

# Pulse



ISSUE

6

## Welcome

Welcome to the sixth issue of Pulse, the newsletter of the University of Portsmouth's Department of Sport and Exercise (DSES). Whether you are a current, future or former student, or you are simply interested in DSES, we extend a very warm welcome to you.

We hope that Pulse will help you to keep up-to-date with the many exciting and interesting projects which our staff and students are involved in. Please remember that this is your newsletter too, so if you have any projects or successes to share, or suggestions for features, please email [jo.corbett@port.ac.uk](mailto:jo.corbett@port.ac.uk). Don't forget there is more to watch and read online at [www.port.ac.uk/sportscience](http://www.port.ac.uk/sportscience).

Best Sport and Exercise Science Department for Overall Student Satisfaction in the UK (National Student Survey 29-5).

## DSES helps to publish to save lives

Following the publication of Professor Mike Tipton's book *The Science of Beach*

Clinical Exercise Science, which were featured in the last issue of PULSE, DSES staff members have published three more books. Dr Neil Weston's book *Sport and Exercise Psychology: Practitioner Case Studies*, uses theory-based case studies for sport performance, exercise and skill acquisition to examine the most current issues in the field. Dr Chris Wagstaff's book *The Organizational Psychology of Sport: Key Issues and Practical Applications*, examines how organizational psychology can improve performance in elite sport. Finally, Dr Richard Thelwell has co-edited *The Psychology of Sports Coaching: Research and Practice*, which reviews current research in the psychology of sports coaching. All are available from all good bookshops!



In September members of the Royal National Lifeboat Institution's (RNLI) "Respect the Water" team visited DSES's extreme environments laboratory for a lecture and demonstration on the application of sports science to the sea. DSES are world experts in the area of water immersion and submersion, thanks to the work of Professor Mike Tipton and members of his team. Their research has been used to inform the European Council Guidelines for Resuscitation as well as in the design, development, and testing of water safety devices such as life jackets and emergency breathing apparatus.



For our additional success, visit [www.port.ac.uk/sportscience/high](http://www.port.ac.uk/sportscience/high)

# Student success

## Alumni update

The Department of Sport and Exercise Science at the University of Portsmouth has a strong employment record and we are proud of the successes of our ex-students. In this regular feature we catch up with one of our alumni to find out what they have done since graduating.

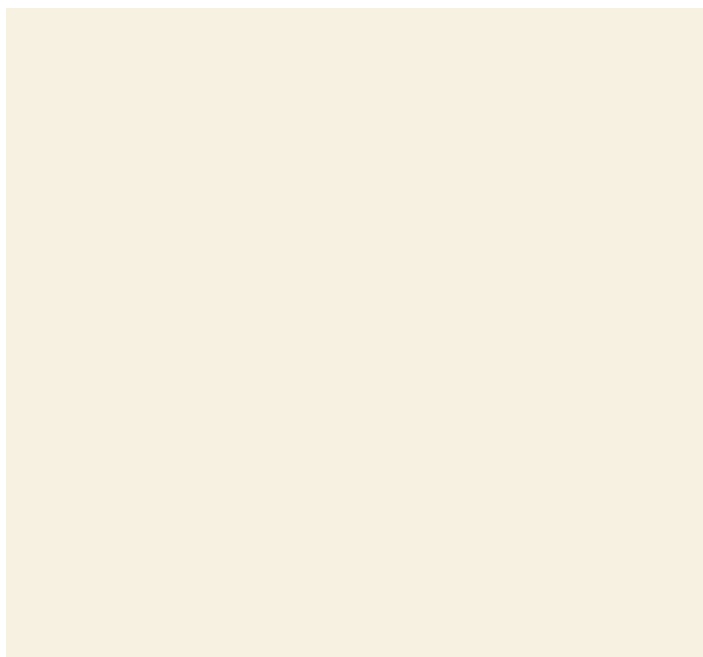
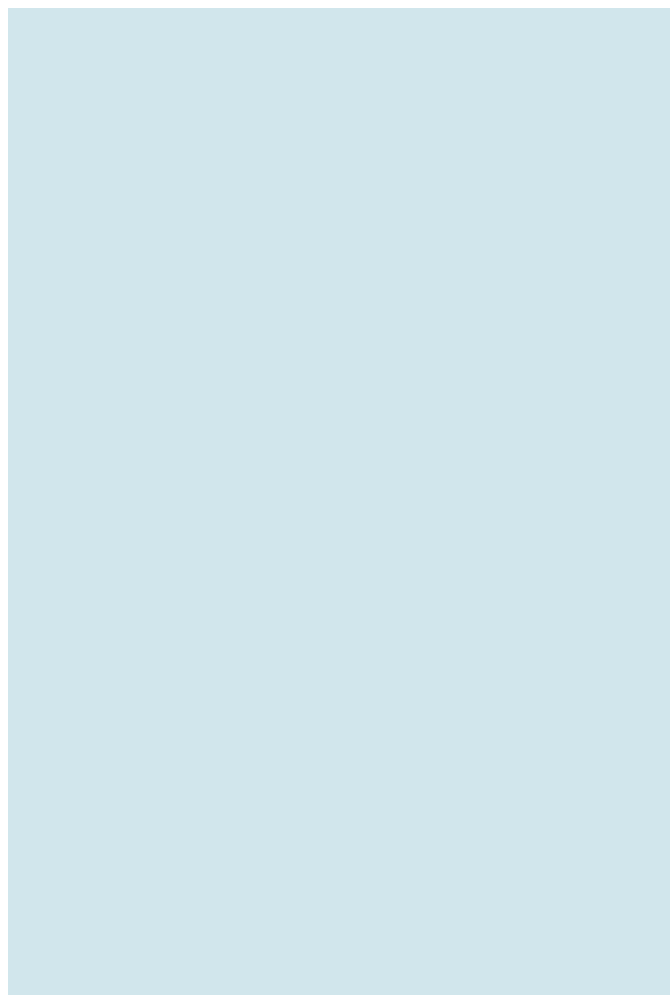


**Name:** Christine McBride

**Course:** MSc Clinical Exercise Science

**Job title:** Clinical Exercise Physiologist for Cardiac Rehabilitation.

**Typical Day:** I deliver phase III cardiac rehab to patients who



## New staff members join DSES

Two new members of staff have recently joined DSES. Paul Marshman has joined the department as technical manager, with responsibility for overseeing all technical resources within the department such as equipment, laboratories and technical staff. Paul brings a wealth of skills and experience to the role and has been at the University of Portsmouth since 1998, having most recently worked as senior specialist technician in the department of psychology.

Beth Clarkson joins DSES from the University of Winchester. Beth will lecture in the area of sports development and coaching and will contribute to undergraduate teaching in the areas of sport management and sport psychology.



## Summer Research Project Award

DSES student Adrian Fautly, who graduated this summer with a first class honours degree in Sport and Exercise Science, was recently awarded an eight-week summer studentship as part of a programme jointly funded by the Cystic Fibrosis (CF) Trust and the British Lung Foundation. The studentships are designed to attract the brightest, best clinicians and researchers of tomorrow into the field of CF and only ten such awards were made nationally. Adrian was awarded his studentship for 'Determining the best maximal cardiopulmonary exercise testing protocol for children, adolescents and adults with cystic fibrosis'.

This project will enable clinical care teams and researchers to rank clinical tests based on their accuracy to measure aerobic exercise function and is important because lower levels are associated with a poorer prognosis, reduced quality of life and increased risk of being hospitalised. Adrian has recently returned to DSES to begin his MSc in Clinical Exercise Science.

## Staff profile

**Name:** Dr Joe Costello  
**Role:** Lecturer in exercise physiology



### What's your background?

I completed a degree in Physical Education and Maths and a PhD in Human and Applied Physiology at the University of Limerick in Ireland. After my PhD I moved to Queensland University of Technology, Australia where I worked as a post-doctoral research fellow in the Institute of Health and Biomedical Innovation for three years. I then undertook further post-doctoral research in the extreme environments laboratory in the University of Portsmouth before being appointed as a lecturer earlier this year.

### What are your teaching duties?

I coordinate and teach the first year physiology unit (Introduction to Sport and Exercise Physiology) and the third year project unit. I also contribute on various other units and supervise a PhD student.

### What are your research interests?

My current research interests are understanding the physiological effects of various stressors (e.g. exercise, temperature) on human performance as well as establishing evidence-based practice in sport and exercise science through the publication of high quality systematic reviews and meta-analyses.

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

Two words. "Get involved." Use your time at university and in the DSES to experience as much as possible. Ask questions, volunteer, shadow people, and pinpoint what you want to do or where you want to work in the future. From there, ask the relevant people if there are any opportunities for you to help out or get involved.

### What's the best thing about DSES?

The environment. DSES has a unique environment in terms of the people and the facilities.

