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People in the School of Sport, Exercise and Rehabilitation Sciences

Academic and research staff.

Head of School

Professor Kathleen Armour (/schools/sport-exercise/staff/profile.aspx?ReferenceId=36988&Name=professor-kathleen-armour)

Head of School

School of Sport, Exercise and Rehabilitation Sciences

Kathleen Armour is Head of School in the School of Sport, Exercise and Rehabilitation Sciences. Formerly, she was Head of the Department of Sport Pedagogy and prior to that she held a Chair in the School of Sport, Exercise and Health Sciences at Loughborough University. Her main research interest is career-long professional learning for teachers and coaches, and its impact on young people's ...

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Academic staff

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Dr Sarah Aldred (/schools/sport-exercise/staff/profile.aspx?ReferenceId=4127&Name=dr-sarah-aldred)

Senior Lecturer in Exercise Biochemistry

School of Sport, Exercise and Rehabilitation Sciences

Dr Sarah Aldred describes herself as a skilled, enthusiastic and resourceful scientist. She is an expert in the field of oxidative stress, and has been researching chronic diseases of ageing associated with oxidative stress for more than 10 years.

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Miss Christina Anderson (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5601&Name=miss-christina-anderson)

Clinical Tutor in Physiotherapy

School of Sport, Exercise and Rehabilitation Sciences

Christina Anderson spent 18 years in clinical practice as a physiotherapist before moving to the University of Birmingham in 2005 to be a clinical tutor. Her clinical interest is in children's physiotherapy. Currently she has the practice placement lead role for physiotherapy, as well as being one of the Welfare Tutors in the School. Christina has recently completed a Masters degree in ...

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Dr Paul Appleton (/schools/sport-exercise/staff/profile.aspx?ReferenceId=6052&Name=dr-paul-appleton)

Teaching and Research Fellow

School of Sport, Exercise and Rehabilitation Sciences

Paul current work concerns testing and validating the Empowering Coaching™ (www.empoweringcoaching.co.uk) and associated family of education programmes in different physical activity settings (e.g., PE, sport, education, dance). Empowering Coaching™and associated programmes aims to help leaders/coaches/teachers/instructors foster quality motivation and make physical activities ...

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