On behalf of the Department of Physical Education and Sport Sciences (PESS) I wish to welcome you to the fifth edition of the PESS e-Zine. My thanks go again to all those involved in the editing and contribution of submissions to the e-Zine.

The Department hosted the second All-Ireland Postgraduate Conference in Sport Sciences and Physical Education on the 23rd January 2015 and we were delighted with the number of postgraduate students across numerous third-level institutions who contributed to the programme. We encourage other third-level institutions to consider hosting the conference in future years and ask those who wish to note an expression of interest to contact Mark.Lyons@ul.ie. Waterford Institute of Technology will be hosting the 2016 conference.

PESS staff are currently investing significant energies in organising an international conference (International Conference on Ambulatory Monitoring of Physical Activity and Movement) and national forum (PEPAYS Ireland), both to take place in June 2015 and each of which you can read more about in this edition.

A Masters in Sport, Exercise and Performance Psychology is to begin in January 2016 and further information is included in this PESS e-Zine edition.

In March 2015, PESS advertised an opportunity for individuals to spend up to eight weeks in PESS gaining experience in one of four research areas, (1) Food for Health, (2) Physical Activity and Health, (3) Sport and Human Performance and (4) Sport Pedagogy. The internship allows individuals an opportunity to work with PESS faculty, explore further their interest and disposition to postgraduate study and / or to consider working in a university setting.

The opportunity to apply for PESS PhD Scholarships closes on April 24th 2015. Scholarships are held for up to four years and the recipient is expected to work on a full time basis on their PhD and enroll on the Education and Health Sciences or Education and Professional Studies structured PhD programme. Scholarship recipients are also expected to contribute hours to PESS-related tasks (e.g. teaching, demonstrating, organisation of events) for the duration of their scholarship. Further information on the Scholarships are available in this edition of the PESS e-Zine.

I would like to welcome Michelle Hyland, our new administrator in the department. I would encourage students and staff to forward information on student and staff achievements (your own or others) to Michelle.Hyland@ul.ie so that such achievements can be celebrated and promoted. I trust you will find the fifth edition of the PESS e-Zine as informative and engaging as previous additions. As always, if you have any interest in collaborating with PESS across areas of teaching and / or research please do not hesitate to contact me at Ann.MacPhail@ul.ie.

Note from the Editors

Welcome to the fifth edition of the ‘PESS e-Zine’. This issue looks at the breath of some of the research activities, and events that have happened or are ongoing in the Department of Physical Education and Sport Sciences (PESS) since September 2014.

Many thanks to all our contributors to the Spring 2015 issue. This issue celebrates many student achievements. Dylan Mernagh and Áine Tighe take time out from their studies on the Masters in Sports Performance and describe what it is like to be both a student and athlete in the PESS department. Research continues to thrive in the department. Dr. Tadhg MacIntyre provides an account of the inaugural seminar on META constructs. The reconfiguration of research space in the exercise physiology area of the building is also described. This semester PESS faculty and staff have supported a number of post primary science projects for competitions and hope to continue to do so in the future. As the semester draws to a close, we would like to wish all PESS students the best of luck with their exams and wish staff and students a healthy and active summer.

We hope you enjoy this edition.

Rhoda Sohun and Ian Kenny

The PESS E-Zine is published by the Department of Physical Education and Sport Sciences. We would be delighted to receive your comments and ideas for future editions. The opinions and views in the publication are those of the contributors and not necessarily of the PESS Department. While every care is taken to ensure accuracy in the completion of this E-Zine, the PESS department cannot accept responsibility for any errors or omissions or effects arising thereof. However, such errors may be brought to the attention of the Editors. All material is copyright.
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The 2nd All-Ireland Postgraduate Conference in Sport Sciences and Physical Education took place at the University of Limerick on Friday 23rd January 2015. The conference aimed to build on last year’s inaugural conference. This year, delegates undertaking research for professional / structured doctorate awards, traditional PhD, MPhil and MSc awards were welcomed. 13 institutions across the island were represented with 42 oral and poster presentations under the three thematic areas:

- Sports Performance
- Physical Education & Sport Pedagogy
- Health and Physical Activity

The conference aimed to give postgraduate researchers the opportunity to present their work to peers and interested academics, in a supportive and collaborative environment as well as:

- Enhance and develop their research skills by presenting research in a conference environment;
- Present research proposals, preliminary data or research-in-progress;
- Contribute to the knowledge exchange’ of the postgraduate community in Ireland;
- Network and engage in academic discourse in a supportive, interdisciplinary environment;
- Receive constructive feedback on their poster/oral presentation.

The informal tone provided researchers with freedom to engage in frank, productive and stimulating conversations.

This year’s keynote speakers were Martin Kennedy and Dr. Catherine Woods. Martin Kennedy is the Managing Director of the National Athlete Development Academy (NADA) and in his keynote address shared a business owner’s 10-year journey in the exercise, sports science and coaching industry in Ireland. He outlined the experiences that have influenced him as well as recent developments with NADA. Martin also shared with delegates some of the hard lessons and mistakes he has made along the way. Martin concluded his keynote by putting forward areas for future research and where he believes the gaps are in both our knowledge and more importantly application.

Dr. Catherine Woods delivered the second keynote address in the afternoon. Catherine is a Senior Lecturer in Physical Activity Psychology and Public Health at Dublin City University. In this keynote address, Catherine gave an overview of research that focuses on interventions designed to increase physical activity in children and young people, including some of the review papers published to date. Catherine went on to highlight some of the challenges facing researchers in this area and key considerations in light of these challenges. A number of pertinent models were explored and Catherine summed up by providing an overview of current developments in Ireland that will inevitably influence physical activity in children and young people and researchers engaging in physical activity interventions.

The one day conference was well attended again with over 60 attendees. A published book of abstracts was also edited by Brian Carson and Mark Lyons this year. In the concluding address, Mark Lyons thanked delegates, speakers and conference organisers alike for making the 2nd conference a success. He also requested expressions of interest in hosting the conference next year stating that ‘It was always our intention when organising the inaugural conference to provide the opportunity for other institutions to host the conference in future years’.

Following expressions of interest, Waterford Institute of Technology were chosen and will now host the 3rd All-Ireland Postgraduate Conference in Sport Sciences and Physical Education in 2016. We wish them all the very best!
On the 19th of February, myself and seven other researchers from UL, joined colleagues from across the UK and Ireland, travelling to the University of Wolverhampton, for the inaugural seminar exploring META Constructs. META is an acronym that refers to meta-Motivation, meta-Emotion and Thinking and Action (metacognition). The goal of the research group is to combine perspectives from researchers in social, cognitive, organisational and sport psychology to enhance our understanding of expertise.

This META research group (www.meta-research.org) was initiated by UL staff, Dr. Tadhg MacIntyre (PESS), Dr. Eric Igou (Psychology) and Dr. Deirdre O’Shea (KBS) with collaborators including Prof. Andy Lane (University of Wolverhampton), Prof. Marc Jones (Staffordshire University), Prof. Aidan Moran (UCD), Dr. Paul McCarthy (Glasgow Caledonian University), along with Prof. Carol McGuinness and Dr. Clifford Stevenson (both Queens University Belfast). Funding from the British Psychological Society (BPS) Research Seminars Competition supports three seminars across the host institutions.

The seminar series also provides a platform for postgraduate students to contribute their understanding of the topics and to probe how the constructs relate to their research questions. It is believed that the contribution of new ideas and often real world experience of these students is not only invaluable to the project but also to the participants; the opportunity for knowledge sharing and cross-fertilisation of ideas are boundless.

The group was awarded almost €4,000 to fund the seminar series and this funding goes toward the running and travel expenses incurred. However, it is planned that through our collaborative efforts further funding will be sought in order to continue the cross-cutting investigations of contemporary issues relating to sport expertise. These include resilience, mindfulness, stigma and mental health, and automaticity of action. This potential funding could pave the way for continued dissemination and investigation in the form of both postgraduate and postdoctoral research.

We were also fortunate to be accompanied by Clare Murphy who is currently completing her co-op under Dr. MacIntyre. Clare has proved herself an invaluable intern, contributing to the META research group by developing the resources for the seminar and participating in the discussion of topics with vigour.

From a personal perspective, the opportunity to meet some of the brightest minds in META thinking is invaluable to my own doctoral studies. Putting a face on names that often appear at the top of journal articles I read is inspiring (one of the research team has a h-index of 36 -published 36 articles with more than 36 citations). Discussing and probing topics that pique such an interest for me, with people from a broad range of institutions, delivers an educational opportunity that is rarely available to postgraduate students.

It is certainly an exciting time to be part of the team in the META project. META seminar round two will be hosted in PESS on the 30th of April and the 1st of May.
In 2013, the PESS department invited students who had received awards for Sport Science related projects at the BT Young Scientist & Technology Exhibition (BT YSE) to the department to present their projects. In addition to showcasing their projects, the students also participated in workshops and had opportunities to interact with PESS staff. The event was repeated in 2014. Since then, a number of schools contacted the department for advice for project ideas for the 2015 BT YSE competition and some are described below.

**BT YSE 2015 - Two projects PESS consulted on**

In early December 2014 PESS lecturers Dr. Jaimie McMullen and Dr. Michelle Dillon, along with adjunct Professor Stuart Fairclough met with Ben Cummins, Lee Donoghue and Mantas Trapulionis from CBS Roscommon who had qualified for the 2015 BT YSE with the project ‘Different Perceptions of PE in Mixed Sex and Single Sex Schools’. The students sought advise for their project. Through their project, they were seeking to investigate gender stereotypes in secondary school physical education. The meeting yielded some great new ideas and the young scientists were able to proceed with the final phases of their data collection with additional perspective on their topic.

The students contacted the PESS department for advice and Dr. PJ Smyth discussed the project and methods with the students. The students designed a prototype standing desk (see right), which is easily portable. The students devised a number of cognitive tests to test students’ cognitive ability pre and post long and short periods of standing. Through video analysis, the students also assessed students’ behaviour, concentration and responsiveness between when they were sitting and standing. After the BT YSE 2015 competition, the girls contacted Dr. Smyth to thank him for his input and advice and to inform him that they placed 2nd in the intermediate social and behavioural sciences category of 98 projects.

In November 2014 a group of Transition year students from Gaelscoláiste Chéitinn, Clonmel Co. Tipperary visited the PESS department to spend time in the Psychology lab with Dr. P.J. Smyth and Caoimhe Tiernan (PESS Teaching Assistant). The purpose of the visit was for students to gain some hands on experience with the reaction time equipment in the lab. Gaelscoláiste Chéitinn is competing in the ‘F1 in Schools Competition’. The F1 in schools competition is an international competition that involves designing, building and racing a miniature F1 car. Gaelscoláiste Chéitinn is one of 83 teams from 52 schools entered in the competition and have battled it out through the various qualifying stages of the competition to earn a place at the National Finals in Ireland. The competition is currently operational in over 40 different countries.

In 2014 Elyssa Curran, Aishling Connolly and India Bartholomew (students of Schull Community College in West Cork) entered the 2014 BT Young Scientist Competition with the project ‘Exercise Your Mind’ which they later presented at the BT YSE school event organised by PESS in May 2014. ‘Exercise Your Mind’ showed that physical activity improves students’ cognitive ability. Following this research they explored options to introduce more activity into each school day, outside of mainstream physical activity. Their idea was to trial a standing desk in the school classroom and assess the benefits. They entered the new project, ‘Stand Up, Stand Out’ into the BT Young Scientist Competition 2015.
Within the Physical Education and Sport Sciences physiology laboratory space is a dual-use resource that supports undergraduate and postgraduate taught modules, project work and research postgraduate and faculty research. The increase in undergraduate, MSc taught, postgraduate and faculty research project work placed additional demand on the existing physiology laboratory configuration and identified the requirement for greater capacity and a different specification of laboratory space to accommodate current and future research activity. In parallel, participant recruitment for research projects has moved from the University’s student base (many of whom from within PESS) to a predominantly adult population residing within the campus community and local environment. New laboratory areas were required that are accessible at all times, discreet and fit-for-purpose.

Located on the ground floor near the existing physiology teaching laboratory (PG050) and physiology project laboratory (PG049), the reconfiguration of the 50 space lecture/tutorial room and 2 smaller laboratory areas has generated three new laboratories, designated as a Performance Metabolism Laboratory (PG047), a Metabolic Physiology Laboratory (PG052b) and a Cell Biology Laboratory (PG052a,) that are in the process of becoming fully operational. Dr. Maeve Kiely and Dr. Miryam Amigo-Benavent were appointed as Post-Doctoral Researchers and support the biochemistry arm of the Food for Health Ireland research.

Maeve’s role focuses on the evaluation of novel nutrient formulations at a molecular level to promote healthy aging and sports performance. Miryam, pictured right, conducts research on the oxidative damage to macromolecules using cell-based and non-cell based assays in vitro and ex vivo, and evaluates the efficacy of novel food products on their ability to moderate oxidative stress.

Acknowledgement is made to PESS, the EHS Faculty Office and the Research Office for supporting the reconfiguration of these spaces.

Dr. Alixson Rhodius of John F. Kennedy university in California visited PESS for a Sport and Human Performance themed workshop on February 12th 2015. She delivered an insightful presentation entitled “Sport Psychology Supervision from All Angles” to students and staff from UL, IT Tralee and the University of Ulster. With extensive experience in both practical and academic settings, Dr. Rhodius highlighted two key issues in the training of the next generation of practitioners. Firstly, she outlined how education in sport psychology can be internationalised by using technology to provide online learning opportunities. She explained how the graduate programmes at JFK university are in their 25th year but continue to expand with students from across the globe registered for modules. The benefits of this model, which entailed both synchronous virtual classrooms and flipping the classroom, were impressive.

Secondly, Alison highlighted the perils of pursuing graduate training in sport psychology and the risks in conducting applied work without supervision. She noted that reflective practice is not enough for graduates to craft their trade and remain grounded in the principles of best practice. Ethical challenges will arise and supervision was advocated as a solution. The next question was who supervises the supervisors? Meta-supervision was explained and the necessity for training in these roles was noted. Alison suggested that even for experienced practitioners a peer support structure facilitates countless positive behaviours, such as: sharing ideas; maintaining ethical standards; providing advice for overcoming challenges; referring to experts. Building trust, sharing information and viewing competitors as collaborators will be critical first steps for establishing support networks like this and, thus, optimising supervision.

Finally, Alison elaborated on her current public engagement research in which athletes voices on psychological preparation were elicited to enhance understanding of the field. The research programme was called “Wee Chats with Brilliant People” and while at UL she interviewed track stars and UL students Jessie Barr, Thomas Barr, former world junior player of the year JJ Hanrahan of Munster rugby and sport psychologist Dr. Alan Ringland. See www.weechats.com

Research Laboratory Space and Staff Increase in the PESS Department

A NEW ANGLE OF SUPERVISION

Dr. Tadhg MacIntyre & Rachel Clancy
Department of Physical Education & Sport Sciences

Dr. Alison Rhodius at the Sport and Human Performance themed workshop on February 12th 2015 in the PESS Department
All First Year physical education students accompanied by UL staff members Missy Parker, Daniel Tindall, and Michelle Dillon, spent a day at the UL Activity Centre on Lough Derg, Co. Clare, in early October 2014. Linking with the University First Seven Weeks initiative, the experience was designed to provide an opportunity for first years to get to know each other while developing their communication and problem solving skills. The group spent a sometimes sunny, but cold day engaged in problem solving initiatives along the wooded adventure trail on Crag Hill and pushing themselves to new heights on the climbing wall and high ropes course. Response to the day was positive with students indicating that, “Everyone encouraged each other and gave as much advice as possible. There were a few people who weren’t too keen on heights and everyone rallied around them during the activities and tried to help them overcome their fears and apprehensions.”

In addition, it provided for many the chance to broaden their ideas about teaching physical education. As one indicated, “I had never been to an activity adventure centre like that so it was great to try all the activities I had never tried before. It also opened my eyes to the kind of team building exercises that could be done in such a venue with my future physical education classes.”

Third year students extend their first year participation experience with outdoor and adventure activities into the teaching of outdoor and adventure in a school setting. In preparation for the school experience third year students spent an afternoon in Ballycuggaran Woods, Co. Clare. Jeff Phelan, a third year student teacher, provides a sense of how the experience was for him and how such an experience might benefit his future students, “When we arrived at the entrance to the hill walk we looked around at our surroundings and enjoyed the fresh air and smell of pine needles, chatted away to each other for a while and the social experience was part and parcel of the experience. To get our bearings our lecturer facilitated a lesson on compass work and its value to find your map position. We headed up the hill and as we went up the hill the younger fitter students ascended the hill quicker; as for myself it was more of a challenge. That said, the feeling of stone and mud underfoot added to the sense of wild and connection with life in a less spoiled environment than our mostly urban setting.”

“As we meandered up the hill our lecturer gave us a moment to take in our location and surroundings and we walked back down the hill for a time and camped in probably the most unsuitable camping location as it was very un-level and there were more briars than grass. We fired up the gas burner courtesy of Lorraine to heat our beans on toast. Yes very classy. With very little resources we managed, and the fact that we cooked a meal on the edge of hill could give a sense of confidence and independence.”

“The chance to disconnect from the rush of everyday life and the school environment would be a big motivation for students. The chance to be reliant on the environment around you is something that is quite challenging and adds excitement.”

Our thanks for the support from the PESS Department and the UL Activity Centre.
ÁINE TIGHE

Áine Tighe is a taught masters (MSc) Sports Performance student in PESS. Áine graduated from UL with a BSc. in Physical Education (2014). Áine plays intercounty football for Leitrim and is a member of the UL Senior Ladies Footballers, who recently retained the O’Connor Cup. In this feature, Áine talks about the O’Connor Cup Victory, training commitments, her motivation to play GAA, juggling academic life and plans for the future.

(See video of Áine presenting research on a qualitative analysis of punt kick in Gaelic Football - bottom right)

O’CONNOR CUP VICTORY

Winning the O’Connor Cup for a second time was a fantastic feeling. Going into the finals weekend you never know what’s in store so it was fantastic to produce two excellent team displays when it mattered most. It’s very special to have two O’Connor Cup medals from my time in UL. We have had several battles with DCU over the years and the final was no different. We got the goals at the right times in the final, the first just after DCU had come back level and two more straight after half time. The work rate the girls showed was phenomenal and I think that was the biggest difference on the day.

JUGGLING ACADEMIC LIFE AND SPORT

Trying to maintain a sensible balance between academic work and sport can be challenging at times especially at the busier times of the year with games and training. Organisation plays a huge part. Traveling to training and games is one of the biggest difficulties in losing time. I could leave college at 4pm on a Friday and go straight to county training and not get home till 11 or 12 that night. It is the same on a Sunday. I could have a game anywhere from Waterford to Armagh and then trek back down to College. Time to get college work completed can be eaten into. It comes down to planning and organisation really - either you get the work done before hand or you spend a couple of nights catching up!

TRAINING COMMITMENTS

Training depends on the time of year but usually comprises of five or six sessions a week between club, university and county commitments. Training sessions with the university are normally two morning sessions and one evening session between pitch and gym. With county commitments, it is similar with one to two pitch sessions a week, a game most weekends and a gym sessions squeezed in somewhere!

It can get busy especially at the beginning of year with National Football League starting and college championship but once you are enjoying the sessions it makes it much easier.

MOTIVATION

My main motivation is to try to perform at the highest level. Gaelic football is a hugely enjoyable part of my life, and the opportunities at UL in particular are fantastic in terms of training with some of the best in the game. Being able to train and play with some of the top athletes in the country is a huge motivation to test myself and to learn from them in order to continue to improve.

Being an intercounty player is also hugely motivating. Getting the opportunity to play at the highest level with the best players and the chance to win silverware is fantastic. Opportunities like we have in UL to win All Ireland Titles at the top level are few and far between so the chance to play at the top level and win an All Ireland medal is huge motivation.

PLAN FOR THE FUTURE

With my background in PE teaching and my current study on the Masters in Sports Performance, I would love to work in the area of sport and sports performance in the future. I would like to combine both qualifications and work with youth athletes, educating and coaching them in areas of high performance, strength and conditioning, nutrition etc to allow them reach their potential and compete at the top level.
I am a 23 year old BBs (Hons) Recreation and Sports Management graduate from Waterford Institute of Technology (WIT) now in first year of the MSc Sports Performance programme here in the University of Limerick. I'm extremely excited about the upcoming year and being involved in a programme that seems to be going from strength to strength since its inception only four years ago. Up until this point in my young career I have been lucky enough to be involved in a wide range of sporting experiences, both personally and professionally. These opportunities have taken me along this path and the MSc in the University of Limerick is the next step in my exciting journey.

**SPORTING BACKGROUND**

My own sporting experiences have always been centered around soccer, with my first break coming in 2012 when I signed with Waterford United. It certainly proved a massive step for me and definitely brought out the best in me. I went on to play over fifty games in two years in a very enjoyable spell with the club in which time we narrowly missed out on promotion to Dundalk in the playoff final.

During these two years with Waterford I was also made WIT college captain and chosen to represent Ireland at international college level. This opportunity to date still remains my personal highlight as I was selected to represent Ireland at the World University Games held in Kazan, Russia during the summer of 2013. This event is the world’s second biggest sporting participation event only behind the Olympic Games, with many Olympians often on show.

In our first game of the competition we played the hosts Russia, where we managed an unlikely 2-1 victory against players playing in some of Europe’s top professional leagues. The following night we were introduced to over 50,000 people at the tournament opening ceremony where I was selected out of the Irish delegation to be our country’s flag bearer. Over twelve days we played six games achieving Ireland’s best ever finish of 5th, losing heartbreakingly on penalties to eventual winners France.

**WORK EXPERIENCE**

Having finished college just before Summer 2013, whilst continuing to play with Waterford United, I spent the next six months working as much as I could, with the bigger picture always in mind. 2014 was a year I had earmarked as the year to get myself into the field and get some hands on experience, through internships, shadowing, work experience opportunities, basically any means necessary. It was an extremely difficult decision to choose this path and not play soccer for the year, but my career took priority.

The year started great for me and I managed to get some time working in the West Ham United F.C Academy during late February. I was positioned as a sports science work experience student working with the u13-u16 section of the Academy.

From there I targeted Summer internships further afield in America but proved unsuccessful. Following this I began coaching more around home working with the FAI’s Emerging Talent Programme and the Wexford Youths Women’s team. I reapplied for Fall internships. Following weeks of preparing a video application I got an acceptance e-mail from Mike Boyle (Strength and Conditioning) that my place was secured on their programme, in arguably America’s number one gym.

During this four month period I learned so much, more than I probably realise. The intern schedule was 12:00-8:30pm Monday to Thursday with a rotating schedule on Fridays and Saturdays. I put in more time though; my days were 7am until 8:30pm Monday to Friday and a full day Saturday. I can proudly say I never missed a day in work that the gym was open even if it meant walking thirty five minutes from home in inches of snow. By doing extra, I got to work with USA judo, USA women’s ice hockey, MLB players, and of course Mike himself. It was a no brainer in my head.

**PATHWAY TO MSc.**

As hard as it was saying ‘no’ to League of Ireland soccer in 2014, I never for a second regretted my decision. These last two years have really shaped my path and I wouldn’t change anything. The success and failure I have endured on and off the pitch and in the professional setting has taken me to this point. I am entering a huge year in my development; attempting to move away from an apprentice to becoming an active member in this field I love. My mind is a reflection of a commitment to test knowledge through experience, persistence and willingness to learn from mistakes and I know I’m in the right place to achieve all of this in the coming year.

Bring it on!
Members of the Sport Pedagogy Research Team travelled to Seattle, Washington USA in March 2015 to present their work at the annual international meeting of the Society of Health and Physical Education (SHAPE). Two of the presentations were an outcome of the planning and collaborative research discussions that took place at our autumn retreat as reported in the last eZine, Sport Pedagogy Research Retreat.

Self-Study in Teacher Education

Over the past six months, the research team has spent time examining self-study research methodology and how it might be used to frame study of our own individual and programmatic development. Self-study allows for acquisition and analysis of knowledge providing an understanding of the past leading to a plan for the future. Engaging in self-study ‘allows teacher educators to focus on their own practice and students’ learning while meeting the research expectations of life as an academic’ (Tannehill, 2013).

Ann MacPhail provided attendees with an introduction to self-study and its role in teaching and teacher education. Missy Parker, Brigitte Moody and Daniel Tindall shared their experiences and insights on self-study by sharing three examples, a teacher educator’s, a community of teacher educators, and a teacher education programme.

Deborah Tannehill served as a discussant drawing conclusions and implications of this work for our own practice and the physical education teacher education programme offered in the Physical Education and Sport Sciences Department.

Teaching Hurling through the Cultural Studies Curriculum Model

The sport of hurling was introduced to the American physical education community by providing them with an opportunity to experience it through the cultural studies curriculum model by Ann Marie Ralph, Ursula McCarthy, and Daniel Tindall.

Participants learned the basic skills, rules, history of the GAA, Gaelic phrases and Irish geography. The main hurling skills focused around striking and the one handed catch. Discussions revolved around the cultural significance of the sport in Ireland and internationally and its transferability to other invasion games. It was a fun practical session that demonstrated how to design a class focused on both physical activity and Irish culture in a safe environment.

References:

To help us celebrate the beginning of the 4th year of i-Play in PESS, Robin Copeland and Pat Howard from Munster Rugby came along to present the participants with their end of term participation certificates. It added a great sense of occasion to the pre-Christmas festivities that everyone always looks forward to. Robin and Pat were very generous to the children with their time and attention, and it was a really great end to our term. The youngsters and their parents really appreciated them, as many are avid Munster fans.

Sessions are held on Thursday afternoons from 4:30-5:30pm in the PESS Building.

Since its start, i-Play has been a huge hit. Designed and run by PESS lecturers Dr Daniel Tindall and Brigitte Moody. The aims of the programme have always been to give children and young people with special needs the opportunity to take part in play-based physical activity while at the same time interacting socially with their peers.

Additionally, the aims of the programme are to give our 3rd and 4th year pre-service Physical Education teachers the opportunity to gain experience in planning and assisting youth with special needs as it relates to the physical activity setting, as well as to give families a space in which to connect and support each other and their children with special needs.

Currently, there are 65 i-Play members enrolled on the programme with a further 10-12 on our waiting list. Each child and young person in the programme is paired with one of our pre-service students engaging in 1 hour of physical activity across 9 weeks of the semester.

For more information on the programme, please visit our page on the PESS Dept. website: http://www.ul.ie/pess/undergraduate/i-play
Applications Now Open for Our New Masters Course
MSc in Sport, Exercise and Performance Psychology

Start Date: January 2016. Duration: 1 Calendar year
Applications open now (closing date September 14th, 2015): www.graduateschool.ul.ie

Assessment: Typically a range of individual and group presentations, combined with essays, case studies and reports, culminating with a dissertation.

Approach to Learning: Includes online e-learning module and collaborative learning is key across all the modules.

Entry Requirements: An undergraduate degree, 2.2 honours degree (Level 8 National Qualifications Authority of Ireland or other internationally recognised equivalent) honours degree in a relevant or appropriate subject (e.g., psychology). RPL (Recognised Prior Learning) entry will be available for those without a related degree.

Opportunities: There is a demand for training in this field for those whose ambition is to work in high performance sport settings.

In Ireland and the UK, many of those trained in sport psychology have undertaken roles as performance directors, professional sport coaches and sport management.

Thus employability is likely to be strong not just for those who wish to train as practitioners, but for those for whom a postgraduate qualification in this domain augments their other qualifications and professional experience.

For additional information, please contact course directors:
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The 4th International Conference on Ambulatory Monitoring of Physical Activity and Movement will be held at the University of Limerick from June 10-12th, 2015.

Website: http://www.ismpb.org/2015-limerick

Conference Themes: Physical Activity, Sedentary Behaviour, Sensing & Signal Processing

Topics:
- Physical behaviours and health outcomes
- Measuring and optimising activity in clinical populations
- Engineering and device development
- Data processing, statistics and computational methods
- Validation and calibration

Clinical Applications Session Formats -
Keynote/Invited lectures
- Symposia
- Oral Presentations
- Poster Presentations

Note: Earlybird Registration closed April 17 2015.
The 4th Annual President’s Volunteer Award (PVA) ceremony took place on October 15th 2014 at the University of Limerick Concert Hall. The PVA has been established to harness, acknowledge and support the contribution that students at the University of Limerick make to their communities. The PVA draws on a strong tradition of student volunteering both on and off campus.

Two of the 155 PVA recipients were 2nd year Physical Education student Orlaith McAuliffe and Professional Masters in Education (Physical Education) student Paula McCarthy. Orlaith received the Gold PVA for her work with Students Union Clubs and Societies - Enactus UL and UL Raising and Giving society. Paula received the Bronze PVA for her work with Castletroy College.

There are many more PESS students involved in volunteering in sporting and non-sporting capacities, but students maybe unaware that they can apply for this award. The PVA is noted on student transcripts and based on student feedback to the PVA office, it is an activity that employers are keen to explore with potential employees. PESS would like to encourage all PESS students who are involved in volunteering to visit www.ulpva.ie and apply for this recognition.

Sarah Dunphy (3rd year Physical Education student) was selected to host the 2014 PVA ceremony and was noted as being exceptional, by Gabriella Hanrahan (Community Liaison Officer, Student Affairs, UL). Application to host the Annual PVA is an open competition organised by the Community Liaison Office.

1. UL Senior Ladies Footballers (Winners of the O’Connor Cup 21st March 2015). 2. UL Mens Senior Hurlers (Winners of the Fitzgibbon Cup 11th March 2015). 3. UL Ladies Rugby Team (Winners of the All-Ireland Division 1 title on 25th March 2015) [PESS students in 1, 2 & 3 named on page 17]. 4. (L-R). Thomas Barr (MSc. Sports Performance) and Eanna Madden (Year 3 Bsc. SES) part of the UL 4X200m relay team that broke a IUAA record at the intervarsity Athletics Championships on 6th February 2015 with a time of 87.10sec.
Organised by Grainne Hayes (Teaching Assistant and part time Structured PhD Student), the Department of Physical Education and Sport Sciences (PESS) hosted a general information session on career opportunities for Sport and Exercise Sciences and Physical Education students on 26th March. The session included speakers providing information about:

- Employment Statistics for Physical Education and Sport Sciences (Brigitte Moody, PESS)
- Working as a PE teacher in St. Clements Secondary School & involvement in Extracurricular activities (Mike Lynch, St. Clement’s Secondary School)
- Life as an Academic (Dr. David Kelly, PESS)
- Working In the Sports Industry (Toni Rossiter, Irish Institute of Sport)
- Working in third level after teaching in schools (Ursula McCarthy, PESS)
- Working with Limerick Sports Partnership (Tracy Mahedy, Limerick LSP)
- Coaching in Sport (Lynne Algar, Triathlon Ireland Coach)

UNIVERSITY HOSPITAL LIMERICK (UHL) RESEARCH SYMPOSIUM 2014

PESS work presented at the Annual Research Symposium University Hospitals Limerick 24 October 2014.

Oral

Poster

Congratulations to PESS PhD graduate Dr Sarah Breen (Clarke) whose PhD research won the category ‘Best poster research presentation- Lifestyle and Health’.

POSTGRADUATE OPPORTUNITIES IN PESS - INFORMATION SESSION

Organised by Dr. Jaimie McMullen and Rhoda Sohun, the Department of Physical Education and Sport Sciences (PESS) hosted a general information session on postgraduate opportunities in the department for PESS students on the 2nd December 2014.

The session provided students with information on PESS scholarships, PESS internships, MSc. Sports Performance, MSc. Sports, Exercise and Performance Psychology, Professional Masters of Education (Physical Education), Graduate Diploma/MA Dance and advice on the application process for Irish Research Council (IRC) scholarships from PESS PG student Robin Healy (recipient of an IRC scholarship). Pictured right: Some of the PESS students and speakers who attended the information session.
PESS Postgraduate Scholarships: In 2015 there will be a maximum of two bursary awards in the PESS research area themes of 'Food and Health' and 'Sport Pedagogy'. Scholarships are to begin in September 2015. The purpose of the PESS Postgraduate Research Scholarship is to support full time PhD students. The scholarship is for a four-year PhD inclusive of fees (approx. €5,000 per annum) and maintenance valued at (€10,000 per annum). For more information on the PESS Scholarships e.g. terms of the award, the nature of the application, evaluation criteria and the evaluation process, see here.

Information on PESS Scholarship allocated to Food and Health

Information on PESS Scholarship allocated to Sport Pedagogy

The PESS Department is one of the most sought after departments for incoming ERASMUS Study Abroad and International students.

During the Spring 2015 semester, PESS has welcomed 4 incoming ERASMUS, 13 Study Abroad and 6 International Exchange students who account for a total of 59 module registrations across 10 different modules. Students studying in PESS this semester come from California State University – Long Beach, Universidade Federal Do Rio Grande Do Sol, and the University of Minnesota to name a few. This semester also sees 9 Sport and Exercise Sciences students on exchange to University of Jyvaskyla, Chichester University, California State University and Illinois State University.

PESS GRADUATIONS WINTER 2014

Congratulation to the following PESS students who graduated at the University of Limerick Winter Graduations 2014:

- Kate Flynn (Master of Education): Supervisor Dr. Ann MacPhail.
- Ariel Edesess (Master of Science): Supervisor Dr. Drew Harrison.

Doctor of Philosophy

- Karen McCreeesh: Supervisor: Prof Alan Donnelly (pictured far left)
- Peter Francis: Supervisors: Prof. Phil Jakeman and Dr. Mark Lyons. (pictured left: Peter Francis (PhD) & Dr. Mark Lyons)
- Richard Bowles: Supervisor: Prof. Mary O’Sullivan

NCEF: Graduates from the Certificate in Exercise and Health Fitness (NCEF) and Higher Certificate in Exercise and Health Fitness (NCEF) - Diploma in Exercise and Health Fitness (NCEF)

PESS INTERNSHIPS 2015

The PESS Internship is an opportunity for individuals to spend up to eight weeks in PESS gaining experience in one of four research areas, (1) Food for Health, (2) Physical Activity and Health, (3) Sport and Human Performance and (4) Sport Pedagogy.

The internship allows individuals an opportunity to work with PESS faculty, explore further their interest and disposition to postgraduate study and / or to consider working in a university setting. The internship will allow individuals to gain experience in working on a project that entails collecting and processing preliminary data. It may be that a PESS faculty member already has data that requires further analysis and, in such circumstances, the internship would contribute to an already established project.

A maximum of three internships to be completed between June 2015 and May 2016 are to be offered. Internships will receive €200 a week over a maximum of eight weeks. PESS will not fund associated running costs of the project. The eight week internship can take place at any time throughout the June 2015 to May 2016 period. Applications for PESS Internships 2015 closed on April 17th 2015. Discussions about PESS internships can be directed to the PESS Head of Department Dr Ann MacPhail – Ann.MacPhail@ul.ie
Champaign, Illinois—The National Academy of Kinesiology announced the recent induction of its newest Fellows at its 84th annual meeting, held September 11-13, 2014 in Austin, TX. Twelve U.S. and three international scholars were inducted. Melissa Parker, from the Physical Education and Sport Sciences department, UL was inducted into the National Academy of Kinesiology. The National Academy of Kinesiology is an honorary organisation composed of Fellows who have made significant and sustained contributions to the field of kinesiology through scholarship and professional service. The dual purposes of the National Academy of Kinesiology is to encourage and promote the study and educational applications of the art and science of human movement and physical activity and to honour by election to Fellow those individuals who have contributed significantly to this purpose. Fellows in the National Academy of Kinesiology reflect a “who’s who” of eminent scholars in the field.

Teaching Awards: MSc Sports Performance module SS6003 Professional Competencies I PBL was nominated by UL’s Dean of Teaching & Learning for entry to the 2014 QS Stars Innovation in Education international teaching awards. Led by Ian Kenny and Mark Lyons the module was chosen for its blended learning innovation of teaching technologies.
Conference Presentations


Research Talks

1. **C-PAHR/M2S Joint Research Workshop.** 13th April, 15.00-17.00. Room P1007, PESS Building. ‘Measurement of Physical Activity’.


5. **Biomechanics Research Unit 2015 Spring Public Lecture Series #4- 9th March 1200-1400 room LG-011. Mr Paul Clarke & Mr Kevin Conlan (RedBack Biotek) ‘Sports technology & GPS applications’.


7. **Sport Pedagogy Research Seminar.** 11th February 2015. Room P1007, PESS Building. Dr. Deborah Tannehill, Dr. Ann MacPhail, Dr. Missy Parker, Dr. Daniel Tindall, Brigitte Moody. ‘Self Study in Teacher Education’.


9. **PEPAYS Ireland Research Seminar.** 4th December 2014, 16.00-17.00. Room P1007, PESS Building. Prof. Stuart Fairclough (Edge Hill University). ‘Reflections on promoting physical activity through school-based research. From Physical Education to Exercise Science [and back again]’.


Lecture: MacIntyre, T. *Risks to mental health in the high performance sports environment: An inconvenient truth.* Department of Psychology, UL, weekly colloquia, October 10th, 2014.

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