



Research Newsletter

Brett and Lucy Update

We hope everyone has had an enjoyable summer. We are excited to begin a new academic year with new colleagues, a new seminar series, and hopefully some in-person meetings to bring us back together little more!

A new staff facing **Sharepoint** site will soon be launched in the department, which will include a dedicated research space. This will be a one-stop shop for all research related processes, information and policies. We anticipate the site to become live in October. We are continuing to make improvements to the **department website**. Please submit regular news items so that they can feature on the page and keep it looking current. This can include new publications or successful grant. The more information the better - please do send news items to Lucy.

Laura Facey has recently taken up the role of **Marketing** Manager for Business Partnering in the University. Laura is the main point of contact for our department. So, whether you need support with design, social media or a press release, please get in touch. We're also building a media database of experts and request that you complete this short form to ensure your details are included - <https://bit.ly/DUMediaDatabase>.

Finally, a huge thank you to Maria (Aznarez) for her expertise and incredible support over the years as our grant and contract officer. We hope you don't miss us too much!

Inside this issue:

Research Projects

Read the latest research project news, including Covid-19 research that has been undertaken in the department

Recent Successes

Read about the latest successes in the department

New Colleagues

A huge welcome to our new colleagues who have joined us here in the Department of Sport and Exercise Sciences

DSES Successes

Let's celebrate! 🎉

Recently Published Outputs

Culvin, A., Bowes, A., Carrick, S., & **Pope, S.** (in-press). The price of success: Equal pay and the US Women's National Soccer Team'. *Soccer & Society*. DOI: 10.1080/14660970.2021.1977280.

Duncan F., Baskin C., McGrath M, Coker JF, Lee C., Dykxhoorn J, Adams EA, Gnani S., Lafortune L., Kirkbride JB., Kaner E., Jones O., Samuel G., Walters K., Osborn D. and **Oliver EJ.** (in press) Community interventions for improving adult mental health: mapping local policy and practice in England. *BMC Public Health*.

Entwistle, I., Hume, P., Francis, P. and **Hind, K.** (2021) Vertebral anomalies in retired rugby players and the impact on bone density calculation of the lumbar spine. *Journal of Clinical Densitometry*, 24(2), pp.200-205.

McHugh C, **Hind K**, Davey D, Farrell G, Wilson, F (2021) Body Mass and Body Composition Changes over 7 Years in a male Professional Rugby Union Team. *International Journal of Sports Medicine*.

Monforte, J., Smith, B., & Bennett, T. (in press). Benefits, barriers and facilitators to golf participation among disabled people: Identifying opportunities to increase uptake and foster inclusion. *International Journal of Golf Science*.

Monforte, J., Perez-Samaniego, V., & **Smith, B.** (in press). Ethnography and its potential to understand and transform the rehabilitation of spinal cord injury. In C. Hayre, D. Muller, & P. Hackett (Eds.), *Rehabilitation in Practice - Ethnographic Perspectives*. Singapore: Springer Nature.

Tod, D., Booth, A., & **Smith, B.** (2021). Critical appraisal: From systematic reviews to individual quantitative and qualitative studies. *International Review of Sport and Exercise Psychology*.

Weston KL, Innerd A, Azevedo LB, **Bock S**, Batterham AM. Process Evaluation of Project FFAB (Fun Fast Activity Blasts): A multi-activity school-based high-intensity interval training intervention. *Frontiers in Sports and Active Living* (section: Physical Activity in the Prevention and Management of Disease).

Recent Awards Received

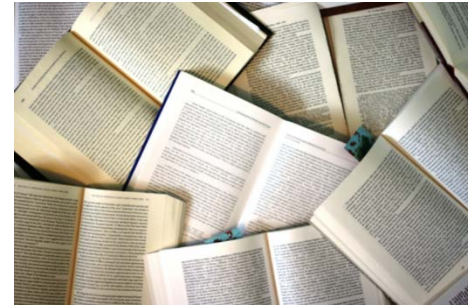
Hind, K and P Chazot. Collaboration with Biosciences. Development and acceptability of a new intervention for improving brain health in athletes at risk of concussion. Conka Elite.

Hind, K. Development of resting and sports zones for a neurocognitive test: repurposing for athletes at risk of concussion. My Sports Wellbeing.

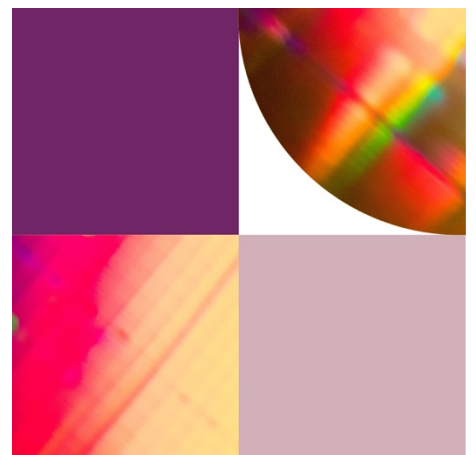
Recent Grant Applications Submitted

Poulton, E: British Academy/Leverhulme Small Grants. Tackling Antisemitism in English Football: Experiences, Support Tools, and Solutions

Macnaughton, L: MRC Confidence in Concept grant submission 16/09/21 - collaboration with Chemistry and titled: Measurement of breath acetone in the detection of low carbohydrate availability following implementation of 'train low' strategies.



Led by Dr Cassie Phoenix, the Department of Sport and Exercise Sciences are proud recipients of an **Athena Swan Bronze Award**. This award formally recognises our ongoing commitment to gender equality.



Recent Research News

Fiona Duncan and **Sophie Phillips** both employed interns to work on SPHR Fuse projects over the Summer which have now come to an end. Fiona's project investigated physical activity and sport interventions to improve public mental health. Sophie's project explored the effectiveness of forest schools on the health and development of pre-school aged children.

Congratulations to **Phillippa Kyle**, who is currently working with Caroline, Naomi and Carolyn on an SPHR-funded workpackage. Phillippa has been offered an "Alcan Future of Work" PhD Studentship at Newcastle University Business School, starting in January 2022. The working title for the studentship is 'Evaluating Talent Development Environments in Contemporary Dance: Exploring the relationship between creativity and psychological well-being to develop holistic guidelines'.

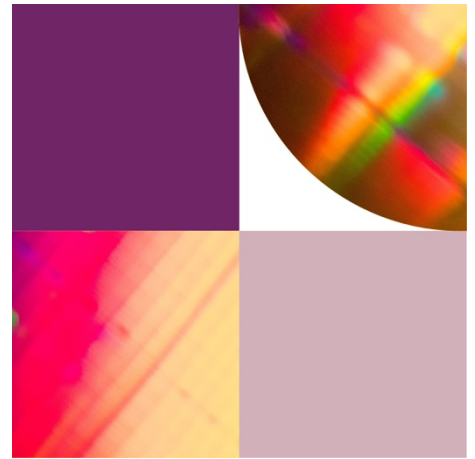
Brett Smith, Ben Rigby, Jake Netherway, Wei Wang, Caroline Dodd-Reynolds, and Emily Oliver have completed a rapid review of health benefits of physical activity for disabled children and young people. Following a meeting with The UK Chief Medical Officers', the recommendations have been signed off by the Department of Health and Social Care. These will now be installed as the nation's physical activity guidelines for this subpopulation. Further work is underway to coproduce an infographic and a communications approach.

Karen Hind and DSES postgraduate students **Thomas Goodbourn** and **Ian Entwistle**, along with Jonathan Frawley from Computer Sciences and external collaborators Patria Hume and Doug King (AUT), contributed scientific evidence towards the UK DCMS Parliamentary inquiry into *Concussion in Sport*. This evidence included findings from the DSES UK Rugby Health project and ongoing work quantifying the number and magnitude of head impacts in professional rugby union.

The Department of Sport and Exercise sciences will be represented at the [ESRC Festival of Social Sciences](#) this year by **Cassie Phoenix**. The festival, which runs online throughout November, will include [Weatherlines](#), an online creative writing workshop designed to explore the significance of weather in our lives. The workshop forms part of the [Weathered Lives](#) project.



Moving with Weather



New Professor in Practice

The Department of Sport and Exercise Sciences (DSES) is pleased to welcome **Dr Maxine Rhodes**, Managing Director of County Durham Sport (CDS), as our newest Professor in Practice.

Maxine said: "I am delighted to be conferred with this title and look forward to enhancing the student experience and research environment at Durham University. For me, the University strategy 'So Much More' really sums up the partnership between the Department of Sports and Exercise Sciences and County Durham Sport - both partners gain much more from working together than they could achieve alone".

Maxine's appointment reflects developments over the last 18 months in which DSES and CDS have worked together to re-energise the county's system thinking around physical activity and offered a career pathway, work experience and opportunities for action-based research and evaluation for students. These developments include:

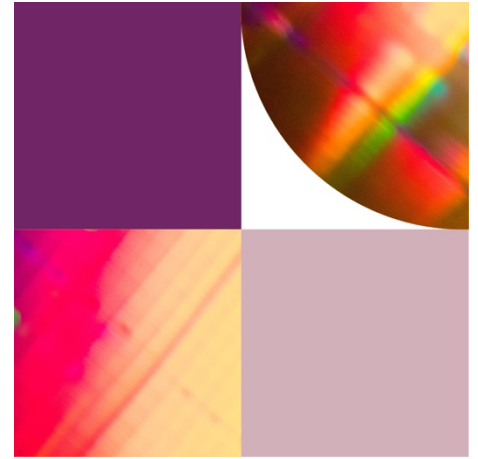
Joe Armstrong progressing from a CDS-sponsored Masters by Research with DSES into employment as Children & Young People Programme Coordinator for CDS. In this role, Joe's is already putting into practice learning from his Masters research which examined how young people's transition from primary to secondary school affected their engagement in physical education and activity.

Through a secondment undertaken by DSES PhD student, Sophie Phillips, and together with the Durham Research Methods Centre, Caroline Dodd-Reynolds is leading DSES work to improve understanding of inequalities in physical activity across County Durham by undertaking multinomial analysis of multi-year data from Sport England's national Active Lives Survey. Findings have been fed back to inform the practice of CDS staff and also the development of a new physical activity strategy for County Durham.

PhD student, Rachel Kurtz undertook a commissioned policy review for CDS and Durham County Council to identify areas of complementarity and gaps to address in local strategic approaches towards physical inactivity and the climate emergency.



For any enquiries about engagement between DSES, County Durham Sport and other physical activity partners in County Durham, please contact ian.lindsey@durham.ac.uk or maxine.rhodes@countydurhamsport.com



Research and impact with physical activity partners in County Durham

Researchers from the Department of Sport and Exercise Sciences undertake a variety of work with partner organisations that impacts on engagement in physical activity across County Durham. In this newsletter, we focus on updates from postgraduate and other student researchers:

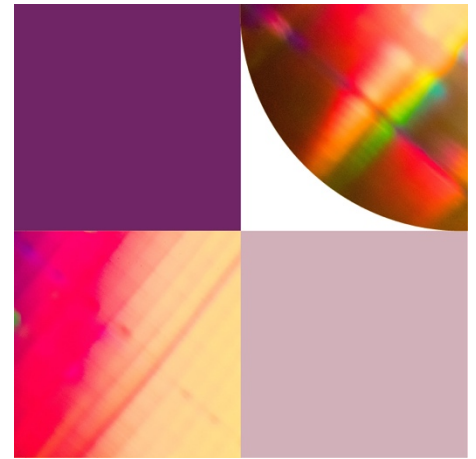
- During a three-month secondment with County Durham Sport, Sophie Phillips undertook a practice-orientated review of research on the benefits of physical activity for children under 5 years. This review helped County Durham Sport extending into new areas of work with this age group and Sophie's production of an [explanatory infographic](#) which has been distributed throughout pre-school networks in the county.

- Rachel Kurtz undertook commissioned work to review a range of local strategy documents to identify the extent to which they enabled complementary approaches to address physical inactivity and the climate emergency. Rachel's [review](#) will inform future developments through the county's Physical Activity Strategy Committee and she has written a blog for Fuse from her findings regarding the importance of changing discourses concerning physicality found in policy documents.

- Katie Beresford undertook a SPHR-funded summer internship (supervised by Sophie Phillips) on 'Exploring the effectiveness of Forest Schools on the Health and Development of pre-school aged children'. She was invited to present her findings to County Durham Sport in August 2021.

- In October 2021, Miles Lawson will move from his undergraduate studies in DSES to studying for a Masters by Research (supervised by Cassie Phoenix and Caroline Dodd-Reynolds) that has been sponsored by County Durham Sport to examine how winter weather shapes older adults movement practices in outdoor spaces across County Durham, and vice versa

For further general enquiries about DSES engagement with physical activity partners in County Durham please contact ian.lindsey@durham.ac.uk or contact individuals named above for further information about specific projects.



Significant Invitations

Stacey Pope was interviewed about her research for The i newspaper in July for the article: 'Women are getting more airtime than ever in men's football but abuse takes its toll'. She was interviewed alongside Sue Smith (former England international and first woman pundit to speak about the men's game on BBC's Final Score and Sky Soccer Saturday) and Lianne Sanderson (former England international and Sky Sports and TalkSport presenter). Stacey Pope discussed her research on men's 'backlash' to more women entering this former male preserve.

Stacey Pope was involved in supporting a bid for the UK to host the International Working Group on Women & Sport from 2022-2026. In July, it was confirmed that this bid was successful. This involved working with the CEO of the Sport and Recreation Alliance, Lisa Wainwright MBE and Professor Elizabeth Pike (University of Hertfordshire).

Emma Poulton was an invited panellist at The Changing Face of Football: 20th Anniversary Symposium in September. The symposium celebrated the ground-breaking 2001 book by Les Back, Tim Crabbe and John Solomos, the first systematic and empirically-grounded account of racism and the changing role of racial and ethnic identity within football. Emma was invited to critique the book and speak about its influence on her own research on antisemitism in football.

Lindsay Macnaughton was invited to be part of *British Association for Sports and Exercise Science (BASES)* expert statement. More information to follow once the output is published.

Karen Hind was invited to write the *BASES Guidelines for the Application of Dual energy X-ray Absorptiometry (DXA) in Sport and Exercise Sciences*. This work is in press.

Brett Smith was invited to be part of the team to write the *BASES* expert statement on disability. He was also invited to give several international talks on disability and physical activity.

Brett Smith was invited by Public Health England Sport England and NHS Horizons to be part of their roundtable series focused on maximising physical activity in health and care.

The Guardian UK university rankings, 2022

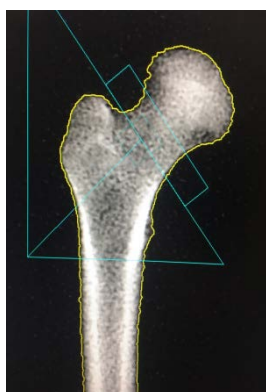
We are delighted to announce that Durham was rated 4th for Sports Science in The Guardian UK University rankings 2022. Read more [here](#)



Postgraduate Researcher News

The academic year transition is always an exciting time for our postgraduate community, as we celebrate recent submissions, examination successes, and look forward to welcoming a new cohort of students. This year, department staff will be supervising over 40 postgraduate students, all of whom are engaged in high-quality research linked to our research themes. Our community is becoming increasingly diverse, and we're delighted to welcome more part-time and international students this year in particular. The summer was a busy time for our postgraduate researchers, with notable achievements including:

- **Rebekah Brockbank** successfully passing her PhD examination. Rebekah's work, co-supervised across the DSES and the Department of Psychology (Dan Smith and Emily Oliver), explored how dispositional and situational achievement goals interact to influence performance.
- **Lauren Kamperman's** research on exclusion in talent development systems being accepted for the International University Sports Federation's (FISU) World Conference on Innovation, Education and Sport. The conference takes place during the Lucerne 2021 Winter Universiade in December.
- **Ben Rigby, Jake Netherway, and Wei Wang's** involvement in the production of the new Chief Medical Officers' Physical Activity Guidelines for Disabled Children and Young People.
- **Tom Goodbourn's** outreach work at local grassroots rugby clubs, sharing his research and recommendations about concussion prevention.
- **Ian Entwistle's** presentation of two studies from his Rugby Health PhD research at the World Congress of Osteoporosis IOF-ESCO (Aug 21)
- **Alice Pearson and Will Jones'** involvement in collaborative interdisciplinary research with Archaeology postgraduate students **Alexandra Bowers** and **Maria Marchelli**, applying their DXA imaging skills to the mapping of medieval human bones in the new Truscott Imaging Suite.



New Colleagues

Katie Di-Sebastiano
Assistant Professor



What excites you about joining the department?

I am excited to join the department because it is growing and moving forward. Not only do I get work with the amazing staff and students within the department, but I am excited to contribute to the evolution of a world-class sport and exercise science department.

Could you describe the research you are going to pioneer here?

My research looked at the relationship between nutrition and physical activity and cancer. From risk of disease through treatment and survivorship, I am not only interested in the mechanisms that related to nutrition and physical activity to the development and progression of cancer, but I am interested in developing feasible and effective interventions to improve the lives of individuals living with cancer throughout the disease trajectory.

Describe yourself in five words?

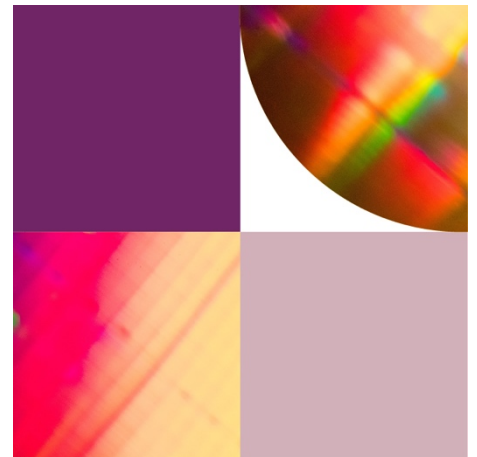
Five words I would use to describe myself are: Adventurous, Motivated, Empathetic, Passionate, and Ambitious

What are your interests outside of academia?

Outside of academia, you will most likely find me in one of two places, curled up with a good book and a cup of tea, or out in the countryside on a night long hike.

Zoe Rickelton is the DSES new Research Grants and Contract Manager. Zoe brings a wealth of experience. We look forward to working you.

zoe.l.rickelton@durham.ac.uk



Patrick Jachyra
Assistant Professor



What excites you about joining the department?

I am really excited about the department's focus on examining sport and exercise science from a diversity of perspectives. This interdisciplinary focus is super exciting to push our thinking on how to support the physical activity, well-being and health all individuals of all abilities, and life circumstances. The department's focus dovetails with my research and teaching looking to support the physical activity and well-being of individuals diagnosed with neurodevelopmental disabilities, with a particular focus on individuals diagnosed with autism. I look forward to connecting my research at Durham University with my previous work in Toronto, Canada where I am an Affiliate Scientist at the Centre for Addiction and Mental Health.

Could you describe the research you are going to pioneer here?

My research at Durham University will examine how to support the physical activity, mental health and well-being of individuals diagnosed with autism. Specifically, I will work together with autistic people, those who care for them, and community organizations to examine the barriers to physical activity in the North East of the UK, and then work together with these partners to co-produce community programs and interventions that will support their physical activity, mental health and well-being. This research, community engagement and co-production of knowledge is important as individuals diagnosed with autism are less likely to be physically active throughout their lives, experience high rates of health and social inequities, and also more likely to have mental health challenges with a high risk to experience suicidal thoughts and behaviours. As a result of these challenges, the goal of my research is help individuals diagnosed with autism to live, healthy, happy and physically active lives, while also promoting participation and inclusion in society.

Describe yourself in five words?

Passionate, supportive, empathetic, thoughtful, curious

What are your interests outside of academia?

I really enjoy travelling and spending time outdoors. This past summer, I cycled from Toronto, Canada to Niagara Falls, it was a 177 km ride. I also enjoy learning about aviation, with the goal of one day earning a pilot licence.



John Gray
Teaching Fellow

John Gray has joined the department as a fixed term teaching fellow for 12 months. Welcome John!



Upcoming Deadlines/Reminders

HEBCI – make sure to complete the online [Sharepoint form](#) with any Table 5 information you have. Guidance on eligible activities can be found [here](#). The deadline for this is Friday 22nd October. If you have any queries, please contact Lucy.

A reminder that weekly funding and training opportunities will be circulated by the RIS team.

A reminder we do have a research briefing template that can be utilised in the department and could help with short policy documents to support your projects. Contact Lucy for further information.

We are extremely sad to say goodbye to Maria Aznarez, who has worked with the department as the key RIS contact for grants and contract management for numerous years. Thank you Maria for all of the work you have helped us with.

We would like to welcome Zoe Rickelton as our new contact who looks forward to working with you on your grant applications. You can contact Zoe at zoe.l.rickelton@durham.ac.uk.

If you would like any information to feature in the next newsletter, please complete the following submission [form](#). If you would like to sign up to receive a copy of this newsletter, please contact Lucy at ses.researchadmin@durham.ac.uk

Upcoming Events

October 2021

The research seminar series will begin on 6th October – invites are to follow shortly. All sessions will aim to be held in a hybrid format.

November 2021

3rd November, 10am-12pm
The Conversation training workshop – you should have received an invite asking you to hold this date. Please let me know if you haven't received this.

For further information and meeting details, please contact Lucy at ses.researchadmin@durham.ac.uk

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