

## Why study Sport and Health Sciences at Exeter?

### About the School

Exeter has a long tradition of excellence in the field of Sport and Health Sciences and is one of the UK's top sporting universities, consistently top 10 in BUSA championships. Sport and Health Sciences at Exeter has an international reputation for excellence in teaching and research. Facilities for postgraduate students are excellent with purpose-built teaching and research laboratories for Sport and Exercise Physiology, Sports Biomechanics, Sport, Exercise and Health Psychology and Qualitative Research. The School is located on the historic St Luke's campus which it shares with the Peninsula Medical School and the School of Education and Lifelong Learning.

### Research in the School

The School is a recognised leader in the field of Sport and Health Sciences research achieving a 5 rating in the 2001 RAE. We are an expanding and dynamic school which is continuing to invest in research excellence; some high profile academic appointments have been made recently, including an Anniversary Chair in Human Physiology and a Chair in Applied Physiology. The well respected research work of the School staff has not only been recognised in the academic community, but has also been sought after by leading sport professionals (including Dame Tanni Grey-Thompson and Paula Radcliffe MBE) and sporting teams (including the Great Britain paralympic wheelchair racing squad).

### Teaching and Learning

Our programmes are characterised by strong tutorial and supervisory support and are carefully planned to develop discipline-specific and generic research skills, as well as to enhance students' employability and life skills. In addition to our own well respected research team, students also benefit from the School's lively programme of research seminars which provide further input from academics at other leading universities.

## MPhil and PhD in Sport and Health Sciences

School of Sport and Health Sciences

### KEYFACTS

- RAE 5 (2001)
- State-of-the-art teaching and research facilities
- World-class, award winning Children's Health and Exercise Research Centre
- Exeter is one of the UK's top sporting universities, consistently top 10 in BUSA Championships.

#### Admissions Information

Typically applicants should have obtained or expect to obtain a first degree at First or Upper Second Class Honours level or overseas equivalent. All international students whose first language is not English will need to satisfy our English Language requirements; further information can be found at

[www.exeter.ac.uk/postgraduate/admissions](http://www.exeter.ac.uk/postgraduate/admissions)

Pre-sessional English Language classes are offered by our English Language Centre; for details see:

[www.exeter.ac.uk/elc](http://www.exeter.ac.uk/elc)

Application forms and information can be downloaded from [www.exeter.ac.uk/pgp/howtoapply/forms.shtml](http://www.exeter.ac.uk/pgp/howtoapply/forms.shtml)

#### Further Information

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Web: [www.exeter.ac.uk/sshs](http://www.exeter.ac.uk/sshs)



# The Research Groups

## Biomechanics

The aim of the Exeter Biomechanics Research Team is to further the understanding of injury mechanisms of the lower limb, facilitating the identification of interventions for reducing the incidence of sports and exercise related injury and aiding rehabilitation. Current research focuses on human adaptation to changes in footwear and surfaces, mechanical characterisation of shoe-surface interaction, rehabilitation after surgical intervention from knee injury using evoked, volitional and proprioception outcome measures, the simulation and characterisation of sports movements in a laboratory environment, the investigation of biomechanical factors associated with stress fracture development in military recruits, the contribution of plantar pressure data to understanding foot function and the optimisation of preventative and rehabilitative treatments associated with injury to synovial joints. Along with current research projects, services are provided in the areas of gait analysis and sports product testing.

## Children's Health and Exercise Research Centre

The Children's Health and Exercise Research Centre (CHERC) is devoted to the study of the exercising child and adolescent and to the promotion of young people's health and well-being. A suite of comprehensively equipped research laboratories, arguably the finest in the world for the study of the exercising child, is supplemented with offices for research staff and students. CHERC was the first research centre to be awarded a Queen's Anniversary Prize in Higher Education for research and dissemination in the field of sport and exercise sciences. Its world leading research interests lie in all aspects of paediatric physiology. Current projects focus on muscle metabolism, respiratory gas kinetics, temperature regulation, cardiac dynamics, bone health, rating of perceived exertion, aerobic fitness, microvascular function, relationship between energy intake and energy expenditure, fat patterning, physical activity, obesity and cardiac risk factors. Research is enhanced greatly by access to the adjacent Peninsula Magnetic Resonance Centre which enables whole-body magnetic resonance imaging and spectroscopy.

For more information visit

[www.exeter.ac.uk/sshs/researchgroups.htm](http://www.exeter.ac.uk/sshs/researchgroups.htm)

## Sport and Exercise Physiology

Recent appointments, including two at Professorial level, have expanded the portfolio of international quality research conducted in sport and exercise physiology in the School. Current areas of research expertise include: respiratory physiology; muscle energetics; pulmonary gas exchange kinetics; endurance sport performance; fatigue; perceived exertion; exercise-induced muscle damage; body composition; assessment of energy expenditure and physical activity; physical activity and bone health; exercise and vascular function in health and type 2 diabetes; and rehabilitation following injury and disease. The group also provides a support service to help athletes and exercise participants to prepare, enhance and maintain their physiological capability for participation, competition and health.

## Sport, Exercise and Health Psychology

The work of the Sport, Exercise and Health Psychology research group enhances understanding (in the context of physical activity and sport) of motivational processes and psychological outcomes, through both laboratory and field/survey research. Current research concerns attitudes towards physical activity, exercise and mental health (mood and affect, depression, self-perceptions, psycho-physiology of stress, nicotine addiction) among cardiac and stroke patients, smokers, mentally ill out-patients and children. In terms of sport performance, work focuses on the role of social support and attributions for success. Staff have research links with the Peninsula Medical School and School of Psychology at Exeter. Staff are actively involved in consultancy at international (e.g. Canadian Tobacco Control Research Initiative), national (e.g. Department of Health, Sport England, British Olympic Committee, Medical Research Council), regional and local level.

## Qualitative Research Unit

The Qualitative Research Unit (QRU) provides a comprehensively resourced, purpose-built base for internationally recognised research in the field. The general research interests of the QRU research group revolve around issues of embodiment, identity and culture in sport and physical activity. Research focuses on these issues via a range of approaches that include ethnography, autobiography, life history and narrative analysis. Current research projects include: men, sport, spinal cord injury and the narrative reconstruction of selves; the social construction of masculinity in sport and physical education; ageing bodies and sporting selves; body-self relationships in sporting autobiographies; and Eastern movement forms as body-self transforming practices. The group aspires to represent its findings to diverse audiences by utilising a variety of genres that include realist tales, auto-ethnography, confessional tales, poetic representations, ethno-drama and fictional representations.

## Research Programmes

The School offers MPhil and PhD programmes in Sport and Health Sciences. Students study for their Master's and Doctoral degrees within an experienced support structure of professors, lecturers and research fellows. Full technical and administrative support is provided. Postgraduate experiences are enhanced with a programme of round tables and seminars, along with inputs from visiting academics. Research students are housed in specialised suites of offices and provided with a personal computer with specialised software and internet access; they also have access to generous travel funds. The majority of research students have both presented their work to international conferences and published in peer-reviewed journals prior to graduation. Several students have won national or international prizes for research excellence.

Students who are considering enrolling on a research degree are encouraged to first complete a Master's programme. The School offers four MSc programmes:

- **MSc in Sport and Health Sciences**
- **MSc in Sport and Health Sciences (ESRC recognised Sociology of Sport and Physical Activity pathway)**
- **MSc in Paediatric Exercise Physiology**
- **MSc in Sport and Exercise Medicine (from October 2007)**

Each of these Master's programmes provides an outstanding grounding in the research methodologies needed to conduct the independent research required for a PhD. Familiarity with, and experience of using, relevant research techniques and methods at MSc level provides a valuable advantage for research programme participants. Those who do not first complete our Master's programme will normally need to follow the School's core postgraduate research modules as part of their PhD studies.

### Quantitative Research

This module involves the development of an understanding of the use of advanced-level statistics in research and introduces students to some of the statistical data analysis techniques used at postgraduate level. It also creates an appreciation for the rationale involved in making the correct choices when using statistical analyses, including the consideration of assumptions, limitations, and pitfalls.

### Qualitative Research

This module provides a background in the philosophical assumptions informing qualitative research and the strengths of this approach. Students learn data collection methods, forms of analysis associated with qualitative research and qualitative research design. All of which can be fundamental when students are conducting postgraduate level research.

*"I studied for my first degree in Human Nutrition and Dietetics in Mexico City and then worked as a Research Assistant at the National Institute of Epidemiology and Anthropology at the National University of Mexico (UNAM). I chose to come to Exeter because the facilities for research into children's sports nutrition were the highest quality at international level. My research looked at young cyclists' diet patterns and carbohydrate loading strategies to improve cycling performance. I was supervised by Dr Craig Williams and by Professor Neil Armstrong who is Director of the Children's Health and Exercise Research Centre at Exeter. My studies were funded by the Mexican Government.*



*I enjoyed the South West countryside and made good friends. Exchanging cultural customs and visiting people in their own countries was a great experience."*

**Veronica Montfort-Steiger,  
PhD Sport and Health Sciences,  
Graduated January 2006**

## Research Supervision

We aim to ensure that each student receives an effective and appropriate level of support, through both tailored research training and regular research supervision. Each student has a first supervisor and a mentor or second supervisor. There is regular contact with the first supervisor and a formal discussion of progress each term. There is also regular contact with the second supervisor or mentor. Each year, the University's Graduate School monitors student progress and the quality of supervision received by each research student.

In addition, the University's Graduate School offers a generic skills training programme for all research students. The programme sessions fall into the following key skills categories: research environment; personal effectiveness; networking and teamworking; research management; communication; and career management. There are workshops on project managing the thesis through to presenting conference papers and from rapid reading of research material through to writing up the PhD and becoming a professor in 10 years. Research students can attend the training workshops at any stage of their research degree.

## Postgraduate Facilities

The School provides excellent facilities for research in sport, exercise and health sciences including a purpose-built Children's Health and Exercise Research Centre, a Qualitative Research Unit, and state-of-the-art research laboratories. Postgraduate students study in a friendly and supportive environment utilising excellent modern facilities. Research students have their own desks and personal computers in postgraduate office suites. Library facilities are excellent and students are encouraged to utilise on-line databases and networked multi-media facilities. All School laboratories, IT facilities and research units enjoy a comprehensive and highly skilled technical support structure. Biomechanics, physiology and psychology are supported with 13 well-equipped laboratories with comprehensive technical support, including new biomechanics and physiology laboratories which opened in 2005. An additional new research suite has also recently been constructed as part of the Qualitative Research Unit and new laboratories are scheduled for the Children's Health and Exercise Research Centre. The Peninsula Medical School, with Biomedical Research Laboratories sited adjacent to the School, provides exciting opportunities for collaborative research.

As a postgraduate student at Exeter you will be able to enjoy the facilities of the University's Postgraduate Centre. This purpose-built building was opened in 1990 and is a popular meeting place for postgraduate students and their families. The Centre provides a relaxed atmosphere for meeting, working or socialising with other postgraduate students. It has 24-hour access. You will find a welcoming lounge and food/bar area, where meals, snacks and drinks are served, together with a TV lounge, common room and a launderette. Study facilities include a computer room, a room for quiet study and seminar rooms.

At Exeter we have a wide range of self-catering accommodation, from shared flats and houses, to self-contained family flats. For international students we can guarantee a place to all new unaccompanied postgraduates in their first year of study, provided that their applications for accommodation are received by 31 July. For more information regarding accommodation, including a virtual tour, please see the University accommodation website [www.exeter.ac.uk/postgraduate/accommodation.shtml](http://www.exeter.ac.uk/postgraduate/accommodation.shtml)

## International Students

International students appreciate Exeter's safe location and friendly atmosphere. There is a thriving international student community of some 1,500 students from over 100 countries. There is a full-time International Student Adviser to help with welfare and visa issues. The English Language Centre provides courses for students who need to improve their English before starting their degree, and free tuition during term-time.

The postgraduate programmes at the School of Sport and Health Sciences attract students from continental Europe (in particular

Greece), the Middle East, South East Asia and Central and North America. An important principle in the delivery of our programmes is that all students feel welcome and that different cultural beliefs are considered an asset to the School. The quality of our provision is in line with the very best that the UK has to offer.

Students are welcome to contact our International Office for further information and details.

International Office:

Tel: +44 (0)1392 263405

Email: [intoff@exeter.ac.uk](mailto:intoff@exeter.ac.uk)

[www.exeter.ac.uk/international](http://www.exeter.ac.uk/international)

## Employment

The majority of our postgraduate students move on to academic positions at prominent universities, whilst others assume roles in national organisations (e.g. Public Health Information Team Member, Heart of Birmingham Teaching Primary Care Trust) or managerial positions (e.g. Activity and Project Manager, Super Camps Ltd).

Examples of career destinations of recent research postgraduates are given below.

- Lecturer, Heriot-Watt University (PhD, 2002)
- Lecturer, University of Portsmouth (PhD, 2003)
- Teaching Fellow, University of Exeter (PhD, 2004)
- Lecturer, University of Northumbria (PhD, 2005)
- Graduate Nurse, University of Southampton (MPhil, 2005)

Recent examples of Sport and Health Sciences PhD students entering new careers:

**Mark Creaby** is a Research Fellow in the Centre for Health, Exercise and Sports Medicine, University of Melbourne, Australia. He is part of a multi-disciplinary team conducting research in the area of prevention and management of musculoskeletal conditions and the promotion of health through lifestyle interventions and rehabilitation programmes. In particular his research team focuses on joint health (knee and shoulder pain) and bone health (osteoporosis).

**Andy Soundy** is a Lecturer in the School of Health Sciences, University of Birmingham. During his PhD studies at Exeter, Andy established the Action After Stroke Group based at St Luke's Campus which was awarded grants from the National Lottery and Age Concern. The Action After Stroke Group continues at Exeter organised by research students from the School of Sport and Health Sciences and trained student volunteers who provide one-to-one exercise rehabilitation sessions. It provides a free service for individuals who have suffered a stroke and also for individuals with severe mental illness. As well as exercise sessions the Group promotes social activities for its participants and student volunteers.

# Funding

## School Funding

### MSc Student Scholarships (UK/EU)

Competitive scholarships are available for students enrolling on the MSc Sport and Health Sciences or the MSc Paediatric Exercise Physiology programmes. 12 to 15 scholarships are available annually providing £1,000 to £1,500 funding for one year of full-time study.

### MSc Student Scholarships (International)

Competitive scholarships are available for students enrolling on the MSc Sport and Health Sciences or the MSc Paediatric Exercise Physiology programmes. 2 to 5 scholarships are available annually providing £2,000 to £2,500 funding for one year of full-time study.

### Research Studentships

Research studentships are available for UK/EU and international students studying for an MPhil/PhD in Sport and Health Sciences. The School offers studentships at various levels from partial tuition support to full UK fee bursaries plus stipend. Applications are usually linked to current research projects. For further information please visit our website or contact the School.

## University Funding

The University web site

[www.exeter.ac.uk/postgraduate/finance.shtml](http://www.exeter.ac.uk/postgraduate/finance.shtml)

provides details of funding sources including:

### Overseas Research Students Award Scheme

The ORS Award Scheme provides partial remission of tuition fees for international students of outstanding merit and research potential undertaking research degrees.

(The School of Sport and Health Sciences currently has an ORS award holder – Michelle Stone from Canada – studying on the PhD Sport and Health Sciences.)

### Exeter Research Scholarships

This scheme is available to international postgraduate research students and is awarded to a number of outstanding students each year on the basis of merit.

### Sports Scholarships

A number of sports scholarships are available for students of outstanding sporting ability who show evidence of achievement or potential at national level.

(The School of Sport and Health Sciences currently has a Sports Scholar – Alexandros Tsakiris from Greece – studying on the MPhil/PhD Sport and Health Sciences.)

### Exeter University Foundation Library Assistantship Scheme

A small number of Assistantships are available for UK/EU students, who are alumni of the University of Exeter, and starting a full-time research degree.

## Other Sources of Funding

### British Council Website

The site provides contact details for all British Council offices around the world and is a useful source for funding opportunities for international students [www.britishcouncil.org](http://www.britishcouncil.org)

### Commonwealth Scholarship and Fellowship Plan (CSFP)

Scholarships, including payment of tuition fees, are made available to students from Commonwealth countries. Students must apply well in advance through the Commonwealth Scholarship Agency in the country in which the applicant has his/her permanent home.

Full details are available at [www.csfp-online.org](http://www.csfp-online.org)

### Financial Assistance for Students from the United States of America

The University of Exeter is recognised by the US Department of Education for the purpose of Title IV financial assistance.

### Fulbright Award

American citizens with a minimum of 3.5 GPA in their Bachelors degree may apply for a Fulbright Award for study in the UK.

## Useful Contacts

University Postgraduate Prospectus requests:

Order online at: [www.exeter.ac.uk/prospectus](http://www.exeter.ac.uk/prospectus)

or Email: [prospectus@exeter.ac.uk](mailto:prospectus@exeter.ac.uk)

Admissions:

Telephone: **+44 (0)1392 263035**

Email: [admissions@exeter.ac.uk](mailto:admissions@exeter.ac.uk)

[www.exeter.ac.uk/postgraduate/admissions](http://www.exeter.ac.uk/postgraduate/admissions)

International Office:

Telephone: **+44 (0)1392 263405**

Email: [intoff@exeter.ac.uk](mailto:intoff@exeter.ac.uk)

[www.exeter.ac.uk/international](http://www.exeter.ac.uk/international)

University Accommodation:

[www.exeter.ac.uk/postgraduate/accommodation.shtml](http://www.exeter.ac.uk/postgraduate/accommodation.shtml)

Fees (2006/07):

### Master's Programmes

UK/EU students £3,540 (full-time)

International students £10,860 (full-time)

### MPhil/PhD Programmes

UK/EU students £3,240 (full-time)

International students £10,860 (full-time)

Part-time fees are pro rata.

For the latest fees information please visit

[www.exeter.ac.uk/studentfinance](http://www.exeter.ac.uk/studentfinance)

# Why Choose Exeter?

## *A distinctive approach to postgraduate study*

- The University's Graduate School works across academic Schools and support services to ensure a 'seamless service' for postgraduates. This distinctive, student-centred approach was cited by *The Guardian* newspaper as 'a rarity within the world of higher education'.
- Exeter's academic support for postgraduate research students was commended by the Institutional Audit as a feature of best practice.
- The University's Graduate School coordinates links with external funding sources and keeps in touch with students through its website and regular Newsletter. Each October, there is an Induction Week specifically designed for new postgraduates.
- The Postgraduate Association (PGA) represents postgraduates across the University, organising the Postgraduate Forum which gives students the opportunity to provide feedback, as well as arranging social events.

## *Research-led University*

- Ninety-nine per cent of subject areas taught at postgraduate level received the top grades of 4, 5 or 5\* for research (denoting research of a national or international standard). (Sport and Health Sciences is a 5 rated subject area.)
- Research earnings in 2005 rose by an impressive 70 per cent to £19 million, including funding from business, charities, the EU and the UK government.
- Exeter is continuing its record of investing in, and conducting, leading edge research. Over £20 million has been invested in new research centres. 15 new Anniversary Chairs have attracted world-class scholars to Exeter to continue to develop its research success and a further 52 new staff have been appointed in academic departments.
- Exeter is leading a groundbreaking £14 million research partnership of South West universities to boost research in areas of economic importance to the region, through the

creation of 145 new research opportunities, including 130 PhD studentships, and the establishment of a South West Postgraduate Training Network.

## *Investment in student and research facilities*

- Exeter's expenditure on library books, journals and electronic resources is 30% above the national average in terms of spend per full-time student.\*
- £38 million is being invested in high quality student accommodation, with some self-catering residences reserved exclusively for postgraduates.
- £8 million has been invested in sport making Exeter's facilities amongst the best in the country.
- Our very active Students' Guild is benefiting from £1 million investment in its social facilities. Postgraduates are well represented on the Guild's wide range of clubs and societies. Exeter attracts some of the top bands in the country and was rated by *The Guardian* one of the top 3 University venues.

\*LISU/SCONUL figures, 2003-4

## *An exceptional location*

- "Exeter is very easy to fall in love with. It has one of the most beautiful campuses in the country, in one of the most beautiful counties in Britain."  
(Virgin Alternative Guide to British Universities, 2005)
- "With a touch of buzzy, big city atmosphere, a large student population and a thriving arts scene, Exeter is one of the liveliest cities in the South West. ... The excellent selection of funky bars, cafes and restaurants make Exeter a vibrant place to be after dark."  
(Lonely Planet Guide to Great Britain, 2005)
- A safe, student-friendly city within walking distance of both Streatham and St Luke's campuses. Exeter is consistently rated one of the best places to live in the UK for the quality of its facilities, low crime rate and fantastic countryside and beaches.

This document forms part of the University's Postgraduate Prospectus. Every effort has been made to ensure that the information contained in the Prospectus is correct at the time of going to press. However, the University cannot guarantee the accuracy of the information contained within the Prospectus and reserves the right to make variations to the services offered where such action is considered to be necessary by the University. For further information, please refer to the Postgraduate Prospectus (available at [www.exeter.ac.uk/pgp/disclaimer](http://www.exeter.ac.uk/pgp/disclaimer)).

