



Sport & Exercise Science

Degrees at Aberystwyth

Newsletter

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www.aber.ac.uk/sportexercise

Welcome to this year's second issue of the Aberystwyth Sport and Exercise Science Newsletter, keeping you in touch with the latest news from the department.

Choosing the right University for you is important, and we hope to have provided you with as much information as possible about Aberystwyth, for you to make an informed choice. We wish you all the best in your studies and look forward to you joining us in September.

You can find out about all the advantages of studying at Aberystwyth by visiting the University website: **www.aber.ac.uk/en/undergrad**

A list of the scholarships and bursaries – including our sports bursaries - available to Aberystwyth students can be found at: **www.aber.ac.uk/en/scholarships**

Postgraduate Student Wins Prestigious Travel Grant

In the second year of her postgraduate studies, PhD student Fiona Higgs has been awarded a prestigious 'International Student Travel Grant 2011' by the International Society of Biomechanics (ISB). The grant of \$2500 USD will enable Fiona to travel to Canada for several weeks to visit and collect data in the world-class research facilities at Toronto Rehabilitation Institute, as well as attend the Festival of International Conferences on Caregiving, Disability, Aging and Technology (FICCDAT 2011). The awarded grant will also cover costs for Fiona to attend the ISB Congress to be held in Brussels, Belgium in July 2011. Fiona's PhD research concerns measuring changes in strength, balance, body composition and psychological parameters in older adults participating in exercise-based falls intervention programmes, in both hospital and community settings. The visit will provide Fiona with a unique opportunity to collect data under the supervision of some of the most experienced researchers in falls prevention. It is hoped that the research she will conduct during her stay will contribute towards her PhD thesis, as well as forge international links with the Department.



An Innovative Approach to Learning

Exercise Protocol

- Stepped protocol with 3 min stages before 'stepping' up to the next intensity



The Department has recently produced a teaching video explaining the mechanics of measuring oxygen uptake during exercise, including some of the theory behind it in order to help students studying at school or college. We hope that the video will be particularly useful for Sixth Form and College students in classes such as P.E., Biology, Sport Science and Human Biology. The video is available to view via our website in both English and Welsh (**www.aber.ac.uk/sportexercise**). In the future we will build up a library of these videos in the areas of physiology, psychology and biomechanics to help students with their pre-University studies, so keep an eye on our website! Why not let us know what you think of our new video? Email us at : **sportexercise@aber.ac.uk**.



British Psychological Society Postgraduate Study Scheme Grant

Stuart Flint, a PhD student recently won a grant from the British Psychology Study Schemes Grant, a national competition to fund a postgraduate of any psychology discipline to visit another institution either in the UK or across the world. The award provided a fantastic opportunity to work with an esteemed academic to learn and develop skills that are above and beyond that required for a PhD student. Stuart used the grant to work with Professor Nanette Mutrie at the University of Strathclyde, Glasgow, to develop his work professionally. Stuart currently collaborates with a number of colleagues including Professor Mutrie from across the UK, as part of his work with the British Psychological Society Obesity Group, to produce a report for the House of Lords with the aim of increasing the provision of psychology in the treatment and management of obesity. The study grant allowed Stuart to strengthen the link he has with Professor Mutrie. Stuart believed that he 'gained a greater understanding of his research area and developed key skills such as applying for research funding, which is of high importance given the value placed on research and grant capture in the current economic climate'.

Student's Sporting TV Appearance

Being on 10 Jonathan, a show on S4C to find the fittest man and woman in Wales was fantastic fun but put me under a lot of pressure to perform to the best of my abilities as it was being filmed and I knew it was going to be watched by potentially thousands of people. Peer evaluation can affect people in different ways and the thought of it made me feel increasingly nervous and apprehensive. On the degree course at Aberystwyth I studied Psychology up to year 3 and looked at the psychological effects of music on performance so I put this knowledge to good use to help me cope with the pressure. I tried to channel my nerves in a positive way and use the pressure as a motivation to do my best. I practiced a lot of self talk on the show and frequently told myself 'I can do this'. I think it worked as I thoroughly enjoyed the experience, and, got a chance to put some of the skills and theories I learnt on my degree into action.



Aberystwyth Department hosts all Wales Diabetes Meeting

On the 27th January 2011 the Department of Sport and Exercise Science played host to the fourth meeting of the Physical Activity and Diabetes Research Development Group. The group is part of the Welsh Assembly Government's National Institutes for Social Care and Health Research and has members from across the Welsh institutions of Higher Education and the health service. Representatives from the Hywel Dda Health Board joined delegates from Aberystwyth University, Swansea University and the University of Wales Institute Cardiff. The day involved a series of presentations on current research in Wales examining the effect of physical activity in the diabetic patient. Dr Alan Axford, a Fellow of Aberystwyth University and former Medical Director of Ceredigion and Mid Wales NHS Trust, began the day with a presentation highlighting the changes in the prevalence of diabetes in Wales since his days as a junior Doctor. He then continued to stress the importance of the Health service and institutions of Higher Education working together to better understand the condition. Following a morning of presentations the afternoon involved discussions of how the group could collaborate to further develop research examining the role of physical activity in the management of diabetes across Wales.

