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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

- A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

### 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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### Dr George Balanos (/schools/sport-exercise/staff/profile.aspx?ReferenceId=9671&Name=dr-george-balanos)

**Lecturer in Exercise Physiology**

**School of Sport, Exercise and Rehabilitation Sciences**

George is a respiratory physiologist with an interest in pulmonary blood flow and sleep disordered breathing. He is an expert in blood gas manipulation and he uses ultrasonography for non-invasive measurement of physiological variables. George is a dedicated and popular lecturer having received the Excellence in Teaching Award three times.

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## Mr Nick Bent (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5015&Name=mr-nick-bent)

**Lecturer in Physiotherapy, Year 1 Tutor**

**School of Sport, Exercise and Rehabilitation Sciences**

Nick Bent is a Lecturer in Physiotherapy. He is Year 1 Tutor for the BSc Physiotherapy programme and Admissions Tutor for the MSc (pre-registration) Physiotherapy programme.

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## Dr Andy Blannin (/schools/sport-exercise/staff/profile.aspx?ReferenceId=9672&Name=dr-andy-blannin)

**Lecturer**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr Andy Blannin is a lecturer in exercise metabolism and has enjoyed working in the school of Sport and Exercise Sciences since 1996. In that time he has published over 50 research articles and examined 23 PhDs.

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## Dr Ian Boardley (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5034&Name=dr-ian-boardley)

**Lecturer in Sport Psychology & Education**
**Chair of School Research Ethics Committee**

**School of Sport, Exercise and Rehabilitation Sciences**

Ian's career in sport psychology was stimulated through lifelong sport participation. His sport activities have included experience as an athlete and as a coach in sports such as hockey and endurance running. It was experiences such as these that led to him initiating a career that incorporated sport within it. A particular interest in sport psychology that developed during ...

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## Dr Leigh Breen (/schools/sport-exercise/staff/profile.aspx?ReferenceId=55733&Name=dr-leigh-breen)

**Lecturer in Exercise Physiology and Metabolism**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr Breen's expertise centres on understanding how nutrition and exercise modulate muscle metabolism in healthy (i.e. athletes) and vulnerbale (i.e. elderly, obese) populations.

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## Dr Matt Bridge (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5083&Name=dr-matt-bridge)

**Senior Lecturer in Coaching & Sports Science**

**School of Sport, Exercise and Rehabilitation Sciences**

Matt has been working at the University since 2001. He lectures in coaching and applied sport science on the School's BSc **Applied Golf Management Studies (http://www.birmingham.ac.uk/students/courses/undergraduate/edu/app-golf-mgt-studies.aspx)** and BSc **Sport, Physical Education and Coaching Science (http://www.birmingham.ac.uk/students/courses/undergraduate/edu/sport-pe-coaching.aspx)** undergraduate degrees. He is also the progamme leader of the popular MSc in **Sport Coaching (http://www.birmingham.ac.uk/students/courses/postgraduate/taught/edu/sport-coaching.aspx)** designed for active coaches, enabling them to combine their coaching practice ...

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## Dr Victoria Burns (/schools/sport-exercise/staff/profile.aspx?ReferenceId=9673&Name=dr-victoria-burns)

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**School of Sport, Exercise and Rehabilitation Sciences**

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## Professor Doug Carroll (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5319&Name=professor-doug-carroll)

**Professor of Applied Psychology**

**School of Sport, Exercise and Rehabilitation Sciences**

Professor Carroll has an international reputation in Behaviour Medicine. His research group contributed substantially to the success of the School in the last RAE exercise. The School was joint top in their subject area in the UK.

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## Dr Jennifer Cumming (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5321&Name=dr-jennifer-cumming)

**Senior Lecturer of Sport and Exercise Psychology**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr Jennifer Cumming is an expert in the imagery and observational learning use of athletes, exercisers, and dancers.

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## Professor Mark Drayson (/schools/sport-exercise/staff/profile.aspx?ReferenceId=6216&Name=professor-mark-drayson)

**Professor Clinical Immunodiagnostics, Director Clinical Immunology Service, Honorary Consultant University Hospitals Birmingham and Heart of England**

Mark has directed the CIS since 2000. The service provides a unique interface between the University's substantial scientific expertise in immunology and the clinical investigation and management of blood cancers, immunodeficiency and autoimmunity in the West Midlands. Providing 500,000 immunodiagnostic tests per year for a population of five million, the CIS is in an ideal position for ...

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## Professor Joan Duda (/schools/sport-exercise/staff/profile.aspx?ReferenceId=9233&Name=professor-joan-duda)

**Professor of Sport and Exercise Psychology**

**School of Sport, Exercise and Rehabilitation Sciences**

(/university/colleges/les/research-gallery/joan-duda.aspx) Professor Duda is internationally known for her expertise on motivational processes and determinants of adherence and optimal functioning in sport, exercise, and dance. She is an experienced mental skills consultant, working with athletes, coaches/instructors, and other performers at all levels. Joan is Director of a large multi-national EC-funded project which aims to promote quality ...

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## Dr James Fisher (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5328&Name=dr-james-fisher)

**Senior Lecturer in Exercise Physiology**

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Dr James Fisher is an Exercise Physiologist working in the field of human cardiovascular control. The focus of his laboratory is on the neural regulation of the heart and blood vessels in human health and disease.

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## Dr Annie Ginty (/schools/sport-exercise/staff/profile.aspx?ReferenceId=54288&Name=dr-annie-ginty)

**AXA Postdoctoral Research Fellow**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr Annie Ginty is a Research Fellow who combines multi-disciplinary techniques to provide a better understanding to the vast individual differences in biological responses to acute psychological stress and the health and behavioural outcomes associated with these reactions.

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## Dr Robert Gray (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5343&Name=dr-robert-gray)

**Reader in Perception & Action**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr Rob Gray's work illuminates the dynamics of perception, cognition, and action in skilled performance. His work has the admirable quality of advancing perception-action theory while directly relating to applied problems. He brings real-world activities into the laboratory, where he rigorously investigates fundamental issues related to performance (American Psychological ...

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## Dr Carolyn Greig (/schools/sport-exercise/staff/profile.aspx?ReferenceId=55289&Name=dr-carolyn-greig)

**Senior Lecturer in Nutrition and Ageing**

Dr Greig is a translational scientist with research interests in the influence of use, disuse, age and disease on human skeletal muscle mass and function. She is particularly research active in nutritional, physical activity and pharmacological interventions to maintain muscle mass in older healthy men and women and in frail patient groups.

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## Dr Michael J. Grey (/schools/sport-exercise/staff/profile.aspx?ReferenceId=9921&Name=dr-michael-j.-grey)

**Reader in Motor Neuroscience**

**School of Sport, Exercise and Rehabilitation Sciences**

(/university/colleges/les/research-gallery/michael-grey.aspx) Dr Grey is a motor neuroscience physiologist with interests in cortical/spinal plasticity and neurorehabilitation. He uses non-invasive electrophysiology, transcranial magnetic stimulation and neuroimaging techniques to study human movement. He has a particular interest in acquired brain injury including stroke and concussion.

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## Dr Mark Griffiths (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5272&Name=dr-mark-griffiths)

**Lecturer in Sport Pedagogy**

**School of Sport, Exercise and Rehabilitation Sciences**

(/university/colleges/les/research-gallery/mark-griffiths.aspx) Mark qualified as a PE Teacher from the West London Institute in 1990. After lectureships at the Universities of Kingston and Oxford Brookes, he went on to study for a PhD in Physical Education and Sport Peadgogy before joining Birmingham in 2009. Mark has published research papers in scientific journals as well as reviews and book chapters in the fields of sport pedagogy, professional ...

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## Dr Jonathan Grix (/schools/sport-exercise/staff/profile.aspx?ReferenceId=4475&Name=dr-jonathan-grix)

**Reader in Sport Policy and Politics**

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Jonathan is one of very few political scientists who have turned their attention to sport.

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## Dr Nicola R Heneghan (/schools/sport-exercise/staff/profile.aspx?ReferenceId=33614&Name=dr-nicola-r-heneghan)

**Physiotherapy Lecturer, Programme Leader MSc Advanced Manipulative Physiotherapy**

**School of Sport, Exercise and Rehabilitation Sciences**

Nicola is a Physiotherapy Lecturer and Programme Leader MSc Advanced Manipulative Physiotherapy.

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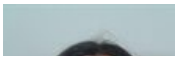
## Ms Marianne Hensman (/schools/sport-exercise/staff/profile.aspx?ReferenceId=6050&Name=ms-marianne-hensman)

**Clinical Tutor in Physiotherapy**



**School of Sport, Exercise and Rehabilitation Sciences**

Marianne Hensman has been a Clinical Tutor at the University of Birmingham since 2007.

Marianne's clinical background was as a physiotherapist, working in neurology and healthcare of the elderly, in both acute and community settings. Marianne teaches Year 1 and Year 2 neurology on the BSc Physiotherapy course, as well as other core physiotherapy skills.

As a clinical ...

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## Frank Herold (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5281&Name=frank-herold)

**Lecturer in Physical Education and Sports Science**

**School of Sport, Exercise and Rehabilitation Sciences**

Mr Herold has a broad research and teaching interest in professional learning and pedagogy of teaching and learning in Physical Education. His main research interests are concerned with significant developments in national and international Initial Teacher Education in Physical Education. A particular research focus is the exploration of the development of subject knowledge and in particular ...

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## Mr Paul Jepson (/schools/sport-exercise/staff/profile.aspx?ReferenceId=6081&Name=mr-paul-jepson)

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## Dr Maria Kavussanu (/schools/sport-exercise/staff/profile.aspx?ReferenceId=6058&Name=dr-maria-kavussanu)

**Senior Lecturer in Sport and Exercise Psychology**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr Maria Kavussanu is an expert on morality in sport. She has published extensively in this area and received funding for her research from the ESRC, The Nuffield Foundation, and the World Anti-Doping Agency. She is member of the ESRC Peer Review College, Associate Editor of the *Journal of Applied Sport Psychology*, and serves on the Editorial Board of three other journals. She is currently ...

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## Mr Derek Kyte (/schools/sport-exercise/staff/profile.aspx?ReferenceId=6344&Name=mr-derek-kyte)

**Physiotherapy Teaching Associate**

**School of Sport, Exercise and Rehabilitation Sciences**

Derek Kyte, MSc, is a current recipient of a NIHR School for Primary Care Doctoral Studentship (2011-2014). His doctoral research is focused on the methodological and ethical issues surrounding quality of life evaluation and the implementation of best-practice Patient Reported Outcome (PRO) measurement in clinical trials. He is deputy lead of the UoB **Patient-Reported Outcomes Research ... (http://www.birmingham.ac.uk/research/activity/mds/domains/health-pop/healthcare-evaluation-and-methodology/patient-reported-outcomes/index.aspx)**

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## Dr Martin Lakie (/schools/sport-exercise/staff/profile.aspx?ReferenceId=9237&Name=dr-martin-lakie)

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## Dr François-Xavier Li (/schools/sport-exercise/staff/profile.aspx?ReferenceId=9676&Name=dr-françois-xavier-li)

**Lecturer in Motor Control and Learning**
**Admission Tutor**
**Theme Leader "Optimal Performance"**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr François-Xavier Li is primarily interested in the optimisation of movement in a variety of contexts, population (elite to elderly) and tasks (running, cycling, golf, walking). He is also Admissions Tutor for the BSc Sport, Exercise and Rehabilitation Sciences

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## Mr Clive Liles (/schools/sport-exercise/staff/profile.aspx?ReferenceId=6147&Name=mr-clive-liles)

**Lecturer**

**School of Sport, Exercise and Rehabilitation Sciences**

Clive Liles is programme leader for the MSc Advancing Practice and MSc Health Studies courses offered within the School. His interests are in developing and implementing education and training for health care professionals, inter-disciplinary shared learning (professional practice and service development) and effective preparation of learners for professional practice and ...

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## Dr Joanna Long (/schools/sport-exercise/staff/profile.aspx?ReferenceId=37330&Name=dr-joanna-long)

**Research Fellow in Stress and Immune Ageing**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr Joanna Long is a post doctoral research fellow working with Dr Anna Phillips in the School of Sport and Exercises.

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## Dr Sam Lucas (/schools/sport-exercise/staff/profile.aspx?ReferenceId=56702&Name=dr-sam-lucas)

**Lecturer in Exercise and Environmental Physiology**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr Sam Lucas is an integrative physiologist whose primary research interests are focused on the mechanisms that regulate human cerebral blood flow in health and disease. He has a specific interest in how cerebral blood flow is regulated with ageing and during stress (esp. hypoxia, exercise, orthostatic, thermal and cognitive) and the resultant impact on function (e.g., breathing control, ...

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**Lecturer in Physical Education and Sport Pedagogy**

**School of Sport, Exercise and Rehabilitation Sciences**

Kyriaki Makopoulou joined the University of Birmingham in September 2008. Her PhD focused on the nature of Physical Education (PE) teachers' engagement in career-long professional learning and its impact upon practice (awarded in 2009). Before joining University of Birmingham, Kyriaki was a research associate at Loughborough University involved in the independent evaluation of the ...

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## Dr Craig McAllister (/schools/sport-exercise/staff/profile.aspx?ReferenceId=81655&Name=dr-craig-mcallister)

**Lecturer in Motor Control**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr Craig McAllister has a passionate interest in understanding the neural mechanisms of human movement in both healthy and disease states. His current research utilises a combination of non-invasive brain stimulation techniques and neuroimaging methods to understand the role of rhythmic brain activity in motor and cognitive processes.

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## Dr Ross D. Neville (/schools/sport-exercise/staff/profile.aspx?ReferenceId=74150&Name=dr-ross-d.-neville)

**Research Fellow in the Sociology of Health & Fitness**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr Neville is a Research Fellow who focuses on 'fitness' as a critical concept in the development of the modern health landscape. He is particularly interested in the controversial fact that, while we continue to champion its prospects for chronic disease response sixty years after the birth of physical activity epidemiology, the fitness movement has actually developed ...

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## Professor Nikos Ntoumanis (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5399&Name=professor-nikos-ntoumanis)

**Professor of Exercise and Sport Psychology**

**School of Sport, Exercise and Rehabilitation Sciences**

(/university/colleges/les/research-gallery/nikos-ntoumanis.aspx) Professor Nikos Ntoumanis (pronounced "Doumanis") is interested in personal and contextual factors that optimise motivation and promote performance, psychological well-being and health-conducive behaviours in various physical activity settings (exercise, sport, physical education). His work is supported by funding from national and international research councils and charities (e.g., ...

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## Dr Anna Phillips (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5453&Name=dr-anna-phillips)

**Reader in Behavioural Medicine**

**School of Sport, Exercise and Rehabilitation Sciences**

(/university/colleges/les/research-gallery/anna-phillips.aspx) Dr Anna C. Phillips is an internationally renowned researcher and Health Psychologist working in Psychoneuroimmunology and Psychophysiology. She has conducted award winning work on stress and vaccination response across the life course.

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## Dr Lesley Phillpots (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5759&Name=dr-lesley-phillpots)

**Senior Lecturer**

**School of Sport, Exercise and Rehabilitation Sciences**

Lesley Phillpots is a Senior Lecturer in the School of Sport, Exercise and Rehabilitation Sciences. Her research interests focus upon public policy for PE, school sport and sport. She is currently writing and publishing a range of articles that focus upon the governance of sport, the work of County Sport Partnerships, public policy for PE and School Sport and the ...

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## Dr Andy Philp (/schools/sport-exercise/staff/profile.aspx?ReferenceId=47483&Name=dr-andy-philp)

**Lecturer in Integrative Physiology**

**School of Sport, Exercise and Rehabilitation Sciences**

Dr Andy Philp is an integrative physiologist, interested in the molecular regulation of skeletal muscle adaptation. The main focus of his work is to examine how diet and exercise interact to regulate skeletal muscle mitochondrial function, adaptive growth and insulin sensitivity in the context of human athletic performance and in metabolic diseases such as sarcopaenia, obesity and type 2 diabetes.

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## Dr David Punt (/schools/sport-exercise/staff/profile.aspx?ReferenceId=74468&Name=dr-david-punt)

**Senior Lecturer**

David has a clinical and academic background in rehabilitation and neuropsychology. He is interested in cognitive neuroscience and psychology, and the application of research in these areas to rehabilitation, focusing particularly on patients following stroke.

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## Dr Eleanor Quested (/schools/sport-exercise/staff/profile.aspx?ReferenceId=11687&Name=dr-eleanor-quested)

**Senior Research Fellow**

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Dr Eleanor Quested is a senior research fellow in the School of Sport, Exercise and Rehabilitation Sciences at the University of Birmingham in the United Kingdom

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Jill Ramsay is the Programme director for the undergraduate physiotherapy programme in the School of Sport, Exercise and Rehabilitation Sciences.

Jill has a particular interest in developing interactive educational activities, both in delivering teaching and learning opportunities and in assessment. Jill has experience in programme development, course ...

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Dr Raymond Reynolds has a wide range of interests within the field of human motor control. This includes sensorimotor control of balance, reaching and tremor. His research is supported by the BBSRC.

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## Professor Christopher Ring (/schools/sport-exercise/staff/profile.aspx?ReferenceId=9677&Name=professor-christopher-ring)

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Professor Christopher Ring is a professor of psychology and has enjoyed working in the school of Sport, Exercise and Rehabilitation Sciences since 1995. He has published over 120 research articles, won grants from research councils, charities and industry, collaborated with experts from many other countries, and supervised 21 doctoral students who are now working at universities around the world. ...

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## Mrs Sheeba Rosewilliam (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5793&Name=mrs-sheeba-rosewilliam)

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Sheeba Rosewilliam is a lecturer in the School of Health and Population Sciences- Division of Nursing and Physiotherapy since 2008.She is a growing researcher with special interest in stroke rehabilitation therapies and multidisciplinary goal setting for patients with stroke. She works closely with the local NHS hospital stroke MDT for her current research in patient-centred goal setting. ...

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**School of Sport, Exercise and Rehabilitation Sciences**

Carolyn Roskell is a lecturer in Physiotherapy in the School of Sport, Exercise and Rehabilitation Sciences. She is programme director for the MSc Physiotherapy (pre-registration) programme which offers post-graduate education for those wishing to practise as a physiotherapist registered with the Health and Care Professions Council.

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**Academic Lead Physiotherapy**
**Programme Leader MSc Exercise and Sports Medicine (Football) programmes**

**School of Sport, Exercise and Rehabilitation Sciences**

Alison Rushton is Physiotherapy Academic Lead, in the School of Sport, Exercise and Rehabilitation Sciences, and Programme Leader for the MSc Exercise and Sports Medicine (Football) programme.

Alison has worked within education since 1993 with a focus to teaching and research in the specialist area of musculoskeletal / manipulative physiotherapy.

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## Dr Andrew Soundy (/schools/sport-exercise/staff/profile.aspx?ReferenceId=5844&Name=dr-andrew-soundy)

**Lecturer in Physiotherapy**

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I have worked at the University of Birmingham since August 2005. I mainly teach research method modules and lead the dissertation module for the BSc Physiotherapy programme.

I have two major research interest including: (1) the bio-psychosocial benefits of physcial activity for individuals with Severe Mental Illness and (2) the concept of hope within patients who have ...

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## Dr Melrose Stewart (/schools/sport-exercise/staff/profile.aspx?ReferenceId=9928&Name=dr-melrose-stewart)

**Lecturer**

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Mel Stewart is a lecturer and  lead for quality and fitness to practise in the School of Sports, Exercise and Rehabilitation Sciences for Physiotherapy. She is also a Vice President of the Chartered Society of Physiotherapy.

Mel's PhD focused on the topic of cultural competence in undergraduate physiotherapy education. She lectures in the topic at undergraduate and …

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**(/university/colleges/les/research-gallery/cecilie-thogersen-ntoumani.aspx)** Dr Cecilie Thøgersen-Ntoumani examines factors related to physical activity, well-being and performance in the workplace, motivational predictors of exercise adoption and adherence, mechanisms of well-being change through physical activity, and the role of self-presentation to adaptive and maladaptive health behaviours across the lifespan.

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**(/university/colleges/les/research-gallery/janice-thompson.aspx)** Professor Janice L. Thompson is a leading expert in the field of public health nutrition and exercise, and their role in preventing and treating risks for obesity, cardiovascular disease, and type 2 diabetes across the lifespan.

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Martin Toms is a senior lecturer in Sports Coaching in the School of Sport & Exercise Sciences, College of Life and Environmental Sciences.

Martin has been involved in sport coaching and development for a number of years, and has experience of teaching in schools, as well as coaching (Professionally) prior to undertaking posts at University. He has researched, ...

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Dr Wallis draws on a diverse range of experiences and expertise, which includes academic and industrial scientist roles as well as practitioner experience with high performance athletes, to enable him to deliver leading edge research and education in the area of Sport and Health Nutrition.

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Mike is an exercise physiologist who has long standing interests in the effects of ageing on human muscle function and performance, the control of the human cardiovascular and respiratory systems in exercise and integrative physiology in general.

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