

Miss Sarah Coleman BA (Hons)

Physical Activity Facilitator

Primary Care Clinical Sciences

Contact details

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About

Sarah Coleman is the Physical Activity Facilitator for two Clinical Trials. The PAM-PeRS Study is looking at the effectiveness of exercise as a treatment for postnatal depression. The Active Women Study is looking at the feasibility and acceptability of aerobic exercise as a treatment for vasomotor menopausal symptoms.

Qualifications

- BA Joint (Hons) Sport with English, Manchester Metropolitan University, 2005.

Other relevant qualifications include:

- Introduction to Motivational Interview Training (2010)
- Level 3 Personal Trainer Award (2008)
- Healthy Eating and Weight Management (2007)

Biography

Sarah has a strong interest in physical activity and its influence upon health. She spent over two years working as a Lifestyle Consultant at a Health Club which re-affirmed her passion for enhancing people's lives through physical activity. Her current role as a Physical Activity Facilitator is centered on equipping women with the skills, knowledge and confidence needed to engage in regular physical activity.

Research

- Physical Activity
- Health Services Research
- Mental Health- Postnatal depression
- Women's Health- Menopause
- Clinical Trials