



LIVERPOOL  
HOPE  
UNIVERSITY

1844



WELCOME TO THE SCHOOL OF  
**HEALTH AND SPORT SCIENCES**

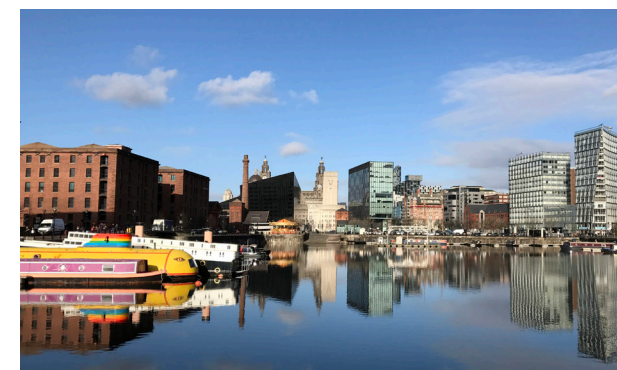
[www.hope.ac.uk](http://www.hope.ac.uk)



# THE SCHOOL OF **HEALTH** AND **SPORT** **SCIENCES**



## **WELCOME**



**Academic professionalism, interdisciplinarity, and a student-centred approach are key principles of all activities in the School of Health and Sport Sciences at Liverpool Hope University.**

The School offers a range of research-informed courses at both undergraduate and postgraduate levels, including quite a few professionally accredited degrees. This creates a diverse and comprehensive educational experience for students, set in a vibrant interdisciplinary environment in the heart of our beautiful Hope Park campus.

Over the past few years, the School has become a popular destination for an increasing number of students due to its outstanding educational, research and innovation activities, and reinforced by huge investments in the infrastructure, laboratories, and student-focused facilities.

Our current range of pathways for degrees, reflects the thematic strengths of the School and its commitment towards providing a robust platform to bridge the gap between science and its application.

All of our disciplines, underpinned by carefully designed curriculums and supported by multiple speciality science laboratories and onsite clinical

facilities, provide great opportunities to develop applied knowledge and key practical skills. These are essential for achieving career goals and striding towards your favourite future profession.

The first-rate teaching and research laboratories, together with outstanding sporting and well-being facilities located next door in Hope Park Sports, enables the School to provide an inspirational environment for students across the disciplines.

In line with the University's mission, the School puts student experience above everything else, as such, all students are eligible to join our Hope Park Sports facility for just £25 a year membership.

My colleagues and I look forward to welcoming you to the School.

**Professor Omid Khaiyat**

Associate Dean of School of Health and Sport Sciences



# MEET THE TEAM

The School of Health and Sport Sciences is home to tutors with a vast array of skills and specialisms, we spoke to three of them - Clinical Tutor in Sport Rehabilitation Jessica Law, Lecturer in Clinical Nutrition Dr Richard Webb, and Lecturer in Sport Psychology Dr Robin Owen - to find out more.



## What do you teach?

**Jessica:** I teach on clinical modules for all three years of Sport Rehabilitation and MSc Sports Medicine Exercise and Health. Modules consist of anatomy, massage, musculo-skeletal assessment, diagnosis and treatment along with injury prevention. I enjoy using my experiences - both clinical and sport - and applying these in the classroom in the form of case scenarios. I'm involved with the on-site clinic.

**Richard:** I teach across multiple programmes at Liverpool Hope. These being Nutrition BSc, Clinical Nutrition BSc, Human Biology BSc, Applied Biomedical Science BSc, Food and Nutritional Sciences MRes and our new postgraduate Sports Medicine, Exercise and Health MSc course.

**Robin:** I teach Skill Acquisition in the School. I genuinely believe that this is one of the most important (and coolest!) topics in sport science/psychology. It's all about how we can construct our training in a way that teaches optimal movement accuracy and efficiency, no matter what challenges we are faced with in the sporting environment.

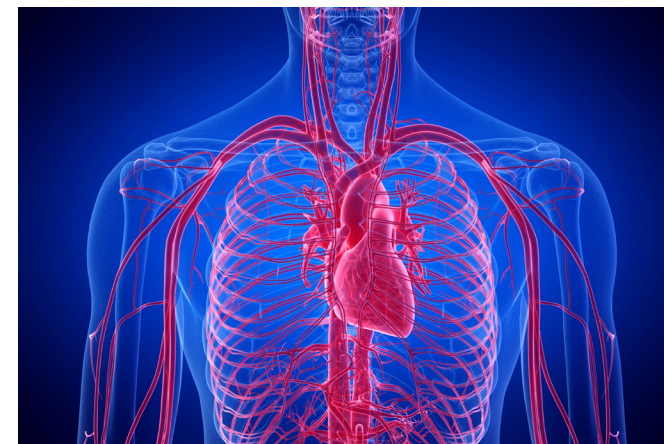
## What are your research interests?

**Jessica:** I'm particularly interested in disability sport and how standard injury prevention and assessment protocols need to be adapted to accommodate the development and progression of disability sport.



**Richard:** My research activities are generally focused around cardiometabolic risk and how it can be modified using nutrition. I also have a specific interest in blood lipoproteins. These particles are a

cause of cardiovascular disease and understanding how they work and can be controlled is crucial for the prevention and treatment of the disease. This is something I'm passionate about, because despite great efforts, cardiovascular disease remains the number one cause of death in the world and helping to reduce this in any way can only be a good thing.



**Robin:** I am particularly interested in anxiety and pressure's effect on movement planning and correction processes; this involves a lot of motion capture work. I'm also involved in research projects investigating: premier league football scouting methods; psychophysiology such as the mind's effect on the body and vice versa; and talent identification in North Wales Rugby Union.



## Where are you from?

**Jessica:** I'm originally from Northern Ireland, but moved to England in 2006 to study Sport Rehabilitation at The University of Salford and I've been in Greater Manchester ever since.

**Richard:** I'm originally from Preston in Lancashire, but I now live in Chester.

**Robin:** I was born in Austria and lived there for nine years (near Salzburg). Since then, I have lived in various places around North Wales.

## Tell us a fun fact about you

**Jessica:** I own an old T4 campervan called Colin.

**Richard:** Over lockdown I started to teach myself how to read, write and speak in Thai - admittedly only to a basic level, but I still try to practice a little each day, so the only way is up.

**Robin:** I can speak German, Welsh, and English - feel free to chat with me in any of these!

## What advice would you give your younger self?

**Jessica:** Don't sweat the small stuff.

**Richard:** It would be not to worry quite so much as everything always seems to work itself out one way or another. That said, I still seem to worry quite a bit now, so perhaps I need to take a good note of this!

**Robin:** Don't be hard on yourself if ever something doesn't work out. It's an opportunity to learn and be even better next time.

## DID YOU KNOW?



Liverpool Hope has its own on-site Physiotherapy and Sports Rehabilitation Clinic, which is available for use by staff, students and members of the public. It's run by staff who are members of the Chartered Society of Physiotherapy and provides training for students from the School.



# STUDENT STORIES

First-year students share what inspired them to come to Liverpool Hope and what life is really like.

## Hope Anderson, Sport & Exercise Science



"Sport is something I'm very passionate about, but I was unsure what I wanted to specifically do in sport, and I felt this course gave me lots of options and pathways to take."

“Due to the many areas covered - psychology, performance analysis, nutrition and biomechanics - I knew it would give me a wide range of options for what to do after university.

"My favourite aspect of the course so far, has been working in the labs. The course offers everything I wanted and is a great opportunity to get hands-on practical experience. I have the opportunity to complete weekly laboratory work, which wouldn't have happened at a larger university. The sports facilities were also important to me, as they're something I regularly use.

"The library is extremely well equipped, including featuring an online service where you can see what books are available to reserve. You can also find research materials for any projects that you are working on."

“My relationship with my personal tutor is practically 1:1, which is ideal because you know they will be there if ever you need them.”

## Libby Hall, Sport Rehabilitation

"I've always been interested in sport, and from an early age I started playing a variation of team and individual sports, including netball, tennis, football and badminton.

“Over the years I’ve picked up many injuries, which made me curious about the process athletes go through during an injury and the science behind it.

***“Liverpool Hope has an amazing campus and great sporting facilities.”***

“Liverpool Hope has an amazing campus and great sporting facilities. When I was visiting Open Days, the one thing that stood out for me was the new Physiotherapy and Sports Rehabilitation Clinic, which has all the scientific equipment needed to help with learning.



“The staff here are lovely and will always help with any questions you may have, and the lectures are educational, interesting and easy to understand - which is helpful for when making notes!

## Matthew Courtney, Sport & Physical Education

“The Sport department is a great place to study, and has helped me broaden my horizons to the variety of careers available in the sports industry.”



"One of the reasons I chose Liverpool Hope was for the sports complex - Hope Park Sports. I liked how the facilities are free for students to use, and having access to state-of-the-art equipment and expert staff is a real asset to the course and my learning."

"The lecturers at Hope are incredibly supportive and are always there to help with any academic queries, as well as to help with settling into university life."

“Hope also provides a range of extra opportunities. For example, you can join one of the many sports teams and societies that are on offer, or you can start your own club if you have an interest in other sports.

"I train regularly with the University rugby team and I also play social badminton. I'm also a Track & Field Official for England Athletics, which I do alongside my studies."

## HOPE STUDENT LANDS ROLE AT WELSH PREMIER FOOTBALL CLUB



**Sport & Physical Education student Jordan Hadaway made headlines across the globe in 2020 after being named the 'youngest senior manager in British football' and taking charge of Welsh side Caerwys FC.**

He went on to become Assistant Coach of Welsh Premier outfit Cefn Druids - the oldest club in Wales and which recently competed in the preliminary rounds of the UEFA Europa League. Incredibly, Jordan still finds the time to be a full-time student at Liverpool Hope, where he's in the third year of his degree.

And despite rising through the ranks of Welsh football at such a record-breaking age, Jordan

still sees a future where he's a primary school teacher, not an elite football manager.

He reveals: "I'll finish my degree as planned as I'm as dedicated to my studies as I am football." As for his managerial style, Jordan says you're unlikely to see him throwing teacups in the dressing room. He adds: "I've seen managers lose the plot in the dressing room, throwing things around, but my style is the complete opposite of that - much calmer and more considered."

"I just try to explain to the players precisely what I want them to do, rather than bawling and shouting at them.

"My coaching with Cefn Druids is going to have to change and adapt, because I'm jumping up the leagues, but it's going to be a great challenge."



# STATE-OF-THE-ART FACILITIES



As a student studying with the School of Health and Sport Sciences, you will have access to an impressive range of sports facilities.

The School's building features specialist laboratory spaces dedicated to nutrition, genomics, cell biology and psychology, along with laboratories and space for sport and exercise science.

## It also houses:

- ▶ A 25m sprint track with force meters and motion capture for biomechanical analysis
- ▶ Two large Bioscience labs alongside a phlebotomy suite for blood analysis
- ▶ Dual-energy X-ray Absorptiometry (DEXA) scanner for assessing bone and muscle health
- ▶ Breath-by-breath pulmonary gas exchange analysis systems for physiological analysis
- ▶ Nutrition labs with food analysis and testing facilities
- ▶ Psychology labs which include motor control capture and vision and colour labs, as well as cognitive and neurobehaviour suites.



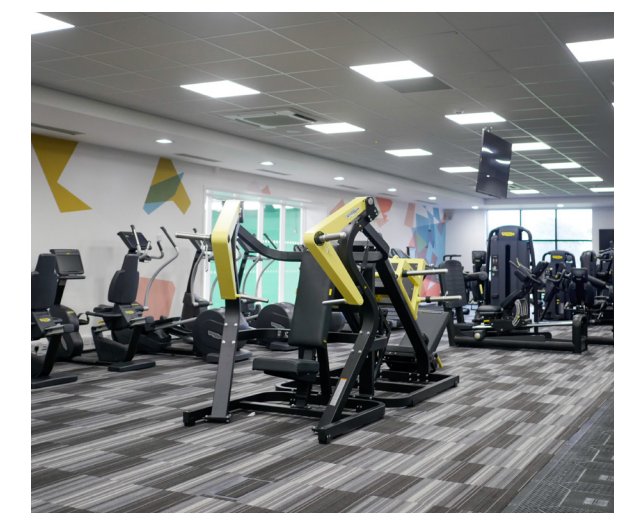
# HOPE PARK SPORTS

Hope Park Sports adjoins the Health Science building and they are collectively known as the Health and Sports Science Avenue.



The sports complex houses a number of facilities that provide excellent opportunities for leisure, fitness, study and research, including:

- A six-badminton court Sports Hall
- Two Squash Courts
- Fitness Suite
- Dance Studio
- AstroTurf Pitch
- Full-size 3G Football Pitch
- Outdoor Netball/Tennis Courts
- The Physiotherapy & Sport Rehabilitation Clinic
- Strength & Conditioning Suite



## Did you know?

All Liverpool Hope students can become Hope Park Sports members for just £25 per year. The one-time membership fee ensures free access to the the fitness suite, all classes and the recreational sport spaces (3G pitch, sports hall and AstroTurf) for a full academic year.



# PLAS CAERDEON

Plas Caerdeon is the University's very own outdoor education centre based in Snowdonia National Park, North Wales.



As part of your studies, you will have the opportunity to visit this beautiful woodland setting on field trips, environmental and biological research excursions or workshops. The Centre also delivers team building courses, including mountaineering, kayaking and other outdoor activities.

The outdoor education centre is set in 18 acres of private secluded woodland, overlooking the Mawddach Estuary. Students can work towards The Duke of Edinburgh's Gold Award while at Liverpool Hope – and will complete the expedition portion of the programme at Plas Caerdeon.

## BOOST YOUR QUALIFICATIONS

The British Canoeing 'Paddle to Start Award' and the 'Paddle to Discover Award' are just some of the qualifications you can pick up while at Plas Caerdeon.

# LATEST FROM THE DEPARTMENT

The School of Health and Sport Sciences recently welcomed a US college sports' star and members of England Rugby.

## US college soccer star finds home at Hope



A star of US college soccer has made his way to Liverpool Hope and is on a trailblazing new sport science postgraduate degree.

Fernando Negrete won admirers playing as a striker during a football scholarship at historic

Mount Marty University in South Dakota, America.

But now Fernando, 23, has swapped the land of Mount Rushmore National Memorial, the Badlands National Park, and the Missouri River for the bright lights of Merseyside.

Having joined the brand-new Master's degree in Sports Medicine, Exercise and Health at Hope, he aims to equip graduates with skills covering sports

injury prevention and management, biomechanics, health and physical activity and exercise anatomy and physiology.

He said: "I wanted to get out of my comfort zone and join a programme that's new and innovative. I looked at Master's degrees across Europe and this was the one that really got my attention.

"What I like the most is that all of my professors at Hope have Doctoral degrees. I felt safe knowing that the quality of teaching would be really high.

"We're also going to be doing lots of hands-on work, we'll be engaged in lots of research, and our dissertations will also be fascinating."

Fernando has a particular interest in cardio-respiratory health among different ethnicities, and plans to focus-in on that during his dissertation.

## Sport Rehabilitation students enjoy expert tuition



Sport Rehabilitation students received training from England Rugby professionals in a 'Pre-Hospital Immediate Care in Sport' session - the first of its type hosted at Hope.

But thanks to a new collaboration with England Rugby via Jess Law, Clinical Tutor in Sport Rehab and who is also part of the England Rugby Faculty, it should be the first of many.

The course provides guidance for practitioners dealing with immediate life and limb-threatening injuries and medical conditions. It outlines procedures for addressing suspected spinal and

head injuries, and also how to liaise with paramedics and emergency medicine services.

Victoria Joyce, Clinical Tutor in Sport Rehabilitation at Hope, explained: "This course is aimed at health care practitioners who need to be trained with the adequate skills, and how to use the equipment required, to facilitate the delivery of immediate care to sports individuals who may have sustained a time-critical, life-threatening injury or medical condition on the pitch or field of play.

"Our final year Rehabilitation students undertook the course as part of the British Association of Sports Rehabilitators and Trainers (BASRaT) requirements of the accredited degree."

Students can also take advantage of Liverpool Hope University's state-of-the-art Physiotherapy & Sport Rehabilitation Clinic, particularly if you're struggling with an injury of your own.



# WHERE ARE THEY NOW?

Hope alumni share what they've been up to since graduating from Liverpool Hope.

## PUTTING TRAINING INTO PRACTICE

Performance psychologist and recent graduate James Maiden revealed how the Covid-19 sporting shutdown posed unique challenges for sports psychologists across the UK.



James studied Sport Psychology at Hope, graduating in 2017, before going on to complete five months as a Sport Psychology Research Assistant.

After leaving Hope, he completed a Masters in Sport & Exercise Psychology at Loughborough University, and is on the path to becoming a fully qualified sport psychologist.

Now, James is working as a performance psychologist with both Southampton Women's FC and National League side Eastleigh FC.

Discussing the impact of the pandemic, he said: "In some ways Covid-19 will force the emergence of brand-new ways of thinking about sport psychology in general."

His work with Southampton Women's FC has been particularly illuminating. The side play in the Division One South West - the fourth tier in the women's football league pyramid in England.

Their season was frustratingly voided due to Coronavirus, with Southampton Women's FC sitting second in the league - well-placed for promotion, four points clear of third-placed Exeter City. Now for James, it's his job to support players through that disappointment - and crucially to focus their minds on next season instead.

He says: "For me, it's not really about picking players up as the players understand the situation is out of their control, it's about treating the situation as a clean slate and using it as an opportunity to develop."

Southampton Women's FC use of a dedicated performance psychologist is unusual at this level of the women's game - but very welcome. James says it could be crucial when it comes to those all-important 'marginal gains'.

James is also a football coach with the Saints Foundation, the charity arm of Premier League club Southampton FC.

There he works with individuals with learning and hearing disabilities, as well as those with visual impairments and cerebral palsy, running 'resilience workshops' for Southampton FC's Para Talent Hub, among other things.

Previously, it has also seen James working alongside Martin Sinclair, a Team GB Paralympic silver medallist, Paralympic World Cup bronze medallist with over 50 England caps, Hall of Fame inductee at the National Football Museum, and brother of Preston North End and former Celtic star Scott Sinclair.

# SPORT ALUMNUS LANDS ROLE AS GB WOMEN'S HANDBALL COACH

Hope graduate Ragul Selvamoorthy is hoping to convince others to get involved in a sport that's surging in popularity in the UK.

Liverpool has a thriving handball scene, with the men's side having been crowned National Handball League Champions - and set to be promoted to the Premier Handball League.

Former Hope student Ragul - who graduated in Sport & Exercise Science in 2019 - was involved in that successful season, working as a strength and conditioning coach and sports scientist.

On the back of that campaign, Ragul, who grew up in Paris, France, has now been invited to take up a similar role with the GB Women's national side. Talking about the sport, he said: "I'd urge anyone interested in handball to just give it a go."

"It's fast, it's physical, and it's a great sport to either watch or play. And the Liverpool Handball community is really welcoming, with a great team culture, and there are sessions for beginners to get you started."

Ragul says his work with the Liverpool Handball team saw him taking an individual approach to the overall team mentality.

He said: "Physical performance is multi-faceted, so my goal was to make sure players were strong, powerful, fast and very fit."

"We introduced personalised High Intensity Interval Training (HIIT) programmes for each athlete, working within different physiological 'zones'."

"And through that we were able to work out specific training intensities for individuals, as well as looking at how they trained together as a team."

"I'm really proud of what we achieved this season. A lot of the other teams had European players who'd played professionally, so it was a challenging environment. But the players worked so hard and the coach was fantastic."



That paved the way for Ragul to join the GB Women's side, by way of peers recommending him to the organisation. Part of his GB role involves keeping players not just fit and strong, but away from the treatment table.

He said: "You can't prevent injuries. There are so many variables you simply can't control, such as technique and individual levels of fatigue. But our philosophy is that if we have strong, robust athletes, that should reduce the injury risk. It's all about getting the correct conditioning."

## DID YOU KNOW?

After graduation, you automatically become part of the Hope Alumni Association, which keeps you connected with the alumni community.



# SPORTING LIFE

There are plenty of opportunities to get involved with recreational team-based sport through our Students' Union.



## FOOTBALL

With two of the country's biggest football teams in one city, it's fair to say that Liverpool loves its football. Here at Hope, our men's and women's teams regularly compete at a high level in the British Universities & Colleges Sport League.

## GAELIC FOOTBALL

One of Ireland's four major traditional Gaelic games – Gaelic Football is a thriving sport at Hope. The men's team recently became the first-ever British university team to win the All-Ireland Cornna MacLeinn trophy, while the women's team was crowned the British University Ladies champion.

The Students' Union runs many more sports and social clubs and, as a Hope student, you can even start your own.

Sports teams are able to make regular use of all the facilities offered through Hope Park Sports, including the Physiotherapy and Sport Rehabilitation Clinic – ideal if you sustain an injury while playing!

## CHEERLEADING

Quickly becoming the UK's fastest growing sport, our cheerleading society welcomes anyone to join in, have fun and socialise – no experience necessary.

## RUGBY UNION

Whether you have played before or just fancy trying out something new and getting fitter, there is no better way to do it. Rugby is a true team sport where every individual is important and the team comes first.







LIVERPOOL  
HOPE  
UNIVERSITY

1844

## CONTACT US

Liverpool Hope University  
School of Health and Sport Sciences  
Liverpool  
L16 9JD

T: 0151 291 3578  
E: [enquiry@hope.ac.uk](mailto:enquiry@hope.ac.uk)

## FOLLOW US



@LiverpoolHopeUK



@liverpoolhopeuk



@LiverpoolHopeUniversity