alanine: **Willems** et al., *14<sup>th</sup> Ann Congr ECSS*, 2009; caffeine: Madigan & **Willems**, *Med Sport* 15, 194-200, 2011), ergometer cycling (**Willems** et al., *8<sup>th</sup> Ann Conf ISSN*, 2011), and walking with load carriage (**Blacker** et al., *J Int Soc Sports Nutr*, 7:2, 2010, **Blacker** et al., *Eur J Appl Physiol* 111,1901-1908, 2011). Four research projects were supported in kind and financially (£4.9K) by Maximuscle Ltd (UK). Work on beta-alanine resulted in 2 doctorates (Kendrick 2010, Jones 2011, DoS: Harris). Research on beta-alanine supplementation provided transformational change in the athletic community and global sports nutrition industry. Another doctorate included experimental work on the effectiveness of ergogenic interventions on load carriage performance (**Blacker** (2009), DoS: **Willems**). At least one doctorate (PT) (creatine and hypoxia, DoS: **Willems**) is expected in the next 6 years. The Unit is committed to the expansion of applied and fundamental research on the effectiveness of ergogenic aids on 1) exercise and sport performance, 2) muscle fatigue mechanisms, 3) eccentric-contraction induced muscle injury, and 4) occupational physiology. The strategic appointments of a SL in Sports Nutrition (**Blacker**, 2013) and Sports Science Officer (Wilkinson) will allow to develop the interdisciplinary nature of this research.

2) The Unit has continued **“to disseminate applied sports science research to support competitive athletic performance”**. The long-standing partnership with the Royal Yachting Association remained active with appointments of Jones (PhD Pathway Sports Scientist, DoS: **Lauder**), and Macutkiewicz (Physiologist). Staff (**Greenlees**) and postgraduate students supported sailing athletes for London 2012. Holder (appointed SL in Sport and Exercise Psychology in 2012) acted as Sport Psychologist for GB synchronized Swimming Team for London 2012 and is providing Team support in preparation for Brazil 2016. Support to special populations was extended by **Myers** to soldier performance with STResearch Ltd (UK) for the UK Ministry of Defence and US Department of Defense. **M.Smith** provides sport science support to a local running club; this work leading to a doctorate on physiological determinants of middle distance running across a variety of age groups (DoS: **M.Smith**). The University supports the continuation and expansion of this research area and is currently funding another 4 doctorates on paddle stroke efficiency in white water kayakers (DoS: **Lauder**) and 3 projects (1FT and 2PT) on maximisation of mechanical power output (DoS: **Lake**).

At least 4 doctorates on paddle stroke efficiency in white water kayakers (PT), DoS: **Lauder**; and 3 projects (1FT and 2PT) on maximisation of mechanical power output, DoS: **Lake**) are expected in the next 6 years.

3) The Unit has done work to “**apply research from the interdisciplinary sport/exercise model to other populations to increase physical activity.**” Initially, research focussed on elderly adults and physical activity and resulted in 9 peer-reviewed articles in the area of Psychology (e.g. **Greenlees** et al., *J Aging Phys Act*, 19, 279-290, 2011) highlighting that self-presentational costs are associated with being a non-exerciser at an older age, Exercise Physiology (e.g. **Gault** et al., *J Aging Phys Act*, 21, 335-347, 2013; **Gault** et al., *Biogerontology*, 14, 197-208, 2013) providing evidence for beneficial cardiovascular, physiological, and functional benefits of a novel exercise intervention of eccentric endurance exercise with self-selected intensity, and Sociology (e.g. **Pike**, *Int Rev Sociol Sport*, 492-510, 2012; **Pike**, *Leis St*, 1, 69-88, 2013; **Pike**, *Sociol Sport J*, 2, 209-225, 2011) on factors enabling and constraining physical activity. The work resulted in 2 doctorates (**Gault**, 2010, DoS: **Willems**; **Simmonds** 2011, DoS: **Pike**, the latter providing social policy recommendations). This aspect of the Unit’s activities is expanding with researchers exploring additional populations such as workplace physical activity (e.g. **Edmunds** et al., *Int J Workplace Health Manag*, in press), childhood obesity and diabetes (e.g., **Edmunds** et al., *J Phys Act Health*, 7, 68-77, 2010; **Lowry**, ICSEMIS, 2012; **M.Smith** et al., *18<sup>th</sup> Ann Congr ECSS*, 2013; De La Rue et al., *Int J Sports Med* 34, 868-72, 2013). In addition, work by **Day** (**Day**, *Psychol Sport Exer*, 14, 1-11, 2013) will diversify this work to the role of physical activity experiences in promoting posttraumatic growth in Paralympic athletes with an acquired disability. Additional work by **Lowry** and **M.Smith** on drumming (e.g. **M.Smith** et al., *18<sup>th</sup> Ann Congr ECSS*, 2013; De La Rue et al., *Int J Sports Med* 34, 868-872, 2013), will look to explore its role as an intervention on the health and well-being of clinically obese children and individuals on the autistic spectrum.

4) “**Negotiate further national and international collaborative development**” (see section e below on Collaboration and contribution to the discipline or research base).

5) “**Create an applied sports psychology research group through expansion of the existing social cognition in sport group**”. This area expanded substantially from 2FTE in RAE2008 (**Day**, **Greenlees**) to the current submission of 7FTE [**Day**, **Edmunds** (new FT 2013), **Greenlees**, **Lowry**, **Page** (early career, new FT 2013), **Ma.Smith** (FT, early career), **Moll** (early career, new 0.5FT 2013), and **Steer** (early career, new 0.5FT 2012)]. The work of this group has resulted in 48 peer-reviewed articles [e.g. **Edmunds** et al., *J Phys Act Health*, 7, 68-77, 2010; **Greenlees** et al., *J Sports Sci* 26, 569-576, 2008; **Ma.Smith** et al., *Psychol Sport Exer*, 14, 249-257, 2013; **Moll** et al., *J Sports Sci*, 28, 983-992, 2010]. **Ma.Smith** and **Moll** were appointed to enhance the work in Applied Sport and Exercise Psychology and to lead research examining transformational leadership and emotion in sport. **Page** and **Kearney** have also been appointed to develop skill acquisition and attentional research within the Unit. The work of this group resulted in 4 doctorates (Stopforth, 2009, **Ma.Smith**, 2009, Manley, 2009, Buscombe, 2010, DoS for all: **Greenlees**). At least six doctorates (transformational leadership in sport, DoS: **Ma.Smith**, transformational leadership and athletes development, DoS: **Ma.Smith**; how children perceive and experience sports coaching, DoS: **Lowry**; mental toughness, DoS: **Greenlees**; skill acquisition strategies in sports coaching, DoS: **Holder**; coping with traumatic experiences in sport, DoS: **Day**) are expected in the next 6 years.

6) “**Engage in multidisciplinary research to enhance knowledge of environmental and physiological stress effects in humans**”. The Unit has delivered multidisciplinary research with focus on brain structure and function (**M.Smith**, 3 peer-reviewed journal articles, e.g. **Kempton** et al., *Hum Brain Mapp* 30, 291-298, 2009; **Kempton** et al., *Neuroimage* 58, 1051-1059, 2011), rock climbing (**Hodgson**, 4 peer-reviewed journal articles, e.g. **Hodgson** et al., *Br J Sports Med*, 43, 531-535, 2009), high speed boating (**Myers**, 3 peer-reviewed journal articles, e.g. **Myers** et al., *Eur J Appl Physiol* 11, 2041-2049, 2011), transatlantic yacht racing (**Myers**, i.e. **Myers** et al., *Br J Sports Med* 42, 285-288, 2008), hypoxia (**Myers**, 3 peer-reviewed articles, e.g. **Myers** et al., *Wilderness Environ Med* 19, 124-128, 2008), load carriage (**Blacker**, **Willems**, 8 peer-reviewed

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journal articles, e.g. **Blacker** et al., *Aviat Space Environ Med* 81, 745-753, 2010), and strength and conditioning (**Lake, Lauder**, 8 peer-reviewed journal articles, e.g. **Lake** et al., *J Appl Biom* 28,431-437, 2012). There were 3 doctorates (Brown, 2009, DoS: **Lauder**; **Blacker**, 2009, DoS: **Willems, Lake**, 2010, DoS: **Lauder**). Seven doctorates (2 on hypoxia and obesity (1PT), DoS: **Myers**; hyperthermia and muscle injury (PT), DoS: **Willems**; low glycogen and muscle injury, DoS: **Willems**; eccentric exercise and post-exercise hypotension, DoS: **Willems**; diabetes and exercise (PT), DoS: **Willems**) are expected in the next 6 years. **Blacker** was strategically recruited from industry to develop research in this area examining the efficacy of ergogenic interventions on demands in occupations in extreme working conditions (i.e. MoD).

The strategy of the Unit in the next 5 years is to consolidate and enhance existing research strengths and to continue to build upon the objectives of RAE2008. For this reason, the University established in 2010 the Chichester Centre for Applied Sport and Exercise Sciences (CCASES) with four research clusters: 1) Applied Sport & Exercise Physiology, 2) Applied Sport & Exercise Biomechanics, 3) Applied Sport & Exercise Psychology, and 4) Health Promotion. All staff entered for REF2014 are members of CCASES.

The aims of CCASES are to:

- 1) support research with user groups or stakeholders that provides potential for impact
- 2) encourage collaboration for publication in impact journals and have quality for post REF2014
- 3) increase opportunities and capture of internal and external income to support research activity
- 4) provide the framework for research-active staff members and postgraduate research students
- 5) increase the number of national and international postgraduate students
- 6) increase the visibility of research of the Environment at national and international conferences
- 7) have a biennial one-day research conference of interest also for applied practitioners.

A new area of research interest is 'Sociology of Sport'. The appointment of **Scott** (2010) and anticipated delivery of 3 doctorates in the next 6 years (international women's sport movement, DoS: **Pike**; adventure education in China and UK, DoS: **Pike**; team relocation in professional football (PT), DoS: **Pike**) signals the expansion of this area. This programme of work will be facilitated by the launch of the Anita White Foundation in 2011 to enable the creation of an archive of material related to the International Women and Sport Movement. Work is in progress to make the material publically available via the Archives Hub [www.archiveshub.ac.uk](http://www.archiveshub.ac.uk).

<b>c. People, including:</b>
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<b>I. Staffing strategy and staff development</b>
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All staff entered in REF2014 have substantial teaching commitments with Readers (**Greenlees, M.Smith** (internal promotion - ip; **Myers** (ip); **Pike** (ip), all 2012) and Professor (**Willems**, ip 2012) granted teaching remission to research and support research activities within the Environment. New appointments (8FT in total, **Blacker, Edmunds, Hudson, Lake, Moll, Page, Scott, Steer**) created 7 early career positions. Recruitment strategy in the Unit takes into account whether the new appointment would be an adjunct to existing research strengths or has the capacity to lead the development of new areas. A new appointment at professorial level is budgeted. Each staff member's research activities and plans are developed through annual performance review. Within Departments, teaching commitments are planned to facilitate research and the University's sabbatical policy enables staff to take extended periods of research leave. The University adopted a consultancy policy that allows staff to use income for development and research. The Concordat to Support the Career Development of Researchers was adopted in 2013 and being implemented by the Unit. The University provides a staff development budget to Departments for workshop and conference attendance and staff development sessions are run by the Research and Employer Engagement Office on many aspects of research (e.g. external income applications). The Unit's demographic profile is well balanced with early career researchers a considerable part of the Unit. The Unit has 6 visiting Professors (2 International) and 2 visiting Fellows, all strategic appointments to support the research environment and output (e.g. Gallagher et al., *Proc 37th IUPS*, 2013; **Blacker** et al., *J Hum Kinet* 37, 91-98, 2013; **Blacker** et al., *J Electromyogr Kinesiol*. 23, 886-991, 2013).

### c. II. Research students

Sixteen doctorates were awarded. At present, 17 MPhil/PhD students are registered (2007: 1; 2008: 1; 2009: 2; 2011: 2; 2012: 5; 2013: 6) with 4 approaching or in examination phase. In addition, 9 MPhil/PhD students are in registration phase. **Day, Hudson, Gault, Greenlees, Lake, Lauder, Lowry, Myers, Pike, Scott, Ma.Smith, M.Smith, Willems** (68%FTE submitted) are involved in supervision of Chichester-based postgraduate students. From 1/1/2008-31/8/2013, £402K was spent on bursaries, with each allocated bursary accompanied by a fee-waiver (£70K spend) to increase postgraduate capacity. The bursary allocation strategy will enable 7 staff (**Day, Hudson, Gault, Lake, Myers, Scott, Ma.Smith**) entered for REF2014 to become qualified supervisors. Allocation of bursaries within the unit is primarily to staff affiliated with the Chichester Centre for Applied Sport and Exercise Sciences (CCASES). Students are supported by a postgraduate coordination team (2FT) and are allocated £750 to support workshop and conference attendance. Opportunities for external academic engagement included e.g. presentations at the Biomedical Basis of Human Performance (London, 2012), the European College of Sport Sciences (Bruges, 2012), and the British Psychological Society Annual Conference (2012). The Unit and the University of Portsmouth have established an annual one-day postgraduate conference, which supervisors and students attend. These links may expand to other Institutes on the South coast of the UK. CCASES has obtained internal funding for research seminar programmes with external speakers' expertise aligned with on-going postgraduate projects, and organises a biennial research conference with symposia contributions from MPhil/PhD students. The University runs a postgraduate training programme to which Unit members contribute (e.g. **Willems** – 'Preparing for your viva voce') in addition to availability of the University's staff development programme and the Epigeum Research Skills Masters Programme. All FT postgraduate students have office space in the same corridor (PT students share hot desks in the same corridor), and all are invited to social and academic events within Departments. Student progress is reviewed at Unit level by the Research Degree Coordinator (**Willems**) and at University level by the Research Degrees Group (**Willems** membership). The overall research environment and pre-PhD programme in support of research students were identified as good practice by recent QAA institutional review. PhD students have access to the University's HEA accredited PGCert in Learning and Teaching. Training uptake is recorded in the students Personal Progress Log and part of annual student progress review. Equality and Diversity is embedded in support for research students, data on gender, disability, age is reported annually as part of the University's Equality Scheme, and a routine item on the Research Committee, which has 2 PhD student representatives. The Unit is accredited by the University of Southampton and submitted for Research Degree Awarding Powers (RDAP) in 2013.

### d. Income, infrastructure and facilities

Despite retirement of key senior staff with research income in 2009 (2 Profs and 1 Reader), the Unit obtained external income of £584K (£8K - Department of Business Skills and Innovation Research Councils; £36K - UK central government bodies; £476K - UK Industry, £64K other sources) which was enhanced by University investment to the Environment of £4.5 million for a new Sports Dome (2013), new running track with built-in force platforms (2012), dedicated building for the Unit with 5 new laboratories (1 Biomechanics, 3 Exercise Physiology and 2 Sports Therapy) (available in December 2013) and refurbishment of existing space to increase research and consultancy capacity in line with staffing increases. An external grant (£10K, **Day**) for research into trauma in sport was obtained from Richard Benjamin Trust (2011) and £9.9K (**Myers (PI), Lake**) from the Army Recruitment Training Division (2012) to support work on mechanical loading of British Army Foot drill manoeuvres. **Myers** was part of the JABBS foundation grant (£50K) for a Research Expedition to Bhutan (2011), managed by the Birmingham Medical Research Expeditionary Society. £6K was for this Unit for equipment purchase and use of the environmental chamber at the University of Chichester. Donations in kind from Maximuscle Ltd (UK) supported applied research work on the effectiveness on ergogenic aids with financial support for publication and attendance to national (**Blacker**) and international (**Willems**) conferences (i.e. BASES, 2009; 8<sup>th</sup> ISSN, USA 2011) with £2K obtained from Healthcurrency Ltd in 2012 (**Willems**) to support work

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on blackcurrant use in experienced tri-athletes. Funding was obtained from Research Capital Investment fund (£40K) for upgrade of the existing Environmental Chamber to a Hypoxic Altitude Stimulator (3 doctorates are supported by this upgrade). Further capital expenditure by the University of £616K for equipment will enable the Unit to deliver on the research strategy, most significant e.g. treadmill (£100K - h/p/cosmos Saturn 300/125 R) to support preliminary work on cycling and wheelchair athletic performance, a performance analysis system (£76K - SportsCode Elite), a motion analysis system (£72K – Vicon MX system, indoor/outdoor) to support the Applied Sport & Exercise Biomechanics, and an eye tracker (£31K – Acuity) to support work on attention. Laboratories contain state-of-the-art equipment to support the research strategy. The Physiology laboratories are accredited by the British Association of Sport and Exercise Sciences (BASES). Accreditation is important to attract work with elite athletes, and the Unit has had a long-term partnership with the Royal Yachting Association (RYA). The RYA contributed £420K to support elite sailing and rowing and agreed in 2012 to sponsor a Pathway Sports Scientist research assistant with PhD registration at Chichester (DoS: **Lauder**). Research in the Unit is supported by technicians (1 Senior Technician, 4 Technicians) with a fully equipped workshop, and allocated Business Development Manager from the Research and Employer Engagement Office to support internal and external funding applications. With the new appointment of a Sport Science support officer (Wilkinson), the remit allows external funding applications (1 ongoing with external income of £30K on delivery). The Unit is well-placed to deliver the research strategy with a clear vision and strong impetus for further research expansion.

**e. Collaboration and contribution to the discipline or research base**

The Unit has a strategy of developing international links to allow collaborative research and supporting staff and student exchange, with the ERASMUS programme a key vehicle to facilitate new European connections. Members of the Unit have continuing, productive collaborations with the University of Portsmouth (**Greenlees**, e.g. Thelwell et al., *Eur J Sports Sci*, 10, 243-53, 2010), University of Gloucestershire, Teesside University, King's College London (**M.Smith**, e.g. De La Rue et al., *Int J Sports Med* 34, 868-872, 2013), the Birmingham Medical Research Expeditionary Society (**Myers**, e.g. Imray et al., *Wilderness Environ Med* 19, 199-204, 2008), University of West Virginia (**Willems**, e.g. **Willems** & Stauber. *Acta Physiol (Oxf)* 196, 351-356, 2009), the Institute of Naval Medicine and the Army Recruiting and Training Directory (**Blacker**, e.g. Fallowfield et al., *Appl Ergon* 43, 1131-1137, 2012), and Loughborough University (**Scott**, e.g. Malcolm & **Scott**. *Soc Sci Med*, 72, 513-520, 2011).

New collaborations have been established with Loughborough University (molecular biology and tissue culture, i.e. Gallagher et al., Proc 37th IUPS, 2013), Nuffield Department of Anaesthetics & Oxford Centre for Functional Magnetic Resonance of the Brain, University Hospitals Coventry and Warwickshire to support work on hypoxia (**Myers**); the University of Kent (Hopker et al., *Int J Sports Med* 10, 731-736, 2010), and the Norwegian University of Science and Technology (**Myers**, **Willems**) on paralympic tandem cycling (internal grant, £5K **Myers** PI), and Hacettepe University (Turkey) on beta-alanine (supported by internal travel grant, **Willems**). **Myers** is Exercise Physiology advisor for the research element of Tier 3 obesity service for West Sussex NHS (2010). Collaborative work was undertaken with Karabuk University and Abant Izzet Baysal University (Turkey) (**Willems**) on wheelchair athletes (Ozmen et al., *Braz J Sports Med*, in press). **Greenlees** collaborates with Monash University (Australia) on alcohol consumption in sport. **Hodgson** collaborated with the University of Canterbury (New Zealand) (e.g. Draper et al., *Int J Perform Anal Sport*, 9, 67-89, 2009). **Day** collaborates with Montpellier University (France) on lost move syndrome. A memorandum of understanding with the College of Sport Science and Technology at Mahidol University (Thailand), initiated by **Willems**, would allow PhD students to undertake research in Chichester and is expected to be established in the next year. Strength and conditioning research (**Lake**) will be substantially enhanced by new collaborations with Bond University (Australia) and Robert Gordon University (UK) e.g. (Keogh et al., *J Fit Res*, in press), the Japan Institute of Sport Sciences, University of Salford (UK), and University of Missouri (USA). The Unit hosted a PhD student from Brazil (Universidade Federal do Paraná, Schausteck de Almeida et al., *Contemp Social Sci*, in press) and from the University of Zaragoza.

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Staff of the Unit have been involved in media and public engagement activities; **Gault**: Ipswich Community Radio 2011; **Greenlees**: invited by the British Psychological Society to present at 3 science festivals as part of public engagement activities (2011, 2012 & 2013); Red Uniform research featured on BBC Horizon 2010; Sky Sports News, Radio 5 live 2010. Research findings featured in The Daily Telegraph, The Times, The Daily Mail, and the Sun; **Hudson**: public engagement Robotville at the Natural History Museum (London), 2011; **Myers**: mentoring 3 students from South Downs College as part of their entry to The Physiological Society competition for presentation at the International conference 'Physiology' (London, 2014), Channel 4 programme (2012); **M.Smith**: Cheltenham Science Festival 2009, London International Music Show 2009, Science Gallery Dublin 2010, BBC Radio 4 (2010), radio stations in UK (2010-2013), and Ireland (2009, 2013), Irish Times (2010), BBC Southern Counties Radio (2009), New York Times interview (2012); N.Smith: Quintic ball spin KT project (2011) with Cristiano Ronaldo for Sky Sports documentary. **Willems**: public engagement at International Union of Physiological Sciences, Birmingham 2013; **Pike**: BBC Sussex, The BBC Sports Personality of the Year 2011, The Guardian 2011, UFPR TV Brazil 2011, BBC Radio 4, Warrior Girls 2008.

Below staff contributions, esteem, membership and number of peer-reviewed journal articles (prja, 2008-2013).

### Dr. Sam Blacker (20 prja).

- Member: BASES, ACSM.
- BASES Accredited Sports and Exercise Scientist & Chartered Scientist Status.
- Invited presentation: UK Sports and Exercise Medicine Conference 2011, London, UK.

### Dr. Melissa Day (7 prja)

- Editorial board: Qualitative Research in Sport, Exercise and Health; The Sport and Exercise Scientist.
- Grant reviewer: UK-India Education and Research Initiative, 2012.
- External PhD examiner: Aberystwyth University, 2013.
- Grants: British Psychological Society (£1K): Symposium convenor, 2010; Richard Benjamin Trust (PI, research. £10K), 2011.
- Member: BASES; Health & Care Professions Council.
- Membership: working group Research in Disability Sport - English Institute of Disability Sport.

### Dr. Sarah Edmunds (6 prja)

- Member: British Psychological Society, Health & Care Professions Council.
- Grant reviewer: Health, Welfare and Food Bureau, Government Secretariat, Government of the Hong Kong Special Administrative Region, The People's Republic of China (2009-present),
- Grant Income: Greater London Authority. London Workplace Well-being Charter Evaluation Framework, co-applicant, £9,8K, 2013; Department of Work and Pensions Challenge Fund, co-applicant, £39K, 2010; NHS Westminster, co-applicant, £8.5K, 2010; NHS Camden, co-applicant, £5K, 2010; University of Westminster HEIF 'Development of interactive lesson plans to promote positive body image in children and adolescents', co-applicant, £38K, 2011; BHF, co-applicant (with University of Essex), £90K, 2010).

### Dr. Mandy Gault (early career, 5 prja)

- Member: BASES; European College of Sport Science; British Society for Research on Ageing.
- Invited workshop speaker: The Biology of Ageing, Spain, 2012.

### Dr. Iain Greenlees (30 prja)

- Editor: Sport & Exercise Psychology Review. British Psychological Society, 2010-2013.
- Editorial board: International Review of Sport & Exercise Psychology, Sport & Exercise Psychology Review, 2013-present.
- Member: British Psychological Society; Health & Care Professions Council.
- Symposium convenor: British Psychological Society annual conference, Dublin, 2008; 13<sup>th</sup> World Congress of the International Society of Sport Psychology conference, Morocco, 2009.
- Organizer one day conference: British Psychological Society, 2012.
- Invited keynote: 11<sup>th</sup> International Sport Science Congress, Turkey, 2010.
- External PhD examiner: Universities of Loughborough, 2009; Gloucestershire, 2010; Birmingham, 2012; and Leeds Metropolitan University, 2013.

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- Grant reviewer: Social Sciences and Humanities Research Council of Canada; Royal Society of Edinburgh.

### Dr Beverley Hale (2 prja)

- Invited panel member, Royal Statistical Society's 'Getstats' Campaign, 2011.
- Fellow: Higher Education Academy; the Royal Statistical Society.
- Member of International Association for Statistics Education.

### Christopher Hodgson (6 prja)

- Member: Society for Psychophysiological Research
- Fellow: Higher Education Academy
- Book reviews editor: Journal of Adventure Education and Outdoor Learning.

### Dr. Penny Hudson (early career, 5 prja)

- Symington Bequest Award: Anatomical Society of Great Britain, 2008.
- Co-author on *Nature* peer-reviewed article (2013).
- Member: Society for Experimental Biology, Society for Integrative and Comparative Biology.

### Dr. Jason Lake (early career, 8 prja)

- Member: Int. Society of Biomechanics in Sport; National Strength and Conditioning Association.
- External PhD examiner: University of Chester, 2012.
- Grants: co-investigator - Army Recruitment Training Division, £9.9K, 2012

### Dr. Mike Lauder (8 prja)

- Member: BASES.
- External PhD examiner: University of Central Lancashire, 2011; Leeds Metropolitan University, 2013; University of Hertfordshire, 2013.
- Invited Keynote: 12<sup>th</sup> Int. Sport Sciences Congress, Turkey, 2012; Barefoot Connection Conference, London, 2012.

### Dr. Ruth Lowry (10 prja)

- Associate Fellow of the British Psychological Society, 2012.
- External (national) PhD examiner: Universities of Aberystwyth, 2011, and Northumbria, 2013.
- Member: European network for the promotion of health-enhancing physical activity; International Society of Behavioral Nutrition and Physical Activity; Health and Care Professions Council.

### Dr. Tjerk Moll (early career, 1 prja)

- Member: BASES, Higher Education Academy

### Dr. Stephen Myers (10 prja)

- Member: The Physiological Society (Ordinary member) – Society Representative, Muscle Cellular and Molecular Physiology Research Group, 2010-present; Birmingham Medical Research Expeditionary Society, American, Australian, British, Canadian and Dutch Working Group on Human Performance at Sea.
- Grant: PI, Army Recruitment Training Division, £9.9K, 2012.

### Dr. Jenny Page (early career, 5 prja)

- Member: British Psychological Society; Health and Care Professions Council; BASES.
- Fellow: Higher Education Academy
- Invited presentation: European Congress of Sport Science, 2010; The Royal Society for the Prevention of Accidents, 2012.
- Grants: co-investigator - Royal National Lifeboat Institute, 2009-2012: £155K (holder University of Portsmouth); BASES expert grant, 2013, £1K. Experimental Psychology Society, 2011: £3K.
- Travel grants: Experimental Psychology Society, BASES.
- BASES accredited Sport and Exercise Scientist.

### Dr. Elizabeth Pike (5 prja)

- Grants: Council for Disabled Children (£9.9K, 2012); INTERREG (£4.5K, 2012); the International Working Group for Women and Sport (£5.4K, 2011).
- Scientific Committee, Discipline leader Sociology of Sport, Member of Abstract Committee, Member of Young Investigator Award Committee: International Convention for Science, Education and Medicine in Sport, Glasgow, UK, 2010-2012.
- Scientific Committee: World Congress of the Sociology of Sport, Japan, 2008; Netherlands, 2009; Cuba, 2011; United Kingdom, 2012.

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- General Secretary (2008-2012) and President (2012-2015): International Sociological Association Research Committee 27 on Sociology of Sport.
- Elected General Secretary (2008-2012) and Elected President (2012-2015), Member of the Executive Board - International Sociology of Sport Association.
- External PhD Examiner: Brunel University (2012); Universities of Huddersfield (2012) and London (2013).
- Editorial board: Leisure Studies, 2010-present; Journal of ALESDE, 2010-present; International Review for the Sociology of Sport, 2010-present.
- Invited speaker: International Convention for Science, Education and Medicine in Sport, China, 2008; BC.ShAW/BSA Symposium. Brunel University, 2010; Reunião do Projeto de Pesquisa Rio 2016, Brazil, 2011; British Sociological Association, 2011; International Symposium on Elite Child Athlete Welfare. Brunel University, 2011; European College of Sport Science, Turkey, 2010.
- Programme Coordinator. *Research Committee on Sociology of Sport, Sociology on the Move*. World Congress of Sociology, Sweden, 2010.
- Session organiser, Presider - North American Society for the Sociology of Sport (2008-2010).
- Invited keynotes: Latin American Society for the Sociology of Sport, Venezuela, 2010; Korean Alliance for Health, Physical Education and Recreation/Korean Society for the Sociology of Sport, 2010; Taiwan Society for the Sociology of Sport, Taiwan, 2010, Latin American Society for the Sociology of Sport, Venezuela, 2010; International Forum of Peking University on Sport, Society and Culture, 2013.
- Invited Expert. International Summer School for Young Researchers, Denmark, 2008, 2009.

### **Dr. Andrea Scott (early career, 3 prja)**

- Early career convenor: British Sociological Association, 2011 onwards.
- Member: British Sociological Association; International Sociological Association; International Sociology of Sport Association; North American Society for the Sociology of Sport.

### **Dr. Marcus Smith (5 prja)**

- Combat Sports Special Section Co-Editor. Journal of Sports Science & Medicine.
- Invited speaker: 11<sup>th</sup> Asian Federation of Sports Medicine Congress, Iran, 2008; 6<sup>th</sup> Games for Health Annual Conference, Boston, 2010; Well-Being, Birmingham City University, 2011; ICSEMIS, 2012; British Psychological Society, 2012.
- External PhD examiner: Roehampton University, 2009; University of Central Lancashire 2011.
- External MPhil examiner: Sheffield Hallam University, 2013.
- Member: British Association of Sport and Exercise Sciences (and BASES Laboratory Director).
- Grant: CommercialISE (£13K): drumming research with local businesses and community.
- Visiting Researcher: Department of Neuroscience, King's College London, 2013-2016.

### **Dr. Matthew Smith (10 prja)**

- Grant reviewer: Open Research Area for the Social Sciences in Europe, 2012.
- Member: British Psychological Society, Health and Care Professionals Council.

### **Dr. Rebecca Steer (1 prja)**

### **Prof. Mark Willems (27 prja)**

- Grant Reviewer: BBSRC, 2010 (2x), 2011, 2012.
- Fellow: European College of Sport Science, 2008.
- Invitations, Chair: ECSS, Turkey, 2010; Belgium, 2012; Spain, 2013; Symposium: 6<sup>th</sup> World Congress of Biomechanics, Singapore, 2010; Editor: Nova Science Publishers, 2013; Keynotes: Coventry University, 2012; 55<sup>th</sup> ICHPER•SD, Turkey, 2013.
- Scientific Board: Medicina Sportiva, 2007-present; Advisory Editorial Board: European Journal of Applied Physiology, 2009-present; Editorial Board: European Journal of Sport Science, 2011-present; International Journal of Sports Science, 2012-present; Journal of Sports Medicine, 2012-present; Journal of Modern Physiological Research, 2013-present.
- External PhD examiner: Nottingham Trent University, 2012; University of Zaragoza, Spain, 2013; Edith Cowan University, Australia, 2013.
- Abant Izett Special Award: Best Presentation, 10<sup>th</sup> Int. Sport Sciences Congress, Turkey, 2008.
- Member: BASES.
- Travel grant: BASES.