

Sam Cooley

Doctoral Researcher

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About

PhD Title: The use of outdoor team skill courses to develop transferable skills for students in higher education

Supervisors: Dr Jennifer Cumming and Dr Victoria Burns

Sam's PhD explores the development of groupwork skills through outdoor team-skill courses, including how these skills are transferred to academic and employment settings. This research also involves designing effective measurement tools and evaluation strategies for investigating course outcomes and skill transfer.

The understanding gained from this research is currently being used to design, implement and evaluate interventions aimed at facilitating the development and transfer of skills during outdoor team-skill courses.

Qualifications

Access to HE Sciences (Leicester College)

Class 1 Degree with Honours in Sport and Exercise Sciences (University of Birmingham)

Biography

After spending a number of years as a swimming teacher, coach and lifeguard in Leicester, Sam completed an access course to Higher Education Science, before studying for an undergraduate degree in Sport and Exercise Sciences. After graduating with first class honours and receiving awards for academic achievement and contribution to the School, Sam went on to achieve a Scholarship PhD placement, funded by University of Birmingham Sport and the College of Life and Environmental Sciences.

Research

Research groups:

- Sport and Exercise Psychology
- Birmingham Evaluating Skill Transfer (BEST)
- Birmingham Research in Imagery and Observation (BRIO)

Sam's specific research interests fall within the broader areas of sport and exercise psychology, educational psychology, social psychology, outdoor education and the transfer of training. Alongside his PhD, Sam is also involved in research surrounding mental imagery, including how it can be used to benefit athletes, exercisers and sedentary individuals.

Other activities

Sam has been involved in teaching undergraduate students through giving lectures, assisting in lab practicals, and supporting in dissertation projects. He has also served as a postgraduate student representative, been a journal article peer reviewer, and organised a conference and community outreach events.

Publications

Published:

1. Cooley, S. J., Holland, M. J. G., Cumming, J., Novakovic, E. G., & Burns, V. E. (2013). Introducing the use of a semi-structured video diary room to investigate students' learning experiences during an outdoor adventure education groupwork skills course. *Higher Education*, (Epub ahead of print). <http://dx.doi.org/10.1007/s10734-013-9645-5> (<http://dx.doi.org/10.1007/s10734-013-9645-5>).
2. Cooley, S. J., Williams, S. E., Burns, V. E., & Cumming, J. (2013). Methodological variations in sport based, guided imagery interventions using movement imagery scripts: A systematic review. *Journal of Imagery Research in Sport and Physical Activity*, 8, 1-22. <http://dx.doi.org/10.1515/jirspa-2012-0005> (<http://dx.doi.org/10.1515/jirspa-2012-0005>).
3. Hurley, R. V. C., Patterson, T. G., & Cooley, S. J. (2013). Meditation-based interventions for family caregivers of people with dementia: a review of the empirical literature. *Aging & Mental Health*, (Epub ahead of print). <http://dx.doi.org/10.1080/13607863.2013.837145> (<http://dx.doi.org/10.1080/13607863.2013.837145>).

- Williams, S. E., Cooley, S. J., Newell, E., Weibull, F., & Cumming, J. (2013). Seeing the difference: Developing effective imagery scripts for athletes. *Journal of Sport Psychology in Action*, 4, 109-121. <http://dx.doi.org/10.1080/21520704.2013.781560> (<http://dx.doi.org/10.1080/21520704.2013.781560>).
- Williams, S. E., Cumming, J., & Cooley, S. J. (2013). Enhancing an individual's imagery ability: Can layering images facilitate ease of imaging? *Journal of Sport & Exercise Psychology*, 35, 60-71. [Link \(http://journals.humankinetics.com/jsep-back-issues/jsep-volume-35-issue-1-february/layered-stimulus-response-training-improves-motor-imagery-ability-and-movement-execution\)](http://journals.humankinetics.com/jsep-back-issues/jsep-volume-35-issue-1-february/layered-stimulus-response-training-improves-motor-imagery-ability-and-movement-execution).

Under Review/Resubmission:

- Cooley, S. J., Burns, V. E., & Cumming, J. (2013). The Role of Outdoor Education in Facilitating Groupwork in Higher Education. (Manuscript under resubmission)
- Cooley, S. J., Cumming, J., & Burns, V. E. (2013). Outdoor education increases students' groupwork skills, attitudes and self-efficacy during higher education. (Manuscript under review)
- Cooley, S. J., Cumming, J., Holland, M. J. G., & Burns, V. E. (2013). Outdoor education improves cross-cultural integration during higher education. (Manuscript under review)
- Cooley, S. J., Cumming, J., Holland, M. J. G., Novakovic, E. G., & Burns, V. E. (2013). Evaluating learning experiences using a semi-structured video diary room. (Manuscript under review)
- Cumming, J., Woodcock, C., Cooley, S. J., Holland, M. J. G., & Burns, V. E. (2013). Development and validation of the Groupwork Skills Questionnaire (GSQ) for higher education. (Manuscript under resubmission)

Reports:

- Burns, V. E., Cumming, J., Cooley, S. J., & Holland, M. J. G. (2012). Developing skills for successful international groupwork. *Report published by the Higher Education Academy: Connections Scheme*.
- Cumming, J., Burns, V. E., Cooley, S. J., & Holland, M. J. G. (2012). Messing about on the river: Evaluating the transfer of skills developed in the outdoors into academia and employment. *Report published by the Higher Education Academy: Teaching Development Grant Scheme*.

Conference presentations

2013

- Burns, V. E. & Cooley, S. J., (2013). Developing skills for successful international groupwork. Internationalisation in HE: Making Connections. Higher Education Academy, London.
- Cooley, S. J. Cumming, J., Holland, M. J. G., & Burns, V. E. (2013). The internationalisation benefits of outdoor education: A mixed methods study. The sixth international outdoor education research conference, University of Otago, New Zealand.
- Cooley, S. J. Cumming, J., Holland, M. J. G., & Burns, V. E. (2013). Using outdoor education to develop teamwork skills in students: Evidence for a return on expectation. The World Outdoor Summit, New Zealand.
- Cooley, S. J., Burns, V. E., & Cumming, J. (2013). A systematic evaluation of outdoor education courses used in higher education to develop groupwork skills. The sixth international outdoor education research conference, University of Otago, New Zealand.
- Cooley, S. J., Cumming, J., Holland, M. J. G., & Burns, V. E. (2013). A novel methodological approach to course evaluation: Introducing the use of a semi-structured video diary room to capture students' experiences whilst immersed in outdoor education. The sixth international outdoor education research conference, University of Otago, New Zealand.
- Cumming, J., Kosteli, M., Quinton, M. C., Anuar, N. A., Cooley, S. J., & Williams, S. E. (workshop) (2013). Layered stimulus response training: A simple, but effective exercise to develop imagery ability. British Psychology Society: Division of Sport & Exercise psychology, Manchester.

2012

- Cooley, S. J. (2012). Developing transferable groupwork skills through outdoor team-skill courses. Postgraduate Research Day, School of Sport and Exercise Sciences, University of Birmingham.
- Cooley, S. J. (2012). The use of a video diary room for collecting students' self-reflections during outdoor education team skills courses. Graduate School Annual Poster Conference, University of Birmingham.
- Cooley, S. J. (invited presentation) (2012). The semi-structured video diary room methodology. TeachMeet conference held at the Higher Education Academy Annual Conference, University of Manchester.
- Cooley, S. J., Cumming, J., & Burns, V. E. (2012). The use of a video diary room for collecting students' self-reflections during outdoor education team skills

courses. Teaching and Learning Conference, University of Birmingham.

5. Cooley, S. J., Cumming, J., Deery, L., Horgan, T., Novakovic, E., & Burns, V. E. (2012). The use of a video diary room for collecting students' self-reflections during outdoor education team skills courses. The Higher Education Academy Annual Conference, University of Manchester.
 6. Williams, S. E., Cooley, S. J., & Cumming, J. (2012). Layering images improves imagery ability and subsequent golf putting performance. Association of Applied Sport Psychology 27th Annual Conference, Atlanta, GA.
 7. Williams, S. E. (Symposium Convenor), Cooley, S. J., Weibull, F., & Cumming, J. (2012). Imagine that! Developing imagery ability in sport, exercise, and dance. Symposium presented at the British Psychological Society Annual Conference, London.
- Cooley, S. J., Williams, S. E. Burns, V. E., & Cumming, J. (2012). Variations in imagery training interventions: A systematic review. British Psychological Society Annual Conference, London.
 - Williams, S. E., Cooley, S. J., & Cumming, J. (2012). Developing sport imagery ability. British Psychological Society Annual Conference, London.
 - Weibull, F., Cumming, J., Williams, S. E., Cooley, S. J., & Burns, V. E. (2012). Improving exercise imagery ability in insufficiently active women: A brief imagery intervention. British Psychological Society Annual Conference, London.
 - Cumming, J., Williams, S. E., Weibull, F., & Cooley, S. J. (2012). Moving forwards: Imagery ability research in sport, exercise and dance. British Psychological Society Annual Conference, London.

2011

1. Cooley, S. J. & Cumming, J. (2011). Variations in imagery training interventions: A systematic review. Research in Imagery and Observation Group, Manchester Metropolitan University, Crew Campus.
2. Cooley, S. J. (2011). The transfer of life skills from an outdoor pursuit setting to academia and employment. Postgraduate Research Day, School of Sport and Exercise Sciences, University of Birmingham.

