SPORT
AT LIVERPOOL JOHN MOORES UNIVERSITY

WHEN IT COMES TO SPORT
WE’VE GOT IT COVERED
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 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 2020.

LIVERPOOL LOVES SPORT

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 Rock ‘n’ Roll Marathon series, the World’s largest marathon series, and the Liverpool International Tennis Tournament, which is held annually in Calderstones Park.
PROUD OF OUR INTERNATIONAL REPUTATION IN SPORTING EXCELLENCE

The School of Sport and Exercise Sciences has been named the ninth best department in the world according to the Academic Ranking of World Universities (ARWU) for the Sports Sciences subject area, highlighting the School’s global research influence. The results also show the School ranked as the second best department in the UK and the sixth best in Europe.

Through ShanghaiRanking, the official publisher of the ARWU, this was the first ranking system designed to discover world-class research within groups, institutions and units with the same subject focus on Sport Sciences. The School achieved these results following a rigorous ranking system that was based on measurement of various indicators between 2011-15 that included volume of publications, total citations, citations per publication, volume of publications in the top 25% journals according to their impact factor, and percentage of publications with international collaborations.

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 2020.

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 from LJMU’s School of Sport and Exercise Sciences 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.”

Exploring The Power of Sport

We were delighted to welcome a range of high profile speakers, including LJMU Honorary Fellow and Olympic Gold Medalist Kate Richardson-Walsh MBE, to The Power of Sport conference, which was hosted by the School of Sport Studies, Leisure and Nutrition in May.

The conference gave delegates the opportunity to explore how sport and health-related disciplines all play a role in developing the health and wellbeing of the nation, and focused on five core themes of Sports Coaching, Physical Education, Sport Development, Sport Business, and Food, Health and Nutrition.

LJMU students were joined by delegates from other universities across the UK and Spain, along with a group of 30 Year 10 students from Liverpool and Cumbria.

Following Kate’s inspirational keynote, delegates also heard from former professional footballer and current Assistant Coach of Manchester United FC, Mike Phelan.

The Power of Sport also provided a platform for LJMU PhD students to present their dissertations, giving them valuable experience and a chance to share their research.

The day was complete with a fantastic choice of engaging workshop sessions giving delegates the opportunity to follow their areas of research interest.

What’s considered ‘Sports Science’ in the Times and Complete University Guides?

All of the undergraduate degrees in this booklet are encompassed in LJMU’s ‘Sport Science’ rankings. The major university guides include a variety of BA (Bachelor of Arts) and BSc (Bachelor of Science) courses under ‘Sport Science’, to reflect the wide array of disciplines involved.

13th FOR SPORT SCIENCE

The Complete University Guide 2019

19th FOR SPORT SCIENCE

The Times Good University Guide 2018

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19th FOR SPORT SCIENCE

The Times Good University Guide 2018
Zoe Ball’s Hardest Road Home Challenge

Professor Greg Whyte OBE supported Zoe Ball’s Hardest Road Home Challenge for Sport Relief in March 2018.

Greg trained Zoe and cycled 350 miles with her over five days – from Blackpool, the place of her birth, all the way to her hometown of Brighton. The challenge has so far raised £1.1 million for Sport Relief.

Olympic athlete turned LJMU student

Hannah Clowes retired from professional gymnastics in 2009 and came to study the BSc (Hons) Sport and Exercise Science at LJMU. She then progressed onto the MSc Sport Psychology and is completing her PhD in ‘Research into the Relationship between Athlete Wellbeing and Elite Sport Performance’, for which she has received the Vice Chancellor’s Scholarship. In her spare time, Hannah coaches the next generation of elite gymnasts.

Hannah Clowes’ career as a Great Britain international gymnast spanned 13 years. She was a member of the City of Liverpool Gymnastics Club, member of the travelling team to the Beijing Olympics 2008, a Commonwealth Silver medallist and member of the GB squad for multiple European championships, a World Championships and European Youth Olympics.

Kasper Schmeichel talk marks 20 years of science and football at LJMU

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 captain of Great Britain’s gold medal-winning women’s hockey team in Rio 2016, Kate Richardson-Walsh MBE, was made an Honorary Fellow of LJMU in 2014 in recognition of her outstanding contribution to sport. Kate, a four-time Olympian, picked up gold for Team GB after a dazzling penalty shoot-out victory over Holland. She was then chosen as flag-bearer at the closing ceremony. Kate has captained the England and Great Britain Women’s Hockey Team since 2003 and under her leadership has helped establish the strongest, fittest and most successful women’s hockey team that Great Britain has had.
Our sport students have undertaken work-related learning placements at a number of organisations, such as...

EXPERIENCE THE WORKING WORLD

Achieving career success does require you to be proactive from an early stage. Position yourself at the forefront by making the most of the placement opportunities and resources available to you at LJMU. Our students gain invaluable experience on their placements.

Name: **KELSLIE HILL**
Programme: Sport Development with PE (please note, course titles have recently changed and this course is no longer offered. However similar placements would apply to Sport Development and Physical Education courses)
Placement Organisation: Applefields School, York

Following my first year of university I was hired by a camp in Minnesota, USA where I worked for the summer providing various activities for campers with a wide range of disabilities. It was the hardest, most challenging thing I had ever done... but by far the best! From this experience I knew I wanted to develop my interest in working with individuals with disabilities and combine it with my desire to teach so I took a second year placement at Applefields, a school that taught pupils with a range of special educational needs. Throughout my time at the school I mainly supported and shadowed the PE teacher, working with students of all ages with various needs such as autism, ADHD, deafness and hearing impairments, physical disabilities and many others. I was able to learn about and help with many specialist interventions, especially regarding autism, such as sensory integration therapy and rebound therapy. As my confidence grew throughout the placement, I began to take charge of lunchtime sports clubs as well as a number of PE lessons. The experience I gained during my time at the school has been invaluable and is a continuous motivator for me to pursue my career as a teacher.

Name: **LIAM ANDERSON**
Programme: BSc Sports and Exercise Science MSc Sport and Exercise Physiology
Placement Organisation: Blackburn Rovers Football Club, Burnley Football Club and Everton Football Club

I gained some work experience at Blackburn Rovers Football Club and Burnley Football Club during my undergraduate degree. This then allowed me to gain a year-long internship at Everton Football Club working with the first team and Academy. I am looking to develop myself into a world class Sports Scientist and Fitness Coach. I have already learnt a lot from the theoretical side, but I still feel there is still more out there to know. The practical side of things has recently change massively for me as I am now the Lead Sports Scientist/Fitness coach at Vitekton FC out in Hungary where I am looking to develop more as a practitioner and also gain some valuable experience of working in a different country.

Name: **AMY BURLE**
Programme: Sport Development with Physical Activity
Placement Organisation: Healthiness Ltd

During my second year I took up a four week placement at Healthiness Ltd. After the four weeks of placement I continued to volunteer one day a week, delivering community sessions. It was the skills I gained throughout my placement that helped me deliver exercise classes during my voluntary work. And after six months of volunteering, I applied for their part-time administration and outreach worker post – and was successful! Volunteering at Healthiness improved my confidence and public speaking skills, which are essential for my new outreach role - I now attend events and meetings to help network and market the organisation and also assist with the general day to day running of the programme.

Name: **TOM KING**
Programme: BSc Science and Football
Placement Organisation: Everton Football Club

During my internship at Everton Football Club I was responsible for sport science provision – predominantly to the first team, but also for the Academy environment. Roles I undertook included on and off field conditioning, GPS data analysis, nutritional support, match day preparation and more.

Through the internship, I have developed skills in taking on and off field sessions with players in groups and on a one to one basis. I have also gained a great understanding of the elite sporting environment and culture that exists. This, along with developing the ability to build relationships and a connection with athletes and fellow coaches, I believe are extremely important factors involved in working effectively in the field of science and football. I am now a PhD student at LJMU and I’m currently in my first year working in connection with Liverpool Football Club as a first team sport scientist.
LJMU offers a range of sport courses. We’ve put together a summary of some of the key course features so that you can easily compare the courses and find the one that is right for you. For further details, including campus location, start month, course duration and additional costs associated with the course, please refer to the relevant subject 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.

<table>
<thead>
<tr>
<th>COURSE</th>
<th>KEY FEATURES</th>
<th>PRACTICAL ELEMENT</th>
<th>WORKSHOP ACTIVITY (classroom based)</th>
<th>INTERNATIONAL STUDY OPTION</th>
<th>SANDBOX PLACEMENT OPTION</th>
<th>CAREER PROGRESSION</th>
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<tbody>
<tr>
<td>BSc (Hons) Sport Coaching*</td>
<td>Prepares students for a career as a sports psychologist. Topics covered include: applied sport psychology, sport and exercise psychology; motor control and learning; skill acquisition; and experimental psychology. The programme is accredited by the British Psychological Society and confers eligibility for graduate membership of the BPS and the Graduate Basis for Registration, which is the first step towards becoming a Chartered Psychologist.</td>
<td>20% of the programme is associated with applied sport 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 field trip to the English Institute for Sport.</td>
<td>20% 45% 35%</td>
<td>None</td>
<td>Graduates with Graduate Basis for Chartered Membership (GBC) following completion of the British Psychological Society (BPS) accredited Sport Psychology programme 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>
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<tr>
<td>BA (Hons) Physical Education*</td>
<td>Combines the practical with theoretical side of Physical Education in the broadest sense, including applied pedagogy; exercise and nutrition for PE; physical education teacher education and psychology.</td>
<td>Increases each year. 15% of learning time is spent undertaking work-based learning.</td>
<td>30% 30% 40%</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>
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<tr>
<td>BA (Hons) Science and Football*</td>
<td>Designed for graduates who want to work either in community football to help address health-related problems and promote positive behaviour or as support to 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>15% of learning time is spent undertaking work-based learning.</td>
<td>33% 44% 23%</td>
<td>None</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 as a result of work placement in Level 6.</td>
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<tr>
<td>BA (Hons) Sport Business*</td>
<td>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>15% of learning time is spent undertaking work-based learning throughout the duration of the course.</td>
<td>10% (optional) 10% 80%</td>
<td>None</td>
<td>Graduates may enter roles within professional sport clubs or National Governing Bodies. Roles may include sport marketing, event management, sport management and commercial management.</td>
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<tr>
<td>BA (Hons) Sport Coaching*</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>15% of learning time is spent undertaking work-based learning throughout the duration of the course.</td>
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<td>None</td>
<td>Graduates may go on to roles within National Governing Bodies, county sport partnerships, uniformed services, sport in the community programmes and leisure trusts. Roles might include working as a sport development officer or sport manager.</td>
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<td>BA (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>
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<tr>
<td>BA (Hons) Sport and Nutrition for Health*</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>15% of learning time is spent undertaking work-based learning throughout the duration of the course.</td>
<td>5-10% dependent on interests 45% 45%</td>
<td>None</td>
<td>Graduates roles may include working as a health improvement or sport development officer/manager; community health worker (food and physical activity); public health nutritionist or dietetic assistant.</td>
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<tr>
<td>BA (Hons) Sports Journalism</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>15% of learning time is spent undertaking work-based learning throughout the duration of the course.</td>
<td>20% 30% 40%</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 journalists, writers, editors, 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>
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£35 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 ‘Father of the Science of Football’ and was also the UK’s first Professor of Sports Science.

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

* Foundation routes available

**STATE-OF-THE-ART LABORATORY FACILITIES**

**IM Marsh campus AIGBURTH**

We have a range of sporting facilities at the IM Marsh Campus. The campus is historically significant as Miss Irene M. Marsh set up her training college for women PE teachers on this very site, over 100 years ago - home to 7.5 hectares of green space.

**THOSE STUDYING:**
- BA (Hons) Physical Education*
- BA (Hons) Sport Business*
- BSc (Hons) Sport Coaching*
- BSc (Hons) Sport and Nutrition for Health*
- BA (Hons) Sport Development*

* Foundation routes available

As part of the University’s development plans and building works, teaching will commence at IM Marsh Campus, but may be subject to a change in location in 2019/20.

**WILL HAVE ACCESS TO THE FOLLOWING FACILITIES:**
- brain and behaviour lab
- biochemistry teaching lab
- biomechanics lab
- biopsy lab
- cardiac assessment suite
- chronobiology lab
- dedicated match analysis suite
- DEXA scanner for measuring body fat, muscles and bone density
- environmental chambers
- field-base testing suites
- high quality lecture theatres and seminar rooms
- high resolution ultrasound
- indoor 70-metre running track
- isolation unit for sleep research
- mobile eye tracking systems
- motion capture and analysis of movement system and a life-size simulation
- muscle strength lab
- neuroscience lab
- online metabolic carts
- normobaric hypoxic chambers
- physiology lab
- proteomics
- respiratory clinic
- temperature chambers for acclimatisation
eight swimming pools, including the Olympic-sized Liverpool Aquatics Centre pool in Wavertree

- tennis centre with indoor and outdoor floodlit court
- two golf courses (18-hole) with an additional nine-hole course at Allerton
- squash and badminton courts
- over 400 coached fitness classes each week, including martial arts, Zumba and circuit training
- steam and sauna rooms
- floodlit synthetic grass pitches
- athletics track
- any of our 11 fitness suites, some of which offer TV screens on the cardio equipment and even iPod docking stations. There is no charge for fitness advice and instructors are on hand at all times. Plus the Technogym system in the fitness suites allows you to store your gym workout programme on a key that records your activity, so you can track your progress either in the gym or anywhere via the internet.

All LJMU students are entitled to apply for free off-peak membership for Lifestyles Fitness Centres across Liverpool. As a member of Lifestyles you will be able to use:
Sports clubs and teams

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 currently has 38 teams across 25 sports registered to compete for the 2018/2019 BUCS Championship Season.

2017/2018 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 2017/2018 include:

- Men’s Rugby League team won the BUCS Rugby League Trophy
- Women’s Rugby Union 1st team came 1st in the Northern 3A
- Men’s Rugby Union 2nd team came 1st in the Northern 3A
- Our Tennis team won the Lancashire Tennis Education Award 2017
- Men’s Badminton 1st team won the Northern 3A League
- Men’s Football 1st team went to the North Premier play offs
- Men’s Hockey 2nd team came 1st and the 3rd team came 2nd in the Tier 5 – Liverpool & North Wales
- Netball 4th team came 1st in the Northern 9A
- Men’s Squash 1st team came 1st in the Northern 4A
- Men’s Tennis 1st team came 1st in the Northern 2A
- Men’s Tennis 2nd team came 1st in the Northern 3A
- Men’s Volleyball 1st team came 1st in the Northern 3A
By taking this approach your career. It will enable you to consider your strengths and development areas, your career motivators, the people management and oversee delivery. I am also responsible for business planning and project business compliance, technology, functions including finance and leadership. I now lead critical business processes involved within a football and sporting environment, whilst also challenging me to gain the required skills and intellect needed to perform in an elite organisation. It also prepared me for the culture of working in football and sport by helping to shape the character I am today and how I apply myself daily within such a unique industry.

While studying the degree at LJMU, I particularly enjoyed the fact the course modules are relevant to the football industry. I also liked the way the applied work and field based work kept me stimulated and challenged throughout the duration of my degree. I would advise those doing the BSc Science and Football at LJMU to soak up the information available to you on the course and utilise all the resources available to you at the university.

This is where most of my experiences/examples came from; it was here that I was able to start building my football knowledge, delivery and practice. On top of coaching at Tranmere, in my third year as part of a year placement I worked in partnership with the Liverpool County FA delivering football to girls in schools – an area I was extremely passionate about working in. I took every opportunity the university offered, the coaching course, qualitative and placements. I did not expect to get the role I am now doing today, I took a chance in applying and I am now working in my desired field.

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 Gold at both the 2016 Rio Olympics and 2015 Beijing World Championships in the 4 x 400 metre relay. 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 has now 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 x 400 metre wheelchair relay in Rio. A number of Professional Rugby League players have been LJMU Sport Scholars, including: Stuart Howarth, who played for Salford City Reds RLFC full timer; Matthew Ashurst who plays for Wakefield Wildcats RLFC full time; and Andy Dixon who played for Leigh RLFC and has just been offered a Strength and Conditioning and player role with the new Rugby League Franchise in Toronto, Canada.

LJMU’s Sport Scholarship Scheme is one of the leading initiatives in the UK and helps talented students fulfil 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.

SPORT SCHOLARSHIP SCHEME

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.

Your career in sport starts here!

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.

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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 SPORT AND EXERCISE PHYSIOLOGY
- MSc SPORT PSYCHOLOGY
- MSc SPORT NUTRITION
- MSc STRENGTH AND CONDITIONING
- MPhil, PhD research opportunities in SPORT STUDIES, LEISURE AND NUTRITION
- PhD research opportunities in SPORT AND EXERCISE SCIENCE
- Professional Doctorate in SPORT AND EXERCISE PSYCHOLOGY

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.

Think Aloud: reflection-in-action coach education

Dr Amy Whitehead and colleagues at LJMU have been working with Liverpool County Football Association and the English Football Association over the last six months to refine and develop their Think Aloud programme, which facilitates a coach’s ability to reflect-in-action.

Building on work with St Helens Rugby League club, whose coaches participated during the development stages of the programme, the team created Think Aloud Reflection. This eight week programme gives coaches the chance to attend three workshops and learn to Think Aloud whilst coaching, and reflect on their own coaching process and behaviour. Coaches then come together in a workshop format to discuss what they have learnt from Thinking Aloud and how they are going to develop their practice moving forward.

The programme is set to be delivered across more National Governing Bodies in the near future.

The identification of talented youngsters in sport is a matter of significant debate. In football, that is further amplified given its social and cultural significance. LJMU led research aims to better understand the issues that affect and impact upon talent identification in junior-elite football. The project, as a whole, has progressed from a single case study, examining one UK club, to a pan-European examination of the phenomenon. The project has included some of the biggest clubs from around Europe to produce a grounded theory model of the factors affecting talent identification in junior-elite football. The model will have applied impact, helping clubs review their talent identification processes and consider the efficacy of their current practice.

LJMU wins Outstanding University Entrepreneurship Award

LJMU’s Centre for Entrepreneurship was awarded the Times Higher Award for Outstanding University Entrepreneurship in November 2017, recognising the importance of supporting both students and educators through enterprise education in order to create new graduate businesses.

In 2017 the Centre supported the creation of 70 new ventures and was subsequently ranked 14th in the UK for the number of Graduate Start Ups established (Higher Education Business and Community Interaction Survey).

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")
**TEAM sky**

Dr James Morton, from LJMU’s Research Institute for Sport and Exercise Sciences, leads the Performance Nutrition programme for Team Sky.

James was part of the backroom staff in the 2015, 2016 and 2017 Tour de France victories. He is responsible for strategic delivery of generic and individualised athlete programmes that aims to promote training adaptations, optimal body composition and race day performance and recovery. The development and delivery of such strategies are also underpinned by PhD research programmes undertaken at LJMU and exemplifies the research to practice philosophy that is integral to the MSc Sport Nutrition programme.

**TECHNOLOGY, PARTICIPATION AND COACHING**

Sports Coach UK commissioned Dr Amy Whitehead from the School of Sport Studies, Leisure and Nutrition to explore the use of technology within sport and physical activity as well as its impact on participation and the potential interface with traditional face-to-face coaching. Framed using the trans-theoretical model of behaviour change, the research demonstrated that technology can be a key facilitator in sport or physical activity participation and provided recommendations as to how the coaching industry and market leaders in the development of app-based technology could facilitate participation levels in sport and physical activity. It also provided insight into how coaches can truly embrace technology in the future, whether this be remotely or face-to-face.

**RETURNING TO THE GAME**

England Netball funded LJMU research to evaluate the impact of their ‘Back to Netball’ programme. The national programme has encouraged over 60,000 participants to re-engage with a sport they once loved by providing sessions that focus on the basics of the game. England Netball hope that participants will then go on to join clubs or even form their own once they have regained their confidence and enthusiasm for the game.

The evaluation demonstrates evidence of the positive impact ‘Back to Netball’ had on players’ physical and mental health and wellbeing, along with how it contributes to local communities.

**England Rugby**

Professor Graeme Close from LJMU’s School of Sport and Exercise Science is currently the Expert Nutrition Consultant to England Rugby senior team, as well as leading a LJMU team working across the development pathway. Graeme is responsible for ensuring that the nutrition provision to the elite players is science driven and evidence based ensuring that players are receiving effective cutting-edge nutrition advice. Graeme has a strict “food first” philosophy and spends a lot of time educating players as to the best food choices to make to maximise body composition, performance, recovery and general health. Graeme leads the nutrition service to Everton Football Club, with LJMU PhD students Lloyd Parker who is Head of Nutrition for the first team and Marcus Hannon who leads the academy provision. Andreas Kasper, who is studying for his PhD at LJMU funded by England Rugby, has a specific remit to provide support to the U20s and England Saxons squad.

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**SAMPLE-PE project**

LJMU students are gaining experience of developing and delivering Physical Education (PE) curricula in Liverpool Primary schools, as part of the University’s SAMPLE-PE research programme.

Led by lecturers Dr James Rudd and Dr Laurence Foweather, SAMPLE-PE brings together several disciplines, offering a fresh multi-aspect perspective. The project also involves collaborating with international researchers, and aims to measures the physical, psychological and social effects of participating in the curricula.
Sport courses are located in the School of Sport Studies, Leisure and Nutrition (based at the IM Marsh campus) and the School of Sport and Exercise Sciences (based in the Byrom Street campus in the city centre).

For more information on:
BSc (Hons) Sport Coaching
BA (Hons) Sport Development
BSc (Hons) Sport and Nutrition for Health
BA (Hons) Physical Education
BA (Hons) Sport Business

Contact:
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For more information on:
BSc (Hons) Sport Psychology
BSc (Hons) Science and Football
BSc (Hons) Sport and Exercise Science

Contact:
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For more information on:
BA (Hons) Sports Journalism

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