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People in the School of Sport, Exercise and Rehabilitation Sciences

Academic and research staff.

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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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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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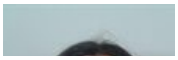

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Marianne Hensman has been a Clinical Tutor at the University of Birmingham since 2007.

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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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Lecturer

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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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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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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.

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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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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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