# Support for your research

## Training and Skills Development

The School holds a number of introductory and welcome sessions for new doctoral researchers on School procedures, how to approach the PhD and teaching skills. As a doctoral researcher here you will have the opportunity to select from a wide range of skills training offered both within the School and by the University Graduate School. You participate in an annual development needs analysis and, as a result, have a structured training plan identifying which courses and activities will help you to meet these needs.

During your PhD you will have monthly review meetings with your supervisor as well as the opportunity to present you research plans and findings to other members of the school to receive feedback and advice.

## Teaching Opportunities

Most postgraduate students will be invited to assist with undergraduate modules, by taking laboratory demonstrations, engaging in small group teaching (eg, seminars), and helping with assessment. Very occasionally, senior postgraduates may be invited to give a lecture. In all cases, you will be thoroughly prepared for the task.

## Facilities and equipment

The School in based in the largest custom-built Sport and Exercise facility in the UK, with state of the art research labs dedicated to exercise testing and sample analysis across the spectrum of sport and exercise sciences including: physiology, biochemistry, psychophysiology, biomechanics, sport psychology, motor skills, immunology, muscle mechanics and the neurophysiology of movement. In addition, the School uses a wide range of practical spaces for professional and vocational related research. **See a full list of our labs here (/schools/sport-exercise/facilities/laboratories.aspx)** .



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