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Dr Matt Bridge

Senior Lecturer in Coaching & Sports Science

School of Sport, Exercise and Rehabilitation Sciences (/schools/sport-exercise/index.aspx)

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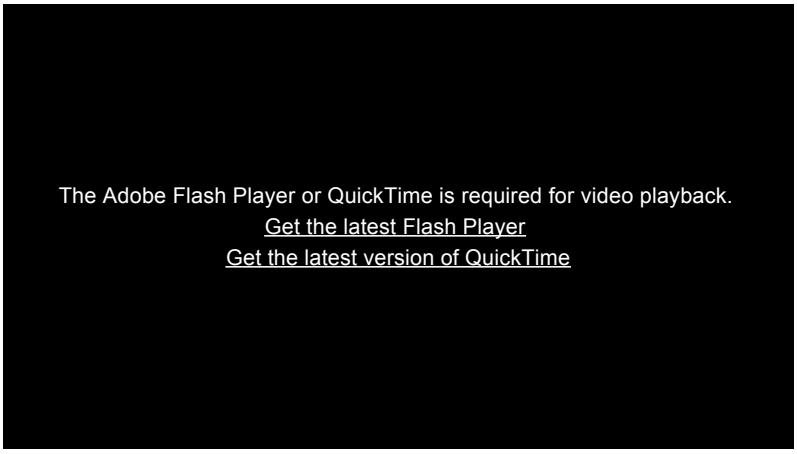
About

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 with postgraduate research focused study. Matt is also Director of Golf for University Birmingham Sport working with students in running the university's very successful golf teams.



Matt Bridge discusses his research and the courses his research supports

Qualifications

- PhD
- BSc
- PGA Level 1 Coach

Teaching

Programme leader of MSc Sports Coaching degree, lecturer on BA Applied Golf Management Studies and BA Sport, Physical Education and Coaching Science degrees and supervisor of PhD students. Matt chairs the College's eLearning and technology committee and sits on the University's MOOC and Alternative Modes of Delivery working groups.

Postgraduate supervision

Matt currently supervises PhD students working on a number of research projects. He is interested in approaches to study for a PhD in both the projects detailed below and in areas related to his general research interests. Current PhD student projects include:

- The impact of temporally restricted pre-shot routine on cognitive thought and performance in golf
- The effect of physical interventions on golf swing kinematics
- Developmental pathways of elite golfers
- Coaches' decision making in sport

PhD opportunities

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Research

Golf

Interest lies in gaining a greater understanding of what leads to maximal golf performance. Areas of study include using high speed 3D motion analysis to analyse the kinematics and kinetics of the golf swing and their effects on ball flight. Further interests are in developing better performance analysis methods for golf and the optimisation of physical preparation for golf. Future work is planned to look at the application of skill learning theories to develop better golf tuition resulting in increased skill retention and transfer.

Current projects include:

- Full body kinematics and kinetics of the golf swing from Tour Professional to novice.
- The effects of physical limitations on golf swing kinematics.
- The impact of cognitive thought on golf swing performance.
- Variability in golf swing kinematics

Athlete development and talent identification

As sport becomes increasingly professionalised there is the need to develop a greater understanding of the developmental processes and pathways that lead to both elite performance and lifelong participation in sport and exercise. These are mulitfactorial and including physiology, psychology and perhaps most importantly sociological influences.

Current projects include:

- Nationwide analysis of sports persons' playing, practice and participation histories.

Knowledge exchange and impact

Matt has lectured to all the PGAs of Europe at their annual congress about coaching of elite players. Alongside his academic work Matt has consulted to the British Olympic Association and for individuals and teams in a variety of sports including golf, cycling and triathlon.

Publications

Selected Publications

Bridge, MW; Toms, MR. (2013) The specialising or sampling debate: a retrospective analysis of adolescent sports participation in the UK, *Journal of Sports Sciences* Vol 31 Issue: 1 pp 87-96

Bull, M; Bridge, MW. (2012) The Effect of an 8-Week Plyometric Exercise Program on Golf Swing Kinematics, *International Journal of Golf Science* Vol 1 Issue: 1 pp 42-53

Langdown, BL; Bridge, M; and Li, F-X. (2012) Movement variability in the golf swing, *Sports Biomechanics* Vol 11 Issue: 2 pp 273-287

Scarfe, AC; Li, FX; Reddin, DB; et al. (2011) A new progression scale for common lower-limb rehabilitation tasks, *Journal of Strength and Conditioning Research* Vol 25 Issue: 3 pp 612-619

Quarmby, T; Dagkas, S; Bridge, M. (2011) Associations between children's physical activities, sedentary behaviours and family structure: a sequential mixed methods approach, *Health Education Research* Vol 26 (1) pp 63-76

Chambers, ES; Bridge, MW; and Jones, DA. (2009) Carbohydrate sensing in the human mouth: effects on exercise performance and brain activity. *Journal of Physiology* 587 (8) pp 1779-1794

Bridge, MW; Perry, M; and F-X Li (2008) The warm-up behaviours of elite female golfers. In D. Crews & R. Lutz (eds.) Science and Golf V. Mesa, Az: *Energy in Motion.* pp.120-127, ISBN 978-0978873417

Ansley, L; Marvin, G; Sharma, A; Kendall, MJ; Jones, DA and Bridge, MW. (2008) The effects of head cooling on endurance and neuroendocrine responses to exercise in warm conditions. *Physiological Research* 57

Chambers, ES; Bridge, MW and Jones, DA. (2007) Reliability of 1-h Cycle Time Trial Performance in a Hyperthermic Environment. *Medicine & Science in Sports and Exercise,* 39 (5) pp.449

Romer, LM; Bridge, MW; McConnell, AK; and Jones, DA. (2004) Influence of exercise hyperthermia on inspiratory muscle fatigue. *European Journal of Applied Physiology* 91, pp.656-663.

Bridge, MW; Weller, AS; Rayson, M and Jones, DA. (2003) Responses to exercise in the heat related to measures of hypothalamic serotonergic and dopaminergic function. *European Journal of Applied Physiology,* 89 (5): pp.451-459

Publications 2001 - 2011 (PDF 124KB, opens new window) (/Documents/college-social-sciences/education/publications/bridge-matt.pdf)

Expertise

Golf; Coaching; how coaching teams are developed and their relationship with sports science; talent selection; identification and development in sport alongside coach education

Alternative contact number available for this expert: **contact the press office (http://www.birmingham.ac.uk/news/contacts/index.aspx)**

Expertise

Coaching; how coaching teams are developed and their relationship with sports science; talent selection; identification and development in sport alongside coach education; Golf

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