YOU DON’T JUST STUDY SPORT AT LJMU, IT’S IN THE AIR THAT YOU BREATHE.

YOU LIVE IT.

ljmu.ac.uk
LJMU sport courses cover the whole spectrum of sport – from grassroots level right through to elite, including all the elements that contribute to the sporting sector. LJMU courses cover the business of sport, the development of it, the science behind it and everything in between; when it comes to sport, we’ve got it covered.

With internationally recognised sport research expertise, notable Olympic Alumni, excellent partnerships with sport organisations, award winning Football Exchange and Physical Activity Exchange programmes and the city’s proud history of developing elite athletes, it is no surprise that LJMU was selected to host the prestigious International Council for Coaching Excellence (ICCE) Global Coach Conference 2017 and will host the International Society of Biomechanics in Sports (ISBS) Conference in 2022.

LJMU is the perfect place to study sport. Not only does it have links to prestigious sport clubs and organisations, it also has over 30 sport clubs in the Students’ Union, outstanding sport research and access to a whole range of sporting facilities.

Leah Weaver, MSc Sport Coaching

Professor Tom Reilly was a key member of the team at Liverpool Polytechnic that set up the world’s first BSc (Hons) degree in sports science in 1975. He was also the UK’s first Professor of Sports Science, and helped lay the foundations for sport and exercise scientific study at Liverpool Polytechnic, before it became known as LJMU.

Thanks to Professor Reilly’s vision and dedication, LJMU is now the UK’s leading institution for research in sport and exercise science*. The state-of-the-art Tom Reilly Building is home to the School of Sport and Exercise Sciences and contains a range of world-leading facilities and equipment for training the next generation of sport scientists.

* Research Quality Index data provided by Research Professional and available via Research Fortnight
Our passion for football runs deep; with three football teams in Merseyside – Liverpool FC, Everton FC and Tranmere Rovers – we love the game. However, world-class sport in the region goes far beyond football. Merseyside is the golfing capital of England – boasting more than 40 courses, seven of which are leading championship venues, while the City of Liverpool Gymnastics Club produces elite, international level athletes. It is also the UK home of the Grand National, the Liverpool International Horse Show, the Rock ‘n’ Roll Marathon series and the Liverpool International Tennis Tournament, which is held annually in Calderstones Park. In 2019, the city hosted the British Gymnastics Championship Series and the Vitality Netball World Cup.
Proud of our international reputation in

SPORTING EXCELLENCE

TOP RANKED INSTITUTION IN THE UK FOR RESEARCH IN SPORT AND EXERCISE SCIENCES

Top 9 for Sports Science
Complete University Guide 2021

TOP RANKED INSTITUTION IN THE UK FOR RESEARCH IN SPORT AND EXERCISE SCIENCES*

(Research Excellence Framework (REF) 2014. Research Quality Index data provided by Research Professional and available via Research Fortnight)

FUTURE PHYSIOLOGY CONFERENCE 2019

The School of Sport and Exercise Sciences hosted the Future Physiology Conference in December 2019, entitled Translating Cellular Mechanisms into Lifelong Health Strategies. The aim of the conference was to give early career researchers an opportunity to share their data and experiences and make vital connections for the future. LJMU hosted more than 250 early career researchers over a two-day period.

Early career workshops were also a key feature of the conference. Professor Greg Whyte OBE from the School of Sport and Exercise Sciences delivered a workshop on ‘The Role of media in public engagement: nonsense or necessity?’ while Sally Howells, an editor for The Journal of Physiology, gave insights into ‘Publishing for the first time’.

FUTURe PHYSIOLOGY CONFERENCE 2019

LJMU TO HOST INTERNATIONAL SOCIETY OF BIOMECHANICS IN SPORTS CONFERENCE

LJMU has been selected to host the 38th International Society of Biomechanics in Sports (ISBS) conference in 2022.

The conference will bring around 500 sports biomechanics experts to Liverpool and is the first time the conference will be held in the UK, largely thanks to LJMU’s reputation as a world leader for both research and academic leadership in the field.

Dr Mark Lake said: “We are delighted to extend a welcome to ISBS. The conference will offer a vibrant environment for delegates who will be exposed to an array of high-quality sport and exercise biomechanics. The School and Research Institute for Sport and Exercise Sciences are committed to the translation of high level science in order to impact the end-user. This conference allows us to bring world experts together in order to share and enhance our commitment to having a positive impact on our communities.”

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GREG WHYTE SUPPORTS SPORT AND EXERCISE SCIENCE PROJECTS DURING PANDEMIC

Professor Greg Whyte OBE is working on a wide range of sport and exercise-focused projects during the Covid-19 Pandemic.

He said: “The field of sport and exercise science has never been as important and visible in population health and performance from elite sport to clinical patients as it is now. I have never been so busy!”

Projects running during the Pandemic:
- The creation of a new framework for rehabilitation post-intensive care with the Intensive Care Society (ICS)
- Creating a framework for the re-opening of the health and fitness sector with UK Active, Public Health England and Government
- Creating a pathway for Clinical Exercise Physiology
- Supporting Great Britain Swimming coaches
- Multiple podcasts on a variety of performance factors
- The promotion of the importance of physical activity in COVID-19 prevention, treatment and rehabilitation
- A continuous interface with media across exercise, health and performance
- Multiple virtual fundraising events and virtual exercise sessions
- Continual social media content creation linked to health and performance
- Virtual support for clients from ultra-endurance athletes to clinical patients

Greg is well known for his involvement in Comic Relief and mentoring the success of celebrity challenges for the past decade. To date, he has helped raise over £38 million for charity.

The Erasmus+ funded ParaCoach project to explore the under researched and resourced context of para/disability coaching has now been running successfully for 18 months.

The aim of the three-year project is to design, develop and provide freely available resources to support learning, mobility and employment of coaches working or intending to work within the Paralympic and disability sport setting. The project continues to solidify LJMU’s relationship with the International Council for Coaching Excellence (ICCE), along with European partners: Netherlands Olympic Federation and National Sports Confederation, Institute of Sport Poland, Hungarian Paralympic Committee and the European Paralympic Committee.

The ParaCoach project will produce three key freely available resources: the ParaCoach European Framework (PCEF), a Massive Open Online Course (MOOC) and Course Study Guides hosted on the ParaCoach website. The resources and associated research reports relating to the Workforce Audit and Best Practice Case Studies will act as recognised reference points across the European Union for the development of coach education programmes, practice and coaching systems.

Tabo Huntley, who is leading the project, said: “We are now in the second half of the project and are focusing on developing the coaching framework and online course, which has attracted interest from key national and international stakeholders. These will be launched at an upcoming ParaCoach conference. So far it has been a great privilege to be able to lead this pioneering project with such highly respected partners.”

Further information is available at: www.paracoach.eu, www.paracoach.eu and on Twitter @Para_coaching
Leicester City and Danish international goalkeeper Kasper Schmeichel visited LJMU to deliver a Q&A session with undergraduate and postgraduate students from the School of Sport and Exercise Sciences.

Kasper was invited to talk to students as part of the celebrations for the 20th anniversary of the School’s Science and Football BSc (Hons) programme.

Kasper talked through the stages of his football career – covering the early years playing for lower league clubs through to his current position with Premiership team Leicester City. He described winning the Premier League with Leicester City as the highlight of his career so far and talked in depth about how he uses the principles of sport psychology to keep him focused.

The Football Exchange was delighted to welcome Leicester City’s Matty James into the department to speak to students across our undergraduate programmes.

Matty provided rare insights into his role at the Club and shared experiences of his career history and how he has managed challenges from a psychological and physical perspective.

Leicester City’s Matty James pictured with Dr Martin Littlewood.

The captain of Great Britain’s gold medal-winning women’s hockey team in Rio 2016, Kate Richardson-Walsh MBE, received an LJMU Honorary Fellow in recognition of her outstanding contribution to sport.

Three-time Olympic gymnast Beth Tweddle MBE, who studied BSc (Hons) Sport and Exercise Science at LJMU, was awarded an Honorary Fellow in recognition of her outstanding achievements to both sport and the university.

Paul Nolan OBE, Director of Mersey Forest, a growing network of woodlands and green spaces across Cheshire and Merseyside, was honoured in recognition of his personal commitment to outdoor learning and physical activity interventions in the promotion of sustainable green spaces.

Dr Tori Sprung’s research focus is on obesity, metabolic health and the influence that lifestyle has on chronic disease. She was previously based at Aintree University Hospital, which enabled her to gain insight into the health deprivation affecting a large proportion of Liverpool’s population.

Tori utilises these experiences and her ongoing research to examine worldwide health epidemics to promote discussion and debate amongst students. Both as a student and a postdoctoral research fellow, Tori won several young investigator and early career research prizes. She said: “I noticed that I was often the only female in these environments and this success inspired me to work towards initiatives that promote equality and diversity in science, a field where women and other minority groups have been historically underrepresented.”

Leicester City’s Kasper Schmeichel pictured with Dr Tori Sprung.

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Rangers Football Club Manager and former Liverpool Football Club and England Captain Steven Gerrard MBE was made an Honorary Fellow of LJMU for being an ambassador not only for Liverpool but also for British Football.

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All students in their first year of study will have an opportunity to engage with the CareerSmart programme as an integral part of a core module of study. Once you have completed this, a wide range of other career-related provision and services will be available to support your development throughout your studies. The new CareerSmart e-learning tool will introduce you to the steps involved in making informed choices about your career. It will enable you to consider your strengths and development areas, your career motivators, the options available to you and the necessary steps to take to achieve your career goals. By taking this approach we have seen a steady improvement in LJMU graduates obtaining professional and managerial jobs.

EXPERIENCE THE WORKING WORLD

FIELD TRIP TO FINCH FARM, EVERTON FOOTBALL CLUB

BSc (Hons) Science and Football students were given a once in a lifetime opportunity to go on a field trip to Everton Football Club’s training ground, Finch Farm.

The experience and knowledge I gained for my future studies was priceless. I got a valuable insight into the intricate details of how a Premier League Club runs from a football science perspective, in particular the techniques, methods and styles used by the coaching staff and interns. As a collective, we were all hugely impressed and look forward to further opportunities like this in the future. Seeing current and former LJMU Science and Football students working at the club on a daily basis was very motivating and gives everyone studying the Science and Football degree hope they will one day be the people speaking to future students.

Farhan Kharawala, current student, BSc (Hons) Science and Football

I was selected to work with Everton first team as a performance analysis intern. I have been able to apply the knowledge gained from my time at LJMU to an applied, elite setting. This has been an unbelievable experience so far, including pre-match opposition scouting and analysis and working at Goodison Park on a match day assisting the analysis team with live coding and video feedback.

Oliver Maher, current student, BSc (Hons) Science and Football

Through my student placements, I have developed my sport business and marketing acumen, which have become key specialisms to progress my career. I really enjoyed my time as Social Marketing Assistant at Aintree Golf Course - building their Facebook profile and enhancing their marketing campaigns - and learning lots about the sports business industry. My advice for future LJMU students is to make the most of the opportunities that the University provides you, especially placements.

Lucia Rodriguez, current student, BA (Hons) Sports Business

Every year you have the chance to do a different placement. I’m currently involved with the LJMU Strength and Conditioning Internship which is giving me a great insight into how complex and variable strength and conditioning coaching can be. The course provides lots of practical experience that will allow me to choose the field of coaching I want to go into in future.

Felix Tyson, current student, BSc (Hons) Sport Coaching

Our sport students have undertaken work-related learning placements at a number of organisations, such as...

- Aintree University Hospital
- Alder Hey Children’s Hospital
- Autism Together
- Be Strong UK Ltd
- Blackburn Rovers FC
- Bolton Arena
- Bolton Wanderers FC
- Centre for Health and Human Performance
- City of Liverpool Trampolining Gymnastics Academy
- Clinical Sciences Centre
- Countess of Chester Hospital
- Crewe Alexandra FC
- Dwane Trailfinders RFC
- English Institute of Sport
- Everton FC (Men’s and Ladies)
- Fleetwood Town FC
- Fowler Education Football Academy
- Healthiness Ltd
- Liverpool County FA
- Liverpool FC Women
- Liverpool Heart and Chest Hospital
- Mersey Forest
- Merseyside Nighthawks
- Merseyside Sport Partnership
- Nutrition X
- Sale Sharks RLFC
- Sport Institute Scotland
- Skills4Podium
- Team Wiggins Cycling
- The MMA Academy
- Tranmere Rovers Football Club
- Warrington Rowing Club
- Warrington Wolves and Warrington Wolves Ladies RLFC
- Widnes Vikings Rugby
- Wirral Heart Support Centre

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SPORT COURSES AT LJMU

<table>
<thead>
<tr>
<th>COURSE</th>
<th>KEY FEATURES</th>
<th>PRACTICAL ELEMENT</th>
<th>LECTURES</th>
<th>WORKSHOP ACTIVITY (classroom based)</th>
<th>WORK-BASED LEARNING</th>
<th>INTERNATIONAL STUDY OPTION</th>
<th>SANDWICH PLACEMENT OPTION</th>
<th>CAREER PROGRESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>BSc (Hons) Sport Psychology</td>
<td>Prepares students for a career as a sport and exercise psychologist. Topics covered include: applied sport and exercise psychology; motor control and learning; skill acquisition; and experimental psychology. The programme is accredited by the British Psychological Society (BPS) and confers eligibility of the BPS Graduate Basis for Chartered Membership (GBC), which is the first step towards becoming a BPS Chartered Sport and Exercise Psychologist.</td>
<td>20%</td>
<td>45%</td>
<td>35%</td>
<td>20% of the programme is associated with applied sport and exercise psychology work-based learning. At Level 6, each student will form a small group and complete a placement with an external partner in an associated sport and exercise psychology area of practice. Linked to this placement is a free field trip to an elite sport environment.</td>
<td>Yes</td>
<td>None</td>
<td>Graduates with Graduate Basis for Chartered Membership (GBC) following completion of the British Psychology Society (BPS) accredited Sport Psychology programmes are able to pursue further accreditation on BPS stage 1 courses. Graduates may also pursue careers in sport and exercise settings relevant to their degree award.</td>
</tr>
<tr>
<td>BA (Hons) Physical Education*</td>
<td>Combines practical and theoretical aspects of physical education. Covers topics including teaching methods, physical training concepts, psychological theories related to sport and exercise, social issues in physical education such as gender, race and media, and historical and philosophical aspects related to PE.</td>
<td>30%</td>
<td>30%</td>
<td>40%</td>
<td>Increases each year. 15% of learning time is spent undertaking work-based learning.</td>
<td>Yes</td>
<td>None</td>
<td>Graduates may pursue a career in teaching (Primary, Secondary, FE), community work or enter roles within armed or uniformed services.</td>
</tr>
<tr>
<td>BSc (Hons) Science and Football*</td>
<td>Designed for graduates who want to work supporting elite-level professional football teams. Topics studied include: applied sport and exercise principles; physiology, psychology and biomechanics of football; and Performance Analysis of Football. The programme is endorsed by the British Association of Sport and Exercise Sciences (BASES) Undergraduate Endorsement Scheme.</td>
<td>33%</td>
<td>44%</td>
<td>23%</td>
<td>15% of learning time is spent undertaking work-based learning.</td>
<td>Yes</td>
<td>Between levels 5 and 6</td>
<td>Typical graduate roles include performance analysis, sports psychology, fitness and conditioning, education and welfare and nutritional advice. Many students are offered permanent positions within professional football after they graduate.</td>
</tr>
<tr>
<td>BA (Hons) Sport Business*</td>
<td>Offers excellent placement opportunities and graduate career prospects in the fast-paced and flourishing sports industry. Covers aspects of sport business, including: commercial aspect of all levels of sport; sport media; sport sponsorship; sport management; events management; sport entrepreneurship.</td>
<td>10% (Optional)</td>
<td>10%</td>
<td>80%</td>
<td>15% of learning time is spent undertaking work-based learning throughout the duration of the course.</td>
<td>Yes</td>
<td>Between levels 5 and 6</td>
<td>Graduates may enter roles within professional sport clubs or National Governing Bodies. Roles may include sport marketing, event sponsorship, sport management and commercial management.</td>
</tr>
<tr>
<td>BSc (Hons) Sport Coaching*</td>
<td>Learn through a mix of academic and practical experiences to enhance your understanding of sport coaching, from elite through to community provision. Covers Sport Coaching pedagogy and process, psychology, strength and conditioning in coaching, employability and professional development.</td>
<td>30%</td>
<td>30%</td>
<td>40%</td>
<td>10-12 week placement at all levels. Completed with external agencies.</td>
<td>Yes</td>
<td>None</td>
<td>Graduates may coach sport at various levels, from grassroots to elite sport coaching, and may choose to coach abroad. Many graduate schemes and management positions seek coaching skills.</td>
</tr>
<tr>
<td>BSc (Hons) Sport and Exercise Science*</td>
<td>Prepares students to work in the sports industries with athletes, coaches and governing bodies to help improve elite performance or in communities promoting healthy lifestyles. Covers a range of areas including: applied sport and exercise, psychological and biomechanical principles; research methods; physical activity, sedentary behaviour and health; physiological responses to acute exercise and exercise training. The programme is endorsed by the British Association of Sport and Exercise Sciences (BASES) Undergraduate Endorsement Scheme.</td>
<td>20%</td>
<td>45%</td>
<td>35%</td>
<td>6% of learning time is spent undertaking work-based learning. A work placement can be completed as optional level 6 module.</td>
<td>Yes</td>
<td>None</td>
<td>Offers excellent employment prospects in elite performance or in the promotion of healthy lifestyles. Graduates work as managers, project co-ordinators and technical officers within the world of sport, as well as with national governing bodies of sport, NHS rehabilitation units and in the community promoting health and physical activity.</td>
</tr>
<tr>
<td>BSc (Hons) Sport Nutrition Subject to validation</td>
<td>Taught by research-active staff who are professionally registered by the Association for Nutrition and/or Sport and Exercise Nutrition Register. The course offers excellent employment opportunities in a wide field of careers associated with sports nutrition.</td>
<td>To be confirmed</td>
<td>To be confirmed</td>
<td>To be confirmed</td>
<td>To be confirmed</td>
<td>Yes</td>
<td>Between levels 5 and 6 (optional)</td>
<td>The course covers a range of sectors meaning you will be well placed to secure employment in a number of different roles. Successful completion of the programme will enable you to progress onto LJMU’s MSc Sport Nutrition, which is SENr accredited and has a track record of students gaining employment as sport nutritionists working in elite sport.</td>
</tr>
<tr>
<td>BA (Hons) Sports Journalism</td>
<td>With access to Liverpool Screen School’s industry-standard broadcast and journalism facilities, plus the inspiring sporting backdrop of Merseyside, this degree will provide you with the practical training and know-how to become a professional journalist.</td>
<td>20%</td>
<td>30%</td>
<td>50%</td>
<td>Opportunities to undertake work placements in the final year.</td>
<td>Yes</td>
<td>None</td>
<td>As a Sports Journalism graduate you will possess all the practical skills required to enable you to work in a variety of roles connected to the industry. LJMU Journalism graduates have a good track record of employment, forging successful careers as reporters, editors, writers, specialist correspondents, freelance journalists and television presenters. As well as working in television and news publishing, they can be found in broadcasting and news agencies, public relations departments and consultancies, web-based media and local authority press departments.</td>
</tr>
</tbody>
</table>

* Foundation routes available. Disability Sport Coaching and Development (Foundation Degree) is also available, delivered in partnership with Greenbank College.

You can read more about this course in our School of Sport and Exercise Sciences course cluster booklet.

Please note, all percentages in the table below are approximate and illustrate the breakdown of taught aspects of your course. The overall number of taught hours may vary from course to course.
£38 million has recently been invested into state-of-the-art laboratory facilities for our current and future sport scientists. The Tom Reilly building offers some of the best facilities in the world. LJMU named the building after the late Professor Tom Reilly, who was known as the ‘Godfather of the Science of Football’ and was also the UK’s first Professor of Sports Science.

The Life Sciences Building houses exceptional laboratories for biomolecular and stem cell biology.

Those studying:

- BSc (Hons) Sport Psychology*
- BSc (Hons) Science and Football*
- BSc (Hons) Sport and Exercise Science*

Due for completion in 2021, Copperas Hill will provide state-of-the-art sports facilities and teaching spaces in the heart of the city centre. We will be pleased to bring our students a new sports offer in 2021-22 which will include our own facilities and other facilities from across the city.

THOSE STUDYING:

- BA (Hons) Physical Education *
- BA (Hons) Sport Business*
- BSc (Hons) Sport Coaching *
- BSc (Hons) Sport Nutrition*

subject to validation

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- BA (Hons) Sport Business*
- BSc (Hons) Sport Coaching *
- BSc (Hons) Sport Nutrition*

subject to validation

* Foundation routes available

You will have access to the Liverpool Screen School’s industry-standard facilities, helping you secure the hands-on experience you will need in your day-to-day work as a journalist.

Journalism students utilise and hone their skills contributing to the Liverpool Life website and newspaper, writing features, news reports and editing, under the supervision of our experienced journalism teaching staff.

THOSE STUDYING:

- BA (Hons) Sport Business*
- BSc (Hons) Sport Coaching *
- BSc (Hons) Sport Nutrition*

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- BA (Hons) Sport Business*
- BSc (Hons) Sport Coaching *
- BSc (Hons) Sport Nutrition*

subject to validation

* Foundation routes available

* Foundation routes available
You might be an elite sporting champion. You may never have thrown a rugby ball in your life. Either way it doesn’t matter because wherever you sit on the sporting spectrum there is a group at LJMU to match your ambitions and abilities – anything from rowing to martial arts and plenty in-between.

If you’re in it to win it, join one of the BUCS teams and represent LJMU playing competitive sport against other universities across the country. British Universities & Colleges Sport (BUCS) is the governing body for university sport in the United Kingdom and it gives you the chance to take your game to the next level.

LJMU had 37 teams compete across 25 sports during the 2019/2020 BUCS Championship Season. The results will be coming soon.

2018/2019 was a fantastic year for us in the BUCS championship. As with every year, our teams had their fair share of ups and downs, but overall we had fantastic results. Some of our most notable achievements of 2018/2019 include:

- 6 students were picked to represent LJMU for the England University squad in their respective sports
- Men’s Badminton 2nd team won their northern 6A league
- Men’s Rugby League team won the BUCS Rugby League Trophy for the second year running
- Men’s cricket won the Northern 2A league
- Men’s football 3rd team won the Northern 6A league
- Women’s football 2nd team won the Northern 4 A league
- Women’s Lacrosse won the Northern 3A league
- Men’s Rugby Union won the Northern 3A league
- Women’s Volleyball won the Northern 3A league
- Men’s Gaelic placed 1st in their championship group
- Women’s Gaelic made history winning the British University Championship for the first time
I loved everything about LJMU. The support of the tutors and the sport scientists definitely helped to develop my elite sport career while giving me future options. The strength and conditioning side of the Sports Scholarship and mentorship was also fantastic. LJMU and the Sports Scholarship Scheme has helped me become the athlete and the person I am today.

Anyika Onuora
World, Commonwealth, European and Olympic Medalist

LJMU’s Sport Scholarship Scheme is one of the leading initiatives in the UK and helps talented students fulfill both their sporting and academic potential. Sport Scholars receive specialist guidance to enhance their sporting performance, including fitness tests and profiling, strength and conditioning programmes, nutritional advice and sport psychology. This is alongside a cash bursary, mentor and extra study support so that they can balance training, competing and studying.

NOTABLE LJMU SPORT SCHOLARS

Anyika Onuora, who is a World, Commonwealth, European and Olympic medalist, took part in the Sport Scholarship Scheme while completing her Economics degree. Anyika won Bronze at both the 2016 Rio Olympics and 2016 Beijing World Championships as part of the 4 x 400 metre relay team.

Nikita Parris studied the BA (Hons) Sport Development at LJMU. She is now an English professional footballer who plays as a forward for Manchester City Women.

Nathan Maguire, Nathan graduated from the Inclusive Sport Development Foundation Degree, and is continuing his studies on the BA (Hons) Sport Development programme. He made his Paralympic debut in the 4×400 metre wheelchair relay in Rio.

Kelly Massey studied BSc (Hons) Sport and Exercise Science at LJMU, before progressing to become a qualified Physical Education Teacher. Kelly is currently back at LJMU lecturing on BA (Hons) Physical Education. Before retiring from her sport in 2018, Kelly was a British track and field athlete specialising in the 400 metres. She has won many medals, including Bronze at the 2016 Rio Olympics in the 4 x 400m Women’s Relay, Gold at the 2016 European Championships 4 x 400m and Bronze in the 2015 World Relay Championships 4 x 400m.

I really enjoyed my time as a student and sports scholar at LJMU – the support and expertise of the team helped me grow as a person and athlete. I’m proud that I can now use my skills as a physical education teacher, alongside the invaluable experience I gained as an international 400m sprinter, to support our current students.

Kelly Massey
Olympic 4 x 400m medalist, Lecturer, Physical Education

I haven’t decided to study at LJMU.

I couldn’t be in this role if I hadn’t decided to study at LJMU.
Many of our Graduates progress onto postgraduate study at LJMU. We offer a variety of programmes, including MSc, Postgraduate Certificate, Postgraduate Diploma and Professional Doctorate.

- MSc SPORT AND CLINICAL BIOMECHANICS
- MSc EXERCISE PHYSIOLOGY
- MSc SPORT COACHING
- MSc CLINICAL EXERCISE PHYSIOLOGY
- MSc SPORT PSYCHOLOGY
- MSc SPORT NUTRITION
- MSc STRENGTH AND CONDITIONING
- Professional Doctorate in SPORT AND EXERCISE PSYCHOLOGY
- Professional Doctorate in APPLIED SPORT AND EXERCISE SCIENCE
- MPhil and PhD research opportunities

For more information please visit: ljmu.ac.uk/postgraduate
Research and scholarship activities are central to the student experience, informing the curriculum at all levels and ensuring that we deliver an exceptional academic experience positioned at the vanguard of developments in all disciplines.

**RESEARCH AND CONSULTANCY**

Dr Carl Langan-Evans has been providing UFC fighter Molly ‘Meatball’ McCann with sport science support since the start of 2019. With a research background in applied sport physiology and nutrition, Carl has been conducting laboratory tests on Molly in collaboration with team nutritionist Paul Reed, therefore guiding the most optimal strategies to both make her weight category safely and fuel effectively for performance. Additionally, as a full time accredited strength and conditioning coach, Carl delivers training sessions to Molly in order to increase her capacity to be as strong and powerful as possible in the octagon. This support has culminated in Molly becoming a much more physically rounded athlete, with wins in March and June against two highly tipped competitors.

**MOVEMENT MATTER’S PROJECT INVESTIGATES PHYSICAL DEVELOPMENT AND MOVEMENT SKILLS**

Researchers from the Physical Activity Exchange have been working with special educational needs schools in Liverpool and the Wirral on a project to investigate the physical development and movement skills of children with intellectual disabilities and/or autism spectrum conditions.

**PRIME MANOEUVRES STUDY**

The PRIME Manoeuvres (high PRotein Mediterranean diet and Resistance Exercise) study is a collaborative project currently being led by staff from LJMU’s School of Sport and Exercise Sciences and the School of Biological and Environmental Sciences, along with staff from the University of Chester. The study aims to investigate the effects of a specific diet and exercise protocol on markers of cardiometabolic health in cardiac rehabilitation patients with sarcopenic obesity. It was born out of the increased risk of cardiovascular disease from the ‘apple’ shaped phenotype, with lower lean body mass and elevated fat mass (sarcopenic obesity) observed more commonly in an older population.

**NORTH WEST CANCER ALLIANCE AND AINTREE HOSPITAL JOINT STUDY**

A cancer diagnosis can have a devastating effect upon individuals and their families. Dr Dominic Doran and Dr James Shelley, in conjunction with North West Cancer Alliance and Aintree Hospital, have recently undertaken a joint study to examine the evidence for and to determine the provision of oncology prehabilitation services in Merseyside and Cheshire regions.

Drs Doran and Shelley suggest that it is becoming apparent that implementing prehabilitation programmes which are a mix of exercise, physical activity, nutrition, education and psychological interventions which start immediately after diagnosis and prior to surgery can help make individuals ‘fitter for surgery’. Just like an athlete preparing for competition, getting fit for surgery can bring about positive outcomes such as reduced frequency of complications, reduced length of hospital stay and improved patient wellbeing.
LJMU’s Football Exchange supports the football industry through world-class research, high quality education and applied enterprise solutions.

The Exchange works with a wide range of clients, from clubs and governing bodies through to commercial enterprises and community schemes in a number of areas, including: physiology of preparation and performance; match and performance analysis; data analytics; psychology of human behaviour; performance biomechanics; performance nutrition; psychology of skill and expertise and education. For more information, visit: www.ljmu.ac.uk/footballexchange or follow @ljmufootball on Twitter.

Dr Martin Littlewood

Head of the Football Exchange, was invited to provide a keynote presentation at the Elite Heads of Coaching Conference, on behalf of the English Premier League, in May 2019. He specifically focused on duty of care in elite sport and discussed his applied research and practice in professional football relating to the challenges that youth academies and practitioners face in shaping an environment that is conducive to elite performance and holistic well-being. The event was attended by 450 industry elite coaches and practitioners from the 92 professional football league clubs.

Professor Gregory Dupont

contributes to research and applied projects for the Football Exchange. He has extensive research experience in the field of football, focusing on fatigue and recovery in football, injury prevention and high-intensity training to support performance.

As well as his role at LJMU, Greg holds a number of high-profile positions in elite football. He is currently Head of Performance for Real Madrid and expert for the European Football Association (UEFA). He was the fitness coach for the French National Football Team that won the World Cup 2018 and has also led the Research and Performance departments for the French Football Association, Lille Football Club and Celtic Football Club.

In partnership with the Liverpool FC Foundation, LJMU is offering an innovative opportunity for our students, staff and alumni to participate in community volunteering projects across the city.

These include football and sports coaching, disability and inclusion activities, fundraising and city-wide events. The LFC Foundation’s team of volunteers engage children, young people and families in the community, helping to raise aspirations and build personal connections with people in the Liverpool community.

BSc (Hons) Science and Football student Brett Duffy received a Student Volunteer of the Year Award for his work with the Foundation’s Open Goals programme, which encourages children and families to make use of local parks to become more active and develop new skills and spark friendships.

For more information, visit volunteer.liverpoolfc.com

Throughout 2019, Dr Amy Whitehead, Danny Cullinane and a research team of LJMU staff, led an evaluation project for England Netball’s Together We Will project.

The project aimed to harness the inspirational effect of the Netball World Cup to increase participation in physical activity by local communities and to encourage less active women in Liverpool to get involved in netball and physical activity.

The project showed that those who took part developed physical, social and mental wellbeing. In addition, LJMU has provided England Netball with further guidance on developing the success of the programme for future projects across the UK.
Our staff are involved in the following projects:

**Alder Hey Hospital**
Research focuses on understanding the vascular health of children with Perthes disease and how the impact of physical inactivity affects quality of life. Helen is also conducting research studies measuring brain blood flow in neonates undergoing cardiac surgery for congenital conditions and neonates receiving respiratory treatment.

**Liverpool Heart and Chest Hospital and Alder Hey Hospital**
Research understanding the impact of repairing congenital problems on vascular function and blood pressure in children and adults.

**University Hospital Aintree**
Research attempting to improve cardiovascular and metabolic health on individuals with metabolic syndrome, Type 2 Diabetes and obesity with interventions such as exercise training.

**Liverpool Women’s Hospital, Royal Liverpool and Broadgreen Hospital and Liverpool Clinical Commissioning group**
Research understanding the impact of the menopause in healthy females and those with breast cancer. Examining the impact of exercise training on menopausal hot flushes.

**Steel Habitat**
Research project examining the feasibility of Type 2 Diabetic individuals performing supervised group exercise training sessions.

**Merseyside Blind Football**
Supervising undergraduate placement on fitness testing.

**Sefton Council and Liverpool City Council**
Conducting research projects to help improve adherence to exercise referral schemes.

**iCARDIO**
iCardio is a Research England funded grant to scope and explore a UK Clinical Exercise Specialist workforce. The aim is to establish, promote and defend career paths for UK Clinical Exercise Specialists. Helen is using the Australian exercise allied health professional system which has clear health and economic value as a gold standard model. The project will collaborate with key stakeholders in health services, academia and the fitness industry to develop accredited and formally recognised health professionals.

**Global Active Cities**
Global Active Cities is led by The Association for International Sport for All (TAFISA) and Evateo (a Sustainable Health Organisation) and is supported by the International Olympic Committee and Liverpool Active City. We are long-term collaborators with Liverpool City Council and other partners in Liverpool Active City — this is currently held up as a model of good practice within this global project.

Global Active Cities has moved from a development project into the next phase of work and is currently expanding the number of cities involved. To date, over 5 million people are already benefitting from the project across the world.

The PAEx are supporting the following programmes:
- The development of ISO compatible standards related to Active City Accreditation
- Delivering and supporting presentations, providing technical expertise, writing reports and visiting candidate cities
- Delivering and hosting international training workshops related to evidence-based practice, technical skills and on specific programmes such as TAFISA’s ‘Take Back your Streets’ and ‘Take Back your Future’ events
- Developing bespoke solutions to help cities reach accreditation and embed evidence-based practice and research in cities involved in the project
- We are currently working on a collaborative research project with the City Government of Buenos Aires and the Universidad Favaloro to validate a children’s physical activity measurement tool in the city. We are hoping the project will lead to a national physical activity screening tool for use with children across Argentina.

The Physical Activity Exchange (PAEx) are working at multiple levels to support the Global Active City project and were key partners in the development phase of this project.

**The Physical Activity Exchange (PAEx)**
Staff from the Physical Activity Exchange at Liverpool John Moores University have made an important contribution over many years to the Active City Agenda in Liverpool. They are now a crucial part of the support for the Global Active City programme. Moving forward, this group at LJMU can have a significant impact upon physical activity in many cities across the globe.

John Marsden, Director, Global Active City Development.
Professor James Morton led the Performance Nutrition programme for Team Sky and currently advises Team Ineos.

In 2019 Team Sky changed its name to Team Ineos and LJMU has carried on supporting the team’s nutrition strategy through the Performance Solutions Partnership with Science in Sport (SiS). In this partnership, SiS funds PhD students and postdoctoral researchers to develop bespoke nutrition solutions for Team Ineos, the Lionesses (England Women Football Teams) and Team Ineos UK who are challenging for the America’s Cup in 2021.

James was part of the backroom staff in the 2015, 2016, 2017 and 2018 Tour de France victories. He was responsible for strategic delivery of generic and individualised athlete programmes that aimed to promote training adaptations, optimal body composition and race day performance and recovery.

SAMPLE-PE PROJECT

LJMU students have gained experience of developing and delivering Physical Education curricula in Liverpool primary schools, as part of the University’s SAMPLE-PE research programme.

Led by Dr James Rudd and Dr Lawrence Foweather and involving an international team of researchers, SAMPLE-PE brings together movement, psychology and behavioural sciences, offering a multi-disciplinary perspective to enhance teaching and learning in primary education. The project is examining the impact of innovative PE curriculums on young children’s physical, psychological and social development and aims to improve pedagogy in PE.

VIRTUAL ATHLETE Q&A SESSIONS

Athletes George Ford (England Rugby), Paul Mulrennan (Flat Jockey), Zoe Gillings (4 x Winter Olympian) and Geraint Thomas (BBC Sports Personality of the Year 2018 winner and Tour De France winning cyclist) have been speaking with students virtually during lockdown.

The MSc Sport Nutrition team have arranged weekly Q&A sessions with elite athletes to discuss their nutrition strategies with students. The athletes have all received nutrition support in the past or present from members of LJMU’s nutrition team. They have provided unique insights into their nutrition and training strategies to bring to life the material students have been taught.
Sport courses are taught in different sites across our three Campuses:

**SCHOOL OF SPORT AND EXERCISE SCIENCES**

Courses are based at the City and Mount Pleasant Campuses in the city centre

Courses based at the City Campus:
- BSc (Hons) Science and Football
- BSc (Hons) Sport and Exercise Science
- BSc (Hons) Sport Psychology

Courses based at the Mount Pleasant Campus:
- BA (Hons) Physical Education
- BSc (Hons) Sport Nutrition
- BSc (Hons) Sport Coaching

Contact:
Tel: 0151 231 2888  
Email: scienceadmissions@ljmu.ac.uk  
Web: www.ljmu.ac.uk/scs

@LJMUSportSci – School of Sport and Exercise Sciences  
@LJMUFootball – Football Exchange  
@LJMUNutrition – Sport Nutrition  
@LJMUPAEx - Physical Activity Exchange

**LIVERPOOL BUSINESS SCHOOL**

BASED AT THE MOUNT PLEASANT CAMPUS.

BA (Hons) Sport Business

Contact:
Tel: 0151 231 8080  
Email: busadmissions@ljmu.ac.uk  
Web: www.ljmu.ac.uk/lbs

**LIVERPOOL SCREEN SCHOOL**

BASED AT THE MOUNT PLEASANT CAMPUS.

BA (Hons) Sports Journalism

Contact:
Tel: 0151 231 5175  
Email: APSadmissions@ljmu.ac.uk  
Web: www.ljmu.ac.uk/aps