



## University College Birmingham

*Sports Performance and Rehabilitation Student Conference*

**Friday 27<sup>th</sup> October 2017**



**McIntyre House  
2 Holland Street  
Birmingham  
B3 1PW**



# University College Birmingham

## *Sports Performance and Rehabilitation Student Conference*

- 09:00-09:30**      **Welcome and Registration**
- 09:30-10:30**      **Exercise and Nutrition Interventions to Minimise and Reverse Disuse-Induced Muscle Atrophy**  
*Dr Leigh Breen, University of Birmingham*
- 10:30-10:50**      **Morning Break and Poster Presentations**
- 10:50-11:20**      **Variable Resistance Training**  
*Mark Godwin, University College Birmingham*
- 11:20-12:10**      **Learning Professionalism on the Touch Line**  
*Dr Lucy Hammond, University of Warwick*
- 12:10-13:10**      **Lunch and Poster Presentations**
- 13:10-13:40**      **Reducing Knee Injury Risk in Elite Female Soccer**  
*Andrew Frampton, University College Birmingham*
- 13:40-14:10**      **Disability in Sport: Cerebral Palsy and Spinal Cord Injuries**  
*James Bateman, University College Birmingham*
- 14:10-14:40**      **Sports Therapy at Elite Rugby Tournaments**  
*Gareth Bate, University College Birmingham*
- 14:40-15:10**      **Afternoon Break and Poster Presentations**
- 15:10-16:10**      **Monitoring Training and Competition Loads in Athletes: Issues, Opportunities and Challenges**  
*Professor Craig Twist*
- 16:10-16:15**      **Closing Statements**

## SPEAKER BIOGRAPHIES



**Dr Leigh Breen**

*Associate Professor in MSK Physiology & Metabolism,  
University of Birmingham*

Dr Leigh Breen is an Associate Professor of Musculoskeletal Physiology and Metabolism in the School of Sport, Exercise and Rehabilitation at the University of Birmingham. His research activity is conducted, primarily, under the auspices of the MRC-ARUK Centre for Musculoskeletal Ageing Research at UoB and centres on skeletal muscle metabolism. Prior to this, Dr Breen completed a Post-Doctoral Research Fellowship at McMaster University, Canada, and a PhD at UoB. He is author of over 40 peer-reviewed articles and is regularly invited to speak at academic (ACSM, ECSS, ICST) and industry conferences (Dairy Council, Arla Nutrition, Nestle Healthcare). In addition, Dr Breen was recently elected as a Review Panel Member for the European College of Sport Science.



**Mark Godwin**

*Senior Curriculum Leader in Sports Therapy,  
University College Birmingham*

Mark Godwin is senior curriculum leader for the BSc/FdSc Sports Therapy course at University College Birmingham. He graduated with a degree in Sport and Exercise Sciences from the University of Gloucester in 2002 and his MSc Sports Science in 2011 (University of Chester). His areas of research are human performance and rehabilitation, with an interest in neuromuscular power. He has worked with and provides sports science support to a range of athletes from swimming to rugby.



**Dr Lucy Hammond**

*Principle Teaching Fellow, University of Warwick*

Dr Lucy Hammond is a Graduate Sports Rehabilitator with a PhD from University of Nottingham. She has worked clinically in a number of amateur and elite sports settings and continues to practice at a multidisciplinary clinic in Northampton, alongside a full-time academic role. Lucy has lectured in Sports Therapy at Moulton College, Northampton, and

the University of Bedfordshire, and has been consulted on the development of various undergraduate and master's programmes across the country.

She is currently an external examiner at University College Birmingham and University of Salford. Her research interests are varied and she has published in the areas of sports injury surveillance in professional team sports and whole body cryotherapy. Now based at Warwick Medical School, Lucy is interested in professionalism education in Sports Therapy and the challenges that are faced by students developing as professionals in a sports environment.



**Andy Frampton**

*Senior Lecturer in Sports Therapy,  
University College Birmingham*

Andy Frampton is a Senior Lecturer in Sports Therapy at University College Birmingham, and the Head of the Medical Department at Aston Villa Ladies Football Club. In addition to this, Andy is a former licenced medical tutor for the FA and has worked in the FA disability pathway, providing support to partially sighted and deaf athletes. His research interests are in screening, profiling and injury prevention in elite female soccer. Andy holds a First Class degree in BSc Sports Therapy and is a member of the Society of Sports Therapists. Further to this, he has completed a PG Cert in Trauma & Orthopaedics from the University of Salford, and an MSc in Sports Medicine, Exercise and Health from University College London.



**James Bateman**

*Lecturer in Sports Therapy,  
University College Birmingham*

James Bateman is a Lecturer in Sports Therapy at University College Birmingham. He has worked in both the sports and clinical field for the last 16 years. Previously working as a movement scientist and lecturer at Oxford Brookes University, he has conducted research trials within the Oxford University hospitals and the community, investigating ways in increasing participation within physical activity and sport for people with long term neurological conditions. The emphasis of his research area is in sport, exercise and rehabilitation within long term neurological conditions.



**Gareth Bate**

*Lecturer in Sports Therapy,  
University College Birmingham*

Gareth Bate is a Lecturer in Sports Therapy at University College Birmingham with 10 years' experience working in a clinical setting and within professional sports teams. During this time he has worked with Ospreys Rugby and the Welsh Rugby Union. In 2014 he joined the Scottish Rugby national medical team and has attended four Six Nations Championships and the 2015 Rugby World Cup. Gareth has also been a member of the ATP medical team, covering the Aegon Championships at the Queen's Tennis Club. In addition, Gareth holds a Sports Therapy degree from UCB and is a member of the Sports Therapy Association.



**Professor Craig Twist**

*Professor of Applied Sports Physiology, University of Chester*

Craig Twist is a Professor of Applied Sports Physiology at the University of Chester, where his primary research interests address athlete responses to training and competition. Craig has over 70 peer-reviewed research papers, reviews and book chapters, and he is co-editor of the Routledge textbook *The Science of Rugby* and section editor for the International Rugby Science Network. Craig is a BASES Accredited Sports and Exercise Scientist and currently works with the Rugby Football League, St Helens RFC and the England Touch Association in various research and applied roles.

# Useful information

## TRAVEL

### By Car

McIntyre House is located at 2 Holland Street, Birmingham, B3 1PW. There are several Pay and Display car parks in close proximity including:

- NCP Car Park, Newhall Street, B3 1SW
- Euro Car Parks, Charlotte Street, B3 1PX
- Birmingham City Council, B1 2NB

### By Coach

Coach services run frequently to Birmingham Central Coach Station from all major towns, cities and airports.

- Birmingham Coach Station, Mill Lane, B5 6D - 20 minutes walking distance.  
[www.nationalexpress.com](http://www.nationalexpress.com)

### By Rail

Birmingham New Street station is served by a fast Intercity link from London Euston and is just a few minutes' walk from the University. Birmingham Snow Hill and Birmingham Moor Street welcome trains from London Marylebone. The journey by fast train from London takes 90 minutes. Trains from other cities and towns arrive frequently into Birmingham.

- Moor Street - 6 minutes walking distance
- New Street - 10 minutes walking distance

## HOTELS

If you are planning to stay overnight, there are a number of hotels within 10 minutes walking distance from McIntyre House including:

- Travelodge – 80 Charlotte Street, B3 1PW
- Staycity Aparthotels – 88 Charlotte Street, B3 1PW
- Hotel Ibis Styles – 65 Lionel Street, B3 1JE
- Copthorne Hotel – Paradise Circus, Paradise Place, B3 3HJ
- Premier Inn – 6 Waterloo Street, B2 5PG
- Hotel du Vin – 25 Church Street, B3 2NR

## REFRESHMENTS

Complimentary refreshments including tea and coffee will be provided throughout the day of the conference. Lunch is not provided - however, you can purchase breakfasts, lunches, snacks and drinks (including Starbucks products) from EatSpace on the ground floor of McIntyre House, which is adjoined by a landscaped courtyard.

For further information, contact UCB Sports Therapy lecturer Joseph Matthews at [J.Matthews2@ucb.ac.uk](mailto:J.Matthews2@ucb.ac.uk) or on 0121 604 1000 (extension 2395)