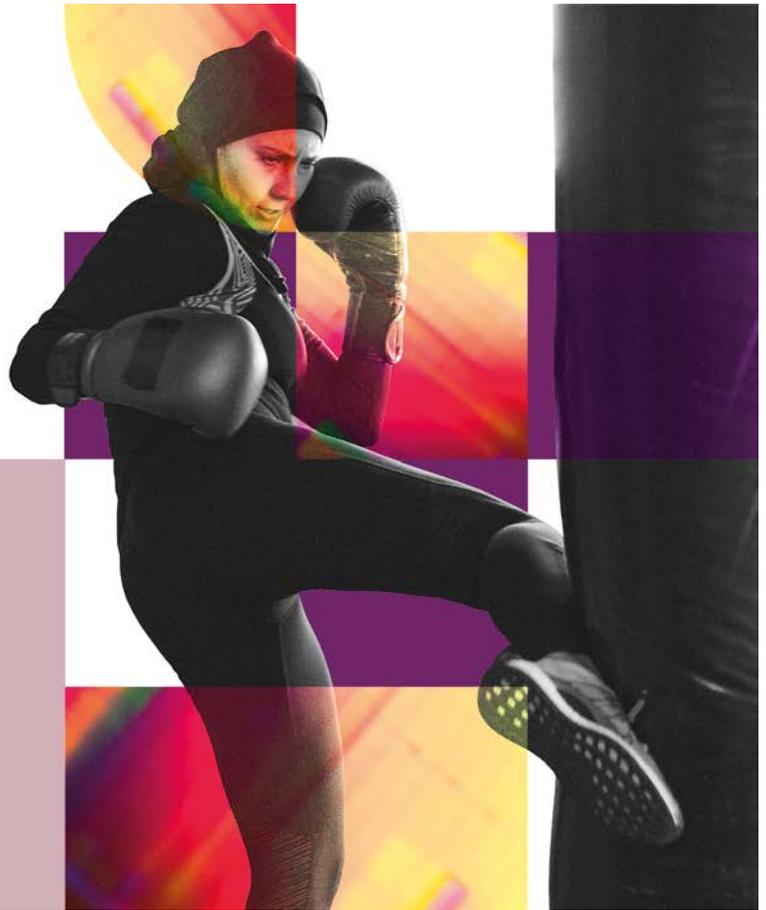




Durham
University

Department of Sport
and Exercise Sciences



Research Newsletter

Brett and Lucy Update

Welcome to our first DSES Research Newsletter of 2020. We have included updates, reminders and successes. We hope the newsletter is another way to keep us all connected during the current uncertainties and equally show the fantastic work we are doing. Well done all staff!

- We now have a 'News/Events' tab on our webpage, please send on any events you would like to be advertised to Lucy and they can be added to the webpage.
- If you want your web profile updating, including adding publications to your web profile and adding them to DRO, please get in touch with Lucy. This is a good time as new website is being created and content can be transferred!
- New labs are here! These include: 1 x human performance / teaching including a phlebotomy room, and 1 x body scanning with some substantial investment in equipment, including a DEXA bone density scanner, and 2 x new treadmills capable of 40 km.h⁻¹ up or down hill. We now have an Optojump system for gait and power assessment and 30 x Catapult Vector S7 athlete tracking device.
- Led by Karen, a formal partnership between the University and GE Healthcare has been signed. This partnership will see the instalment of a new DXA imaging system in September (depending on Covid-19). The Faculty are match-funding a PhD studentship in the area of visceral adiposity and cardiometabolic risk stratification. Chat with Karen if you'd like to know more!
- Check out the new DSES animation [here](#)

Inside this issue:

DSES Successes

We are happy to share some recent successes, check page 2 for further details

Research Theme Update

See page 7 for all new information relating to our research themes

Upcoming Events

Our weekly Wednesday Research meetings are back up and running virtually, check page 8 for further details

DSES Successes

Let's celebrate! 🎉

A Flavour of Recently Published Outputs

Choi, I., Haslett, D., & Smith, B. (2020). Disabled athlete activism in South Korea: A mixed-method study. *International Journal of Sport and Exercise Psychology*.

Dodd-Reynolds, C J, Nevens, L, Oliver, E J, Finch, T, Lake, AA & Hanson, CL (2019). Prototyping for public health in a local context: a streamlined evaluation of a community-based weight management programme (Momenta), Northumberland, UK. *BMJ Open* 9(10): e029718.

Haslett, D., Choi, I., & Smith, B. (2020). Para-athlete activism: A qualitative examination of disability activism through Paralympic sport in Ireland. *Psychology of Sport and Exercise*, 47.

Hockin-Boyers, H., Pope, S., & Jamie, K. (2020) 'Digital Pruning: Agency and Social Media Use as a Personal Political Project Among Female Weightlifters in Recovery from Eating Disorders'. *New Media and Society*.

Chapman, P. (TF here 2017-2019), **Lindsey, I., Dodd-Reynolds, C., Oliver, E. & Summerbell, S.** (2020) Targeting childhood obesity through primary schools: reviewing alignment amongst English policies for physical activity and healthy eating, *Child and Adolescent Obesity*, 3:1, 20-41.

Metcalfe, S. N & Llewellyn, Anna (2020). "It's just the thing you do": Physical and digital fields and the flow of capitals for young people's gendered identity negotiation. *Journal of Adolescent Research* 35(1): 84-110.

Metcalfe, S. N (2019). The development of an adolescent sporting gendered habitus: Young people's interpretation of UK sports-media coverage of Rio 2016 Olympic Games. *European Journal for Sport and Society* 16(4).

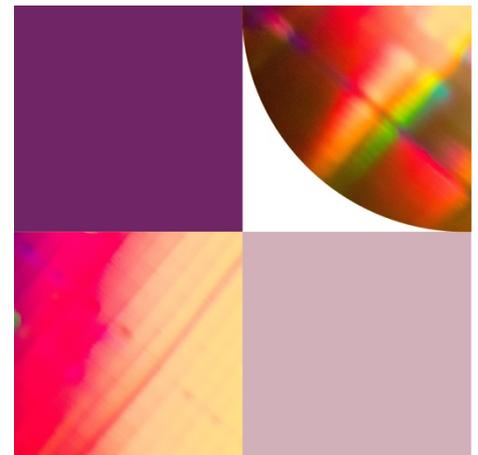
Thomas, L.B., Fadeeva, A. & **Oliver, E. J.** (2020). The double negative: Personality differentially predicts sensitivity to need support and thwarting, and subsequent behavioural response planning. *Personality and Individual Differences* 156: 109767.

Phoenix, C., Bell, S.L. & Hollenbeck, J. (2020). Segregation and the sea: Towards a critical understanding of race and blue space in Greater Miami. *Journal of Sport and Social Issues*.

Bradshaw, A., **Phoenix, C.** & Burke, S. (2020). Living in the mo(ve)ment: An ethnographic exploration of hospice patients experiences of participating in Tai Chi. *Psychology of Sport and Exercise*.

Cleland, J., **Pope, S.** & Williams, J. (2020). 'I do worry that football will become over-feminized' ambiguities in fan reflections on the gender order in men's professional football in the United Kingdom. *Sociology of Sport Journal*.

Poulton, E. (2020). Tackling antisemitism within English football: a critical analysis of policies and campaigns using a multiple streams approach. *International Journal of Sport Policy and Politics* 12(1): 25-47.



Dohme, L., **Rankin-Wright, A.J.** and Lara-Bercial, S. (2019). Beyond Knowledge Transfer: The Role of Coach Developers as Motivators for Lifelong Learning. *International Sport Coaching Journal Special Issue: Global Perspectives in Coach Education for the Coach Developer*. 6, (3), 317–328.

North, J., Piggott, D., **Rankin-Wright, A. J.**, & Ashford, M. (2020). An empirical examination of UK coaches' issues and problems, and their support and advice networks. *International Sport Coaching Journal*, 7(3).

Rigby, B. First first-author publication, with **Dodd-Reynolds, C J** and **Oliver, E J**, exploring inequities and inequalities in outdoor walking groups, was published in *Public Health Reviews*.

Roderick, M., & Allen-Collinson, J., (2020). "I Just Want to Be Left Alone": Novel Sociological Insights Into Dramaturgical Demands on Professional Athletes". *Sociology of Sport Journal*. This is the first paper written from data collected as part of a **British Academy** small grant project examining athletes' experiences of working in the public eye.

Malden S, Reilly JJ, Gibson A-M, Bardid F, **Summerbell C**, De Craemer M, Cardon G, Androutsos O, Manios Y, Hughes A. A feasibility cluster randomised controlled trial of a preschool obesity prevention intervention: ToyBox-Scotland. *BMC Pilot and Feasibility Studies* 2019 Nov 9;5:128.

Philpott, J., Bootsma, Niels J.,... **Tipton, K. D.** & Witard, Oliver C. (2019). Influence of Fish Oil-Derived n-3 Fatty Acid Supplementation on Changes in Body Composition and Muscle Strength During Short-Term Weight Loss in Resistance-Trained Men. *Frontiers in Nutrition* 6: 102.

Recent Awards Received

Dodd-Reynolds, C. J. Stakeholder Mapping to Inform School Milk Policy. 2019-20 QR Strategic Priorities Fund. £5000

Hockin-Boyers, H. & Pope, S. Social Media and Canadian Women's Physical Activity Participation: Developing a New Methodology for Understanding Digital Health. UKRI NERC

Keay, N & Hind, K. Fortius grant award to support a study on relative energy deficiency and bone health in dancers (£5000)

Oliver E. & Duncan R. Evaluating public health interventions and policies to optimise the mental health of adults. NIHR SPHR.

Phoenix, C. NINE DTP studentship (starting October 2020). Led by Prof. Tessa Pollard (Anthropology) with Dr Suzanne Moffatt (Newcastle). The project will explore community gardening and social prescribing using ethnographic approaches, and the student is Laura McGuire.

Rankin-Wright, AJ. Black women pioneers: herstories of leadership in the sporting workplace. British Academy/Leverhulme Small Research Grants SRG 2019-20 Round.

Tamminen, K. A., Poucher, Z., & **Smith, B.** Developing best practices for open qualitative research in sport and exercise psychology. Social Sciences & Humanities Research Council of Canada.



Smith B. Improving the health and wellbeing of disabled people in times of crisis: Creating physical activity resources to improve disabled people's health and wellbeing during and after Covid-19. ESRC IAA.

Summerbell, C. Newton Fund Impact Scheme. Extending the reach, impact and sustainability of ToyBox Study Malaysia: a kindergarten-based healthy behaviour intervention. £140,971. CI. Co-PIs (Roehampton and Universiti Kebangsaan Malaysia).

Summerbell, C. (Co-I) HTA Researcher-Led. BEhavioural Weight Management: COMponents of Effectiveness (BE:COME). £508,252.

Recent Grant Applications Submitted

Fairbrother, H., Goyder, E., Lock, K, Egan, M., **Dodd-Reynolds, C.J., Summerbell, C.**, Wistow, J. Enabling children and young people's involvement in whole system action to reduce inequalities in the social determinants of health. NIHR SPHR Phase 2, Work Package 4.

Metcalfe, S: Gender & PE: Participatory Action Research to develop pathways to equality, inclusivity and opportunity. ESRC New Investigator Grant.

Lindsey, I., Dodd-Reynolds, C., Oliver, E. Summerbell, S, Hillier-Brown, F., & Laura Mazzoli-Smith. Enacting policies for childhood obesity: Understanding practices within primary schools in areas of deprivation. ESRC.

Smith, B. & Foster, C. Physical activity for health in disabled children and disabled young people: A systematic review for physical activity guidelines for disabled children and disabled young people. NIHR RfPB.

Smith, B. & Smith, M. Making every contact count for the health of disabled people: Training the social workers of today and tomorrow in physical activity promotion. NIHR NE ARC.

Significant Invitations

AJ was invited to the *Sociology of Sport Journal* as an Editorial board member.

Sarah Metcalfe was invited to deliver a workshop at the Association for PE ITTE Conference (unfortunately this was cancelled due to Coronavirus pandemic)

Emily's work on inequalities in exercise referral schemes has been presented at the Scottish Physical Activity Research Connections Conference, the UK's Cardiovascular Health Conference, and at an invited talk as part of Liverpool John Moores University's Physical Activity Exchange Research Seminar Series

Cassie was invited to the Editorial Board for the *Methods in Psychology* Journal. She was an invited member of the commissioning panel for UKRI International Strategy Challenge Fund

Maria Aznarez is our RIS contract officer and can assist with any grant application work. She is amazing!
maria.aznarez@durham.ac.uk



(ISCF) Healthy Ageing Catalysts Awards. She was Invited presentation (virtual!) to the national Centre for Ageing Better to feed into their work around supporting physical activity in later life and ageism within the health and fitness sector. Cassie was also an invited colleague to the Core Strategy Group for Durham Institute of Medical Humanities.

Martin was invited to give a Keynote presentation (Professional athletes, sport science and the problem of athlete well-being) at the 17th International Sport Sciences Congress in Turkey. He was also invited by the British Association of Sport and Exercise Sciences to be a Panel Speaker on 'The role of the sport scientist in player development'.

Sophie Phillips was invited to be an observer member at the UK Chief Medical Officers (CMOs) Physical Activity Guidelines Expert Committee for Surveillance.

Ben Rigby was invited to a special committee member of the CMOs Physical Activity Guidelines Expert Committee for Communications.

Brett was invited to be a core member of the CMOs Physical Activity Guidelines Expert Committee for Communications. He was invited to give 5 keynotes (Denmark, England, German, Spain, USA), and be an Editorial board member of 2 journals, including *International Journal of Environmental Research & Public Health*. In recognition of his work on disability and physical activity, he was invited by the University of KwaZulu-Natal in South Africa to be an Honorary Professor. Brett was also invited by Sport UK to produce a framework for their workforce to do qualitative research, and Disability Rights UK to be the academic lead for Co-Production. He became the President of the *International Society of Qualitative Research in Sport and Exercise*.

Karen was an Invited speaker for the (Parallel Invited Symposia), BASES Annual Conference Leicester, 17-18 Nov. "Identifying the physical and psychological challenges facing the retired athlete". With Dr David Tod (LJMU)

Stacey was an invited member of an expert roundtable for the North American Society for the Sociology of Sport annual conference. Stacey was also a Keynote for European Sociological Association, Society and Sports Research Panel. Gender and Football: A New Age for Media Coverage of Women's Sport and Future Research Agendas. She was also Elected a board member of the European Sociological Association's Society and Sports Research Network. Stacey was also invited to be a member of the advisory board for the Sports Grounds Safety Authority.



All DSES Staff have
Google Scholar
profiles

Follow the DSES
Twitter page
@DUSportExSci

All DSES Staff have
their ORCID ID's
listed on their web
profile

PGR and PDRA News

Hester Hockin-Boyers recently came back from an overseas institutional visit to the University of Adelaide (which unfortunately was cut a month short due to covid) to work with Professor Megan Warin. Hester presented the findings of her research to research staff at the University of Adelaide and the University of South Australia, which was a really rewarding experience! Megan and Hester are in the process of collaborating on a publication on exercise in the context of eating disorder recovery.

Hester was awarded a UKRI grant (£9,944) to undertake a research project titled 'Social Media and Canadian Women's Physical Activity Participation: Developing a New Methodology for Understanding Digital Health' at the University of British Columbia. This is a 3 month project, currently due to take place September to December 2020, hosted by Professor Patricia Vertinsky and Dr Moss Norman in the School of Kinesiology.

Success in **Durham's Doctoral Studentship** competition: Caroline Dower has been awarded a PhD studentship for work exploring experiences of anxiety. Caroline will principally supervised by **Emily** alongside Ben Smith (Philosophy) and Jane Macnaughton (Anthropology), and will join our PGR community formally in October.

Damian Haslett's chapter that he led on 'Disability sports and social activism' was part of the '*Routledge Handbook of Disability Activism*', which won Taylor & Francis' most outstanding handbook in the Social Sciences.

Natalie Connor was awarded her PhD January 2020 (registered in DSES, Durham University). Project title 'The effectiveness of 'green exercise' in improving health and well-being in older adults.'

In April 2020 **Alex Kazmier** successfully defended his thesis on 'athletes and rest', which he had commenced with David Eccles, and achieved a pass with minor corrections.

On May 15th **Emily** and **Brett** will be delivering a workshop training session on the Research Excellence Framework (REF) to our growing PGR and PDRA community.



New Colleagues

We welcome Dr Stephanie Morris who has joined us as a PDRA, and will be working between the Department of Anthropology and DSES alongside Prof Carolyn Summerbell. The focus of her research is active travel. Welcome Steph!

The department has a new fixed-term PDRA, until August 2020, Dr Chris McCready. Chris will be working on an FA funded project focusing on footballers' experiences of international representation. Chris is a former professional footballer with 15 season playing career and some 370-league appearances. During his career, he studied for a degree, part-time, and so juggled higher education, a full-time professional football career and a growing family life (3 young children). He commenced a PhD at Liverpool John Moores University, a collaborative opportunity with the League Football Education, creating something akin to an action research project. This research allowed Chris to develop, deliver and evaluate an educational workshop aimed at increasing the understanding of identity and Personal Development for elite youth footballers. Chris was awarded his PhD in November 2019, with no corrections. In 2017, he was offered a new role within the Player Care dept. at Manchester United Football Club where he creates multiple curriculums to engage and educate YDP players, Academy Parents, Club Staff and PDP players, within the central themes of identity and Personal Development. Chris is also an ambassador for the Dame Kelly Holmes Trust.

Research Theme News

At the Research Away day in January 2020, we discussed our aspiration, as set out in the DSES Research Strategy 2018-2028, to become a world leading and world changing, global leader in research in Sport and Exercise Sciences. In order to achieve this, there was a need to focus our strengths and specialise in distinctive thematic research areas.

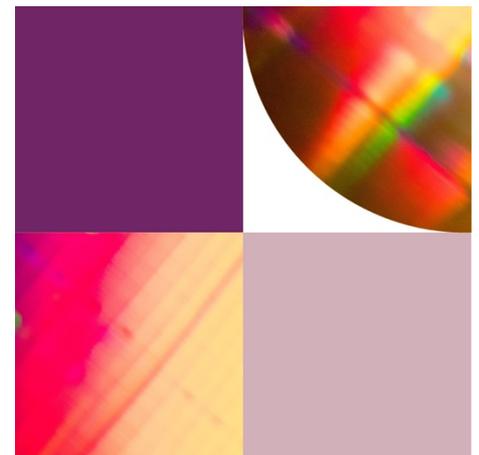
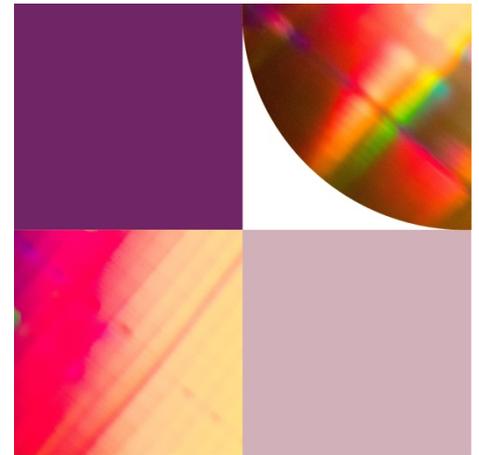
In April 2020 we launched the 'Department of Sport and Exercise Sciences Research and Theme Narratives'. This followed input from staff at the Research Away Day, numerous departmental discussions across the year and individual meetings and feedback. Thank you to everyone who has dedicated time to feed into this important document that will help guide our future. We have now identified our department as one which

'Leads research to help reduce inequalities, promote social justice and ensure better health and wellbeing within and through sport, exercise and physical activity'.

Our work is focused upon two research themes:

- 1) **Sporting Lives**
- 2) **Healthy Communities**

I'm really excited that we now have a platform to start promoting our research identity and the important work that we do. Please start using this document in any way that is useful for you moving forwards. For example, it could be helpful to provide potential PhD students with further details about the work we do here or to include on grant applications to show how the proposed research fits with the department aims. Thanks again. Stacey





Training and/or Courses We Liked!

In order to share best practice, we would like to hear about useful training programmes and/or courses that colleagues have attended. See below for some recently attended courses:

Caroline Dodd-Reynolds, Emma Poulton, and Rob Cramb attended the "Introduction to Teaching and Learning Online", run by DCAD and the Business School. It's available to all staff now!

Sarah Metcalfe attended a Media Edge Media Training Workshop which was organised through the ESRC IAA at Durham.

Cassie Phoenix attended PGR Supervising and Examining Research Degrees in Social Sciences. (In-house 2 day course).

Cassie Phoenix attended the Virtual Training <https://www.ica-uk.org.uk>

Brett Smith attended the Unconscious Bias in-house Training course.

Upcoming Deadlines

Watch out for weekly updates circulated by RIS, here are a few upcoming:

[Grant Seedcorn Funding](#)

[Impact related support](#)

[EUREKA Healthy Ageing: Innovate UK](#): Applicant briefing 14th May

[British Academy Funding](#): deadline 27th May

[MARCH Network Funding](#) deadline 31st May

Remember to send any information you would like to feature in the newsletter to ses.researchadmin@durham.ac.uk

Upcoming Events

May 2020

15th May
Spotlight on the Research Excellence Framework for PGRs and PDRA's: Delivered by Emily and Brett

20th May
Research Presentations: Damian Haslett – Para Athlete Activism, How Para Athletes Advocate for Social Change within Para Sports Contexts

Hester Hockin-Boyers - #gainingweightiscool The Use of Transformation Photos on Instagram Among Female Weightlifters in Recovery from Eating Disorders

21st May
Research Committee
2pm-4pm via Teams

June 2020

24th June
Spotlight on Grants: Emma Bowen (RIS) delivers a training course on grant writing