WHEN IT COMES TO SPORT WE’VE GOT IT COVERED

SPORT

AT LIVERPOOL JOHN MOORES UNIVERSITY
YOU DON'T JUST STUDY SPORT AT LJMU, IT'S IN THE AIR THAT YOU BREATHE.

YOU LIVE IT.
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 2020.

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, including free off-peak gym membership.

Leah Weaver, MSc Sport Coaching

THE ‘GODFATHER OF SPORT SCIENCE’

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

For Comic Relief 2019, Greg helped a group of celebrities including Alexander Armstrong, Ed Balls and members of Little Mix, trek up Mount Kilimanjaro. After a gruelling seven days battling altitude sickness, extreme weather and basic camping conditions, the team finally made it to the 5,895 metre summit.

Greg also helped Tess Daly and Claudia Winkleman complete a 24 hour Danceathon for Red Nose Day. He said: “For the Danceathon the full spectrum of sport science support was required to deliver success including: physiology, psychology and nutrition. Whilst we had some fun, dancing non-stop for over 24 hours was a significant challenge with sport and exercise science at the centre of the success.”

Tabo Huntley recently secured an Erasmus+ funded project to explore the under researched and resourced context of para/disability coaching. The aim of the ParaCoach 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).

Together with the ICCE, the three year project includes four other European partners: Netherlands Olympic Federation and National Sports Confederation, Institute of Sport Poland, Hungarian Paralympic Committee and the European Paralympic Committee. Tabo said: “In line with the recognised benefits of sport to Paralympic and disabled people, this project foregrounds the para coach workforce and the important role played in helping to support the development and inclusion of performers along the sporting pathway. It’s a great privilege to be able to lead this pioneering project with such highly respected partners and to bring this prestigious project to LJMU.”

The ParaCoach project will produce three key freely available resources: the Para Coach 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.

Further information is available at: www.paracoach.eu
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.”

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.

Inspirational Honorary Fellows

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.

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.

English professional football 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.

Paul Nolan, 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.
EXPERIENCE THE WORKING WORLD

WORKING WORLD

OUR SPORT STUDENTS HAVE UNDERTAKEN WORK-RELATED LEARNING PLACEMENTS AT A NUMBER OF ORGANISATIONS, SUCH AS...

WORKING WORLD

Achieving career success requires 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: GEORGIA MCKAY
Programme: BA (Hons) Sport Business
Placement Organisation: Liverpool Football Club

My placement was within Liverpool Football Club working with the PR team mainly and alongside sponsorship, media, communications, events and legal. I had the opportunity to meet first team players and see them at the training ground. Throughout my placement, I assisted with news articles that were published on the LFC website. I had the opportunity to attend planning events at Anfield regarding player appearances and awards. I photographed the new changing rooms at the ground and assisted writing a report to go alongside the photos that were published later that day. I worked alongside a highly skilled team to ensure everything that happens within the club is suitable for purpose (social media, commercial and partner use).

The Careers Team helped before the placement began with talks and sessions regarding employability etc. I believe this experience has been valuable to my future and current studies as it has allowed me to gain first-hand experience in an industry I am passionate about and would like to work in after I have completed my degree. It has also allowed me to understand what it takes to work in such a big company. It has helped me gain confidence in my ability and improved my written and verbal communication.

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 Videoton 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: JESS BERESFORD
Programme: BSc (Hons) Sport Coaching
Placement Organisation: Challenger Sports

I wanted to use my spare time in the summer to gain valuable experiences that would contribute towards potential careers in the future. This was not only for my CV, but also to develop my personal skills and improve my confidence. Recruitment staff from the organisation attended one of the university lectures in my first year. Prior to my application for Challenger Sports, I had several relevant experiences. I had a placement working alongside Liverpool FC Foundation with U5-U8s and assisting with a special needs session, and with ALLCoaching as a rugby coach in primary schools and REMYCA FC coaching U10 girls.

It was my duty to lead football and rugby camps each week in a new location around Canada and the South East of Northern America. My role included responsibilities such as; overseeing other coaches working on the camp and assigning roles to each of these coaches; conducting weekly reports; recording participants’ attendance; cash handling; organising kit orders; and, most importantly; coaches; conducting weekly reports; recording participants’ attendance; cash handling; organising kit orders; and, most importantly; coaching children between the ages of 3 and 18. The most important aspect was to act as a role model when coaching, ensuring everyone was enjoying themselves – we often organised themes and small events.

Name: MEGAN WOODS
Programme: BSc Science and Football
Placement Organisation: Everton Ladies Football Club

I completed work experience at Everton Ladies Football Club as a Performance Analyst. I was required to record all matches, both home and away, as well as training sessions. My main duty was to provide post match feedback to the coaching staff, which involved breaking down specific areas of the game and making a post-match report to provide match statistics. This experience enabled me to continue to grow as an analyst and gave me the chance to work in excellent facilities at Finch Farm. I particularly enjoyed the fact that every stay was so different.

Studying Science and Football at LJMU allowed me to gain those opportunities due to the areas I have learnt about on the course. The performance analysis module was particularly useful in terms of the practical sessions as it gave me an insight into how to use the relevant software.
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>LECTURES</th>
<th>WORKSHOP ACTIVITY (classroom based)</th>
<th>WORK-BASED LEARNING</th>
<th>INTERNATIONAL STUDY OPTION</th>
<th>SANDBOX 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 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 field trip to an elite sport environment.</td>
<td>None</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>None</td>
<td>None</td>
<td>Graduates may pursue a career in teaching (Primary, Secondary, PE), 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 footballers. 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>None</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>None</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>BA (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>None</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>None</td>
<td>None</td>
<td>Offers excellent employment prospects in elite performance or in the promotion of healthy lifestyles. Graduates find 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 and Nutrition for Health</td>
<td>Exciting work-related learning opportunities. Emphasis on physical activity, sport, exercise, food, nutrition and diet to improve and maintain health, including disease management; psychology of lifestyle and health behaviours; physiology and biochemistry. Prepares students for a career in community-based public health improvement.</td>
<td>5-10% dependent on interests</td>
<td>45%</td>
<td>45%</td>
<td>Increases each year. 15% of learning time is spent undertaking work-based learning.</td>
<td>None</td>
<td>Between levels 5 and 6 (optional)</td>
<td>Graduates role may include working as a health improvement or sport development officer/manager; community health worker (food and physical activity); public health nutritional or dietician assistant.</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 prepare 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>None</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 great track record of employment, forging successful careers as reporters, editors, 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, advertising and marketing, web-based media and local authority press departments.</td>
</tr>
</tbody>
</table>

* Foundation route 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.
£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

**BYROM STREET CAMPUS**

**CITY CENTRE**

**IM MARSH CAMPUS**

**AIGBURTH**

We have a range of sporting facilities at the IM Marsh Campus which is around 20 minutes away from Liverpool city centre.

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**

* Foundation routes available

**MOUNT PLEASANT CAMPUS**

**CITY CENTRE**

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) Sports Journalism**

**WILL HAVE ACCESS TO THE FOLLOWING FACILITIES:**

- Editing suites
- Newsrooms
- Radio studio
- TV studio
- Green screen

* Due to the nature of building work and large-scale estate planning, this is subject to change.

* Foundation routes available
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:

- 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.

**FITNESS SUITES AND SPORTING FACILITIES**
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 37 teams across 25 sports registered to compete for the 2019/2020 BUCS Championship Season. 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
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 motivations, 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.

**SPORT SCHOLARSHIP SCHEME**

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.

Notable LJMU Sport Scholars

Anyika Onuora, who is a World, Commonwealth, European and Olympic medallist, took part in the Sport Scholarship Scheme while completing her Economics degree. Anyika won Bronze at both the 2016 Rio Olympics and 2015 Beijing World Championships as part of the 4 x 400 metre relay team.

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

Kelly 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 x 400 metre wheelchair relay in Rio.

**Erin Williams**

Name: ERIN WILLIAMS
Programme: BA (Hons) Sport Business
Role: Wales Women’s Under 21 Netball player

I’ve always had a passion for sport – not just playing but also to umpire, coach and work within a sporting environment. I chose sport business as I had worked in various sports jobs but never within the business side and I really enjoyed my Business A-Level course. I am really interested in how sports are funded, how events are managed and marketed and in athlete sponsorship etc., therefore when I visited LJMU and learned what the course offered, I knew it would be a perfect fit.

LJMU has a supportive scholarship system for elite athletes. This includes bursaries, providing training facilities, strength and conditioning and physio, and can help athletes balance their sporting careers alongside their education.

I would love to join a large organisation such as a football club or a sports clothing brand and work within the marketing and sponsorship industry. However, I currently plan to take a year out of the sports industry to gain more experience and expand my skill set, so have joined North Wales Futsal Services.

**DANIEL RANSOM**

Name: DANIEL RANSOM
Programme: BSc Sport Psychology, MSc Sport Psychology, Professional Doctorate in Sport and Exercise Psychology
Role: Manchester United Football Club

I've always had a passion for sport business as I had worked to umpire, coach and work within the marketing 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.

**BRADLEY WALL**

Name: BRADLEY WALL
Programme: BSc Science and Football
Role: Manchester United Football Club

I completed the BSc Sport Psychology at LJMU and then had the opportunity to progress onto the MSc Sport Psychology. I feel extremely fortunate to have been able to learn from staff at LJMU who have real elite level experience of delivering psychology support in professional sport. I have also had the chance to be exposed to a much broader range of theoretical approaches than I’ve seen elsewhere.

This has allowed me to develop both a strong theoretical understanding of the key concepts in sport psychology, and also an understanding of how this is applied in practice at the elite level. The support of the staff at LJMU has been instrumental in me securing a position with Premier League Football Club, Manchester United.

**KATIE HEIKETH**

Name: KATIE HEIKETH
Programme: BSc Sport and Exercise Science, MPhil
Role: PhD in the School of Sport and Exercise Sciences at LJMU, Great Britain Water Polo player and coach

I have played Water Polo since I was 10. When I was 14 I was selected to play on the England Talent programme which then lead to my selection for Great Britain.

100% believe that if I didn’t come to LJMU I would have had to choose between Water Polo and my degree, but I can say I have a Commonwealth Gold Medal, captained a World University Games and achieved a 1st class degree – and that is all because of LJMU.

I was awarded with an LJMU Sport Scholarship and the LJMU Dream, Plan, Achieve Award (now the Academic Excellence Award) – I cannot thank LJMU enough for the amazing support and opportunities that I have been presented with.

I chose to study Sport and Exercise Science at LJMU as the course is world leading, the School is involved in innovative research and has an excellent reputation. I’m now doing a PhD at LJMU which is one of the most rewarding things I’ve ever done and I’m proud to say that I’m going to be a Doctor one day.

**Kelly Massey**

Name: KELLY MASSEY
Programme: BA (Hons) Sport Development
Role: Manchester City Women

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 and Bronze in the 2015 World Relay Championships 4 x 400m.

**Anyika Onuora**

World, Commonwealth, European, and Olympic Medalist

I loved everything about LJMU. The support of the tutors and the sports scientists helped me to develop my basketball 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.

LJMU Sport Scholarship Scheme

Anyika Onuora
Olympic 4 x 400m medalist, Lecturer, Physical Education

Anyika won Bronze at both the 2016 Rio Olympics and 2015 Beijing World Championships as part of the 4 x 400 metre relay team. The English Football Association

Works at: Great Britain Water Polo

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 x 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.

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 x 400 metre wheelchair relay in Rio.

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Programme: BSc Science and Football
Role: Manchester United Football Club

I am required to provide analytical support to aid the coaching process within pre, live and post match analysis. Completing the BSc Science and Football helped me to understand the science and 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 this 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.

**Katie Heiketh**

LJMU has a supportive scholarship system for elite athletes. This includes bursaries, providing training facilities, strength and conditioning and physio, and can help athletes balance their sporting careers alongside their education.

I would love to join a large organisation such as a football club or a sports clothing brand and work within the marketing and sponsorship industry. However, I currently plan to take a year out of the sports industry to gain more experience and expand my skill set, so have joined North Wales Futsal Services.

**Bradley Wall**

Name: BRADLEY WALL
Programme: BSc Science and Football
Role: Manchester United Football Club

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**Katie Heiketh**

Name: KATIE HEIKETH
Programme: BSc Sport and Exercise Science, MPhil
Role: PhD in the School of Sport and Exercise Sciences at LJMU, Great Britain Water Polo player and coach

I have played Water Polo since I was 10. When I was 14 I was selected to play on the England Talent programme which then lead to my selection for Great Britain.

100% believe that if I didn’t come to LJMU I would have had to choose between Water Polo and my degree, but I can say I have a Commonwealth Gold Medal, captained a World University Games and achieved a 1st class degree – and that is all because of LJMU.

I was awarded with an LJMU Sport Scholarship and the LJMU Dream, Plan, Achieve Award (now the Academic Excellence Award) – I cannot thank LJMU enough for the amazing support and opportunities that I have been presented with.

I chose to study Sport and Exercise Science at LJMU as the course is world leading, the School is involved in innovative research and has an excellent reputation. I’m now doing a PhD at LJMU which is one of the most rewarding things I’ve ever done and I’m proud to say that I’m going to be a Doctor one day.
Postgraduate Progression

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.

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)

Dr Amy Whitehead and colleagues at LJMU have been working with Liverpool County Football Association, English Rugby League Association, UK Coaching and the English Football Association over the last year to refine and develop the 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.

Coaching the next generation of gymnasts

Former professional gymnast Hannah Clowes studied BSc (Hons) Sport and Exercise Science, MSc Sport Psychology and completed a PhD in ‘Research into the Relationship between Athlete Wellbeing and Elite Sport Performance’ at LJMU. She is now putting her research into action coaching elite gymnastics at the City of Liverpool Gymnastics Club.

Her career as a Great Britain international gymnast spanned 13 years. She was a 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.
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 at UFC London and UFC Greenville.

Professor John Somauroo is Consultant Cardiologist and Sport and Exercise Cardiologist at Liverpool Heart and Chest and Countess of Chester NHS Trust Hospitals. He is on the England Football Association Cardiac Screening Panel and is Cardiologist to Liverpool FC’s First Team, Academy and Ladies team. He has cardiac screened and investigated senior and academy players for potential cardiac disease from numerous football club throughout the UK including Manchester City FC, Everton FC, Blackburn Rovers FC, Derby FC and Rangers FC. John was on the Rugby Union Cardiac Screening panel prior to the Rugby World Cup 2013 and published the findings of cardiac screening for all Rugby Union players in England. He is also Cardiologist for British Cycling at the Manchester Velodrome and his team at LJMU have cardiac screened all cyclists from 2017.

He lectures internationally and has set up cardiac screening programmes with Saudi Football Association, Hong Kong College of Cardiology and Egyptian Athletic Heart Centre.

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

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.

Professor John Somauroo pictured with Liverpool FC player Mo Salah and Dr David Oxborough

Professor John Somauroo pictured with professional tennis player Johanna Konta when she took part in research into elite athletes’ hearts at LJMU

Professor Martin Littlewood

Professor Gregory Dupont

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Professor Helen Jones is currently involved in collaborations and research studies at a number of local health-related organisations. She is contributing directly to enhancing understanding of vascular physiology and how interventions such as exercise can potentially improve vascular health and subsequent cardiovascular disease risk. She then uses the knowledge gained from the studies in undergraduate and postgraduate teaching and to inform the content of the curriculum for our courses.

**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.

**BACK TO NETBALL**

Dr Amy Whitehead has been working with England Netball and other partners on a number of projects, starting with funded research to evaluate the impact of its ‘Back to Netball’ programme. The national programme encouraged over 100,000 participants to re-engage with a sport they once loved by providing sessions focusing on the basics of the game.

England Netball hope that participants will 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.

LJMU is also evaluating the effectiveness of an England Netball intervention, which is designed to encourage women in low sport engagement areas to become more physically active through playing netball. Not only is the team sport great for fitness, it’s also a way to breakdown social barriers and for participants to build friendship networks. The initiative ran alongside the Netball World Cup, which was held in July 2019 at Liverpool’s M&S Bank Arena.

**THE PHYSICAL ACTIVITY EXCHANGE GOES GLOBAL:**
CREATING GLOBAL ACTIVE CITIES

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.

Global Active Cities is led by The Association for International Sport for All (TAFISA) and Evaleo (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 the 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 constantly 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 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 you 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, which we are hoping will lead to a national physical activity screening tool for use with children across Argentina.
**TEAM SKY/TEAM INEOS**

Professor James Morton, from LJMU’s Research Institute for Sport and Exercise Sciences, led the Performance Nutrition programme for Team Sky and currently advises Team Ineos.

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.

In 2019 Team Sky changed its name to Team Ineos and LJMU has carried on supporting the team’s nutrition strategy through the supervision of our PhD student Marc Fell.

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, the MSc Sport Nutrition programme.

**SCIENCE IN SPORT (SIS)**

James also advises one of the world’s leading nutrition companies, SIS, on developing bespoke nutrition supplements and solutions for elite athletes. SIS also funds current PhD studentships within RISES examining the carbohydrate requirements of elite athletes.

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**Expert nutrition provision for elite sport**

Professor Graeme Close is currently the expert nutrition consultant to England Rugby Senior Men’s team. He has held this post for the last 5 years, as well as a leading a LJMU team working across the development pathway.

Graeme is responsible for ensuring that the nutrition provision to all players is science driven and evidence based, utilising his own research at LJMU to inform the day-to-day nutrition plans for the players. This includes the muscle biopsy studies Graeme and his team have performed on elite rugby players to determine the best way to load players ready for a game and how to refuel after.

He is also currently responsible for developing heat strategies for the 2019 World Cup, which has involved the players visiting LJMU’s School of Sport and Exercise Sciences to undertake testing in the department’s environmental chambers.

Graeme is a firm believer in a “food first” philosophy and spends a lot of his time educating the players as to the best food choices to make to maximise body composition, performance and recovery, as well as improving their general health. For the last 5 years, Graeme has created opportunities for his current MSc Sport Nutrition students to get involved in sports nutrition support to England Rugby. His students deliver sport nutrition education at the annual Wellington Festival, supervised by current LJMU student Andreas Kasper, who is funded by England Rugby and leads the nutrition support to the men’s U20 and 7s squads.

As well as England Rugby, Graeme also provides consultation to Everton FC, working alongside LJMU PhD students Lloyd Parker who is First Team Nutritionist and Marcus Hannon who is Academy Nutritionist. Recently, Graeme has also started to work with the European Tour Golf, helping to establish a sport nutrition programme for all European Tour Golfers, working alongside LJMU PhD student David Dunne and former MSc Sport Nutrition student Hannah Mayho.

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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 measure the physical, psychological and social effects of participating in the curricula.
Sport courses are taught in different sites across our three Campuses:

**School of Sport and Exercise Sciences**

COURSES ARE BASED AT BOTH THE CITY CAMPUS IN THE CITY CENTRE AND THE IM MARSH CAMPUS IN AIGBURTH.

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 IM Marsh Campus in Aigburth
- BA (Hons) Physical Education
- BSc (Hons) Sport and Nutrition for Health
- 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
@LJMUPE – BA (Hons) Physical Education
@LJMU_SpoNut – BSc (Hons) Sport and Nutrition for Health
@LJMU_SportCoach – BSc (Hons) Sport Coaching

**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