



SPORT AND EXERCISE SCIENCE RESEARCH INSTITUTE

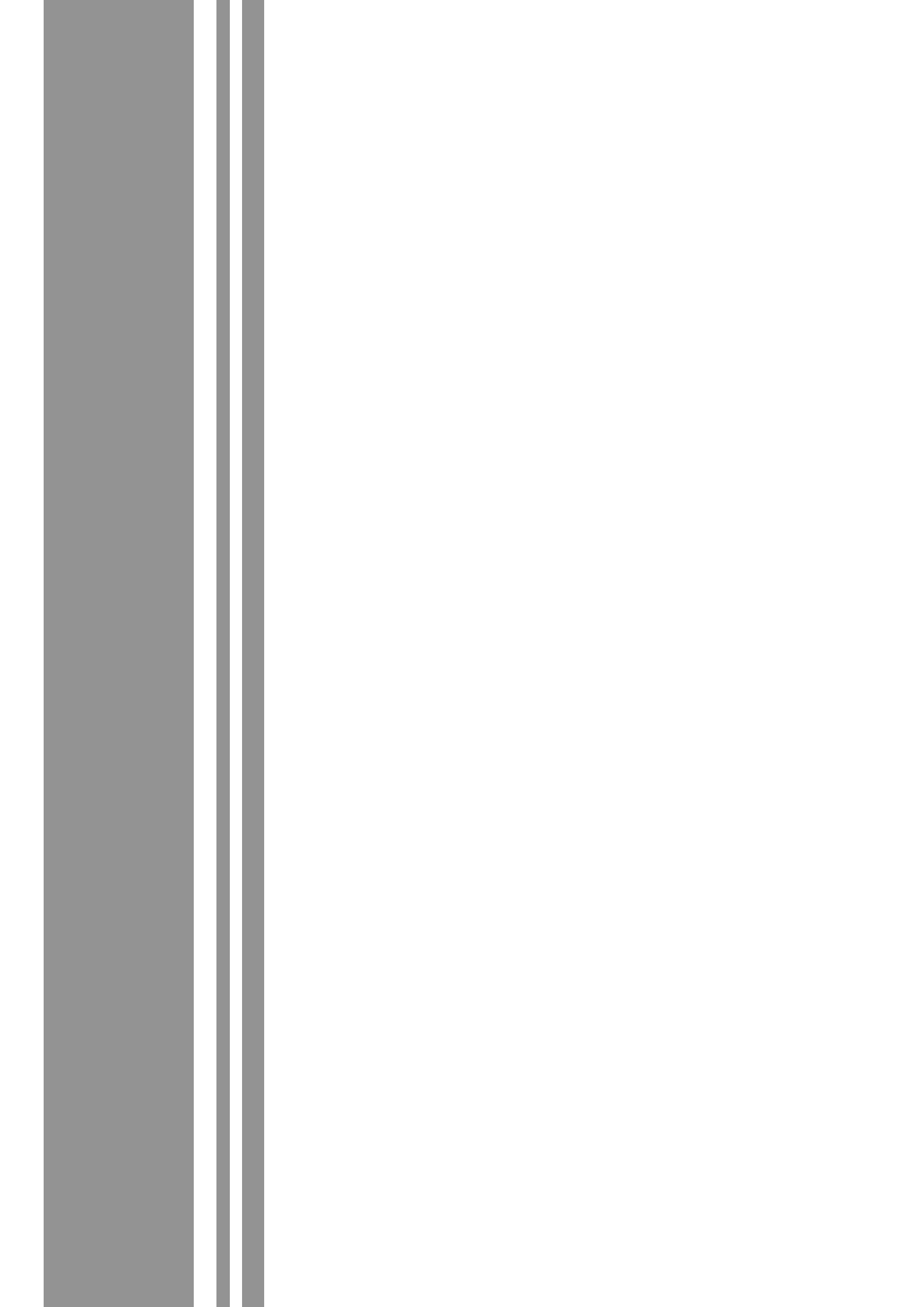
ANNUAL REPORT

1 AUGUST 2005 - 31 JULY 2006

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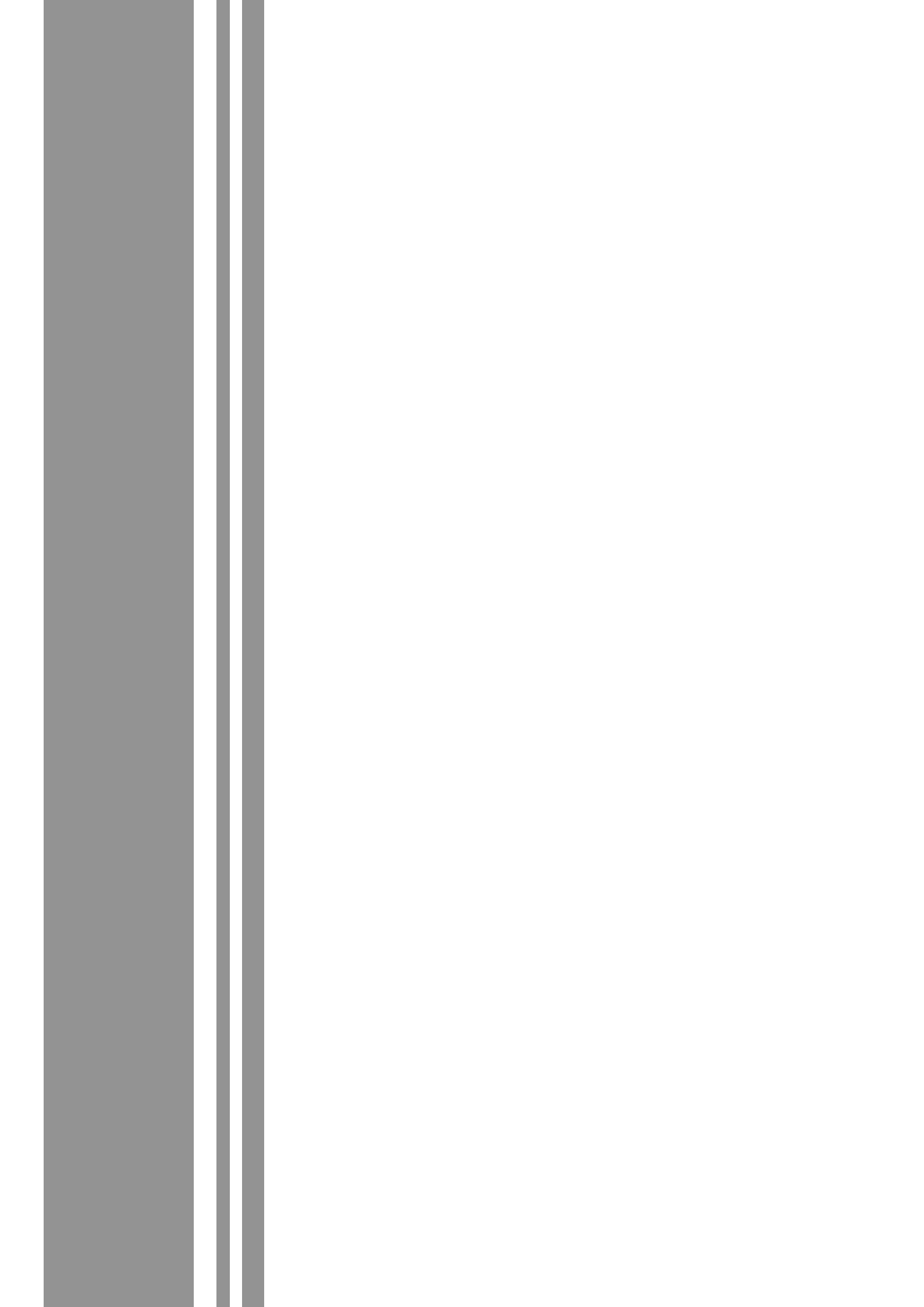
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I. FOREWORD BY THE PRO-VICE CHANCELLOR (RESEARCH AND INNOVATION)



'Excellence, Innovation and Regional Engagement.' This is the phrase that summarizes the objectives of the University of Ulster and was derived through institution-wide consultation in the past academic year. All three parts are highly relevant to research and, together with the specific core objective to *'undertake excellent research in selected areas of activity'*, make it clear that research is, and will continue to be, a highly prized activity of the University.

When our 17 Research Institutes were established in the 2004-05 academic year those staff colleagues with research outputs of the highest quality were designated as members. Over time the number of members has increased, and the research resources of the University are increasingly focussed on meeting their needs. Additionally mechanisms have been put in place across all institutes to ensure the targeted support of colleagues at earlier stages in research careers who have the potential to emerge as significant researchers in their own right. Our Research Institutes will be supported to achieve longevity and establish a reputation amongst external peers, research funders and research users.

This first Annual Report documents a significant body of work much of which is internationally significant. As a reader, you may be a member of another research institution, perhaps seeking to collaborate with UU, or perhaps you are a graduate, or soon-to-be graduate, considering postgraduate research as a starting-point in your career, or perhaps you are involved in the private sector. You may even have been responsible for funding some of the research, or you are seeking solutions or expertise to solve a problem. Whatever your perspective, I hope that the material contained in this Annual Report will be useful and informative. The precise work underway in an institute may change with time, as will the Institute's membership, and annual reports will be one mechanism through which this evolution will be tracked.

I commend each colleague whose achievements are documented in this report for the excellence of her/his work and I assure every reader of the University's continuing commitment to supporting the achievement of excellence.

A handwritten signature in black ink that reads "Bernie Hannigan". The signature is written in a cursive, flowing style.

Professor Bernie Hannigan
Pro-Vice Chancellor (Research & Innovation)

2. FOREWORD BY THE RESEARCH INSTITUTE DIRECTOR

The research activities of the Sport and Exercise Sciences Research Institute (SESRI) have continued to develop over the period covered by this annual report. Significant progress has been made in our three key research areas of Exercise and Health, the Social Sciences of Sport and Sports Biomechanics/ Engineering. The academic staff complement of the Research Institute membership has grown, with the welcome addition of 2 new associate members (Dean Allen and Tadhg MacIntyre) giving a total staff membership of 8. While SESRI is a relatively small RI, its membership includes the majority of Sport and Exercise academic staff.

The establishment of the new School of Sports Studies on 1 August 2006, provides an excellent platform for future developments and is strong evidence of the University's commitment to Sport, with research firmly identified as a central feature of the proposed UU Academy of Sport due to be launched in late 2006. It is anticipated that 3 pending appointments in the new School will result in a further increase in research activity and expand the core and associate membership of the RI. The enrolment of 5 new postgraduate research students brings our current total complement to 13, which provides further evidence of our commitment to postgraduate research education and training. During the year under review we also had another successful PhD completion within the specified DEL completion period maintaining our 100% completion record.

External research funding remains an area for our focussed attention, and despite a high number of quality applications to mainly Health and Social Services and Charities, as well as some to the Research Councils, our success rate was very modest.

Nonetheless, the research output of the core members has progressed most favourably, with all core members now having high quality publications for submission to RAE 2008, while the recently appointed staff, as associate members, have been successful with some publications with further submissions planned for the forthcoming year. The research esteem of the members has also continued to be externally recognised, with a number of accolades extending from invited research keynotes to key editorial positions and roles with professional and scientific bodies.

In summary, SESRI remains committed to the University objective of Excellence, Innovation and Regional Engagement, and will strive to further this aim through high quality and relevant research in the important domain of sport and exercise.



Dr Eric Wallace
Director of Sport and Exercise Sciences Research Institute

3. RESEARCH INSTITUTE MEMBERS

Surname	Forename	Title	Position
Allen	Dean	Mr	Lecturer in Social Science of Sport
Boreham	Colin	Prof	Professor of Sport and Exercise Science
Darby	Paul	Dr	Lecturer in Sociology of Sport
Davison	Gareth	Dr	Lecturer in Sport & Exercise Physiology
Hassan	David	Dr	Lecturer in Sports Studies
Macintyre	Tadhg	Mr	Associate Lecturer in Sport & Exercise Psychology
Murphy	Marie	Dr	Senior Lecturer
Wallace	Eric	Dr	Reader in Sport, Exercise and Leisure

4. RESEARCH STUDENTS

Name	Fogarty, Mark
Title of Project	Exercise induced oxidative DNA modification
Grant Source	DEL UU
Country of Origin	Northern Ireland

Name	Hegarty, Lynda
Title of Project	The tracking of Physical Activity & Attitudes in Teenage Girls
Grant Source	Self or Parent
Country of Origin	Ireland

Name	Hunter, Judith
Title of Project	Football & Society: Intra Community Rivalry
Grant Source	Self or Parent
Country of Origin	Northern Ireland

Name	Moreland, Elizabeth
Title of Project	An examination of the relationships between sport and national identity in the Republic of Ireland
Grant Source	DEL UU
Country of Origin	Northern Ireland

Name	Ward, Julian
Title of Project	Football & Society
Grant Source	DEL UU
Country of Origin	UK

5. RESEARCH PUBLICATIONS

ALLEN

ALLEN, D., 2005. 'Sport and South Africa', co-authored with Professor Jennifer Hargreaves, *Berkshire Encyclopaedia of World Sport*, Great Barrington, MA: Berkshire.

ALLEN, D., 2005. Cricket and the Anglo-Boer War, *Sport in History*. Vol.25 No.1, April 2005 pp.17-40

BOREHAM

BOREHAM, C.A.G., Kennedy, R.A., Murphy, M.H., Tully, M., Wallace, W.F.M. and Young, I., 2005. Training effects of short bouts of stair climbing on cardiorespiratory fitness, blood lipids, and homocysteine in sedentary young women. *British journal of sports medicine (London)*, 39(9), pp. 590-593

DARBY

DARBY, P., 2005. 'Africa and the World Cup: Politics, Eurocentrism and Resistance', *International Journal of the History of Sport*, 22, 5, pp.883-905.

DARBY, P., 2006. 'Emigrants at Play: Gaelic Games and the Irish Diaspora in Chicago, 1884-c.1900', *Sport in History*, Vol. 26 No. 1 pp.47-63.

DARBY, P., 2006. 'Migração Para Portugal de Jogadores de Futebol Africanos: Recurso Colonial e Neocolonial', *Análise Social: Football Globalizado*, Vol. XLI, 2 pp.417-433.

DAVISON

DAVISON G.W., Hughes, C.M., Bell, R., 2005. Exercise and Mononuclear Cell DNA Damage: The Effects of Antioxidant Supplementation. *International Journal of Sports Nutrition and Exercise Metabolism*. 15: 480-492.

Murtagh E.M., Boreham C.A.G., Nevill A.M., DAVISON G., Trinick T., Duly E. and MURPHY M.H., 2005. Acute responses of inflammatory markers of cardiovascular disease risk to a single walking session. *Journal of Physical Activity and Health* Vol 3, pp 324-332

DAVISON G.W., Hughes C.M. and Ashton T., 2005. Exercise and the Musculoskeletal System. *Exercise therapy: In the Prevention and Treatment of Disease*. Edited by Gormley, J. and Hussey, J. Blackwell Publishing.

DAVISON, G.W., Morgan, R.M., Hiscock, N., Garcia, J.M., Grace, F., Boisseau, N., Davies, B., Castell, L., McEneny, J., Young, I.S., Hullin, D., Ashton, T., Bailey, D.M., 2006. Manipulation of systemic oxygen flux by acute exercise and normobaric hypoxia: implications for reactive oxygen species generation. *Clinical Science*. 110 (1), 133-141.

HASSAN

HASSAN, D., 2005. The Gaelic Athletic Association, Rule 21, and Police Reform. *Journal of Sport and Social Issues*, 29 (1), pp. 60-78 Total No. of Pages: 19.

HASSAN, D., 2005. 'A Champion inside the ring and a Champion outside it': A Examination of the Socio-political Impact of the career of Barry McGuigan. *Sport in History*, 25 (2), pp. 220 – 235. Total No. of Pages: 15.

HASSAN, D., 2006. An Opportunity for a New Beginning: Soccer, Irish Nationalists and the Construction of a New Multi-Sports Stadium for Northern Ireland. *Soccer & Society*, 7 (2-3), pp. 339-352 Total No. of Pages: 14.

HASSAN, D., 2006. Sport, Identity, and the People of the Irish Borderlands. *New Hibernia Review*, 11 (2), pp.4-30 Total No. of Pages: 26

MURPHY

MURPHY, M.H., Lifestyle Activities for Health, Borms E.J. and Oja P. (ed) Health Enhancing Physical Activity. Volume 6. *International Council of Sport Science and Physical Education*, pp 209-230, 2005

Murtagh E.M., Boreham C.A.G., Nevill A.M., Hare L.G. and MURPHY M.H., 2005. The effects of 60 minutes of brisk walking per week, accumulated in two different patterns, on cardiovascular risk, *Preventive Medicine*, 41, pp 92-97

Murtagh E.M., Boreham C.A.G., Nevill A.M., Davison G., Trinick T., Duly E. and MURPHY M.H., 2005. Acute responses of inflammatory markers of cardiovascular disease risk to a single walking session. *Journal of Physical Activity and Health* Vol 3, pp 324-332

Anderson A.G., MURPHY M.H., Murtagh E., Nevill A., 2006. An 8-week randomized controlled trial on the effects of brisk walking, and brisk walking with abdominal electrical muscle stimulation on anthropometric, body composition and self-perception measures in sedentary adult women. *Psychology of Sport and Exercise* 7, 437-451

MURPHY M.H., Murtagh E.M., Boreham C.A.G., Hare L.G., Nevill A.M., 2006. The effect of a worksite based walking programme on cardiovascular risk in previously sedentary cavity servants. *BMC Public Health* 6:136

WALLACE

WALLACE E.S., 2006. Synopsis of Current Developments: Biomechanics. In Moritz E.F. and Haake S., *The Engineering of Sport* 6, Vol 2, P 3-4, Springer: New York.

Kenny I., WALLACE E.S., Brown D. and Otto S.R., 2006. Validation of a Full-Body Computer Simulation for the Golf Drive for clubs of different length. In Moritz E.F. and Haake S., *The Engineering of Sport* 6, Vol 2, P 11-16, Springer: New York.

McCloy A.J., WALLACE E.S. and Otto S.R., 2006. Iron Golf Club Striking Characteristics for Male Elite Golfers. In Moritz E.F. and Haake S., *The Engineering of Sport* 6, Vol 2, P 353-358, Springer: New York.

6. RESEARCH FUNDING

Staff Name(s)	Title of Award	Funding Body	Value
Darby	Gaelic Games and the Irish Diaspora in North America, funded by	The British Academy 2005-2007	£5,426
Hassan	An investigation into the capacity of an international sporting event to aid social cohesiveness amongst a divided society: A focus on the Rally Ireland project	Rally Ireland	£2,175
Hassan	An investigation into the capacity of an international sporting event to aid social cohesiveness amongst a divided society: A focus on the Rally Ireland project	Rally Ireland	£3,600
Murphy	Evaluation of the effectiveness of the Healthwise Physical Activity Referral Scheme (sponsored research project)	Eastern Health and Social Services Board 2005-2007	£21,000

7. INDICATORS OF ESTEEM

ALLEN

- Selection Panel for Lord Aberdare Book Prize for Sports History 2006
- Reviewer for journal *Sport in Society*
- Treasurer, British Society of Sports History
- Australian Society of Sports History
- North American Society of Sports History
- International Society for the History of Physical Education and Sport
- Historical Advisor for the RFU Museum, Twickenham and the South African RFU centenary celebrations.

Invited Presentations:

- 'The 1906 Springboks', International Conference on South African Rugby. Rugby and Empire. England RFU, Museum of Rugby, Twickenham Stadium, London. September 2006.
- 'South African Cricket and the Expansion of Empire, 1888-1910', British Society of Sports History conference, St Martin's College, Lancaster. September 2006.
- 'Rebuilding a Nation', International Conference on Social Science in Sport. 8th ISHPES Seminar. Sport, Nation, Nationalism. Faculty of Sport Ljubljana, Slovenia. August 2006.
- 'Rugby and South African Politics', Political Studies Association Annual Conference. Liberty, Security and Challenge of Government. University of Reading. UK, April 2006.
- Session Chairman at British Society of Sports History conference, University of Glamorgan, UK, Sept. 2005.

BOREHAM

- Chair – NI Public Health Review Sub-panel on Health Improvement and Knowledge Management, 2005 -
- External Assessor – Irish Heart Foundation Scientific Committee, 2005 -
- Fellow of American College of Sports Medicine and European College of Sports Sciences
- Member of DHSSPS CREST Advisory Panel on Obesity 2003 -
- Member of NI Physical Activity Advisory Group 2000 -
- Editorial Board Pediatric Exercise Science
- Invited Expert Reviewer "At least five a week. Evidence of the impact of physical activity and its relationship to health." A report from the Chief Medical Officer. Department of Health Publications, 2004

Invited Presentations:

- April 2005 – Invited Keynote Speaker, European Youth Heart Study Symposium, London
- June 2005 – Invited participant: WHO Expert Consultation on Childhood Obesity, Kobe, Japan

DARBY

Journal Editorial Positions:

- Editorial Board member, *Soccer and Society*, Taylor and Francis, 2005 – present.
- Editorial Board member, *Impumelelo: The Interdisciplinary Electronic Journal of African Sport*, 2004 - present

Invited Presentations:

- Darby, P. 'Stanley Rous's 'Own Goal': Football Politics, South Africa and the FIFA Presidency (1974)', invited paper presented at *Soccer - From England to the World: Selected European, African and Asian Aspects*, School of Oriental and African Studies: University of London, 16-17 June 2006.
- Darby, P. 'African Football Labour Migration to Portugal: Colonial and Neo-Colonial Resource' invited

paper at *Globalised Football: Nations and Migration – The City and the Dream*, at the Instituto de Ciências Sociais (ICS) of the University of Lisbon, 12 May 2006.

- *Manchester Institute of Popular Culture Research Seminar Series*, Manchester Metropolitan University, 6 April 2006.
- *African Sport Across Disciplines Workshop*, Ohio University, 4-5 Feb 2005.

DAVISON

- Appointed to Honorary Contract with Ulster Community and Hospital Trust – Dundonald.
- Advisory board member of *Journal of Sports Science (Physical Activity and Health)*
- Manuscript reviewer for *Medicine and Science in Sports and Exercise*, *Altitude Biology and Medicine*, *Clinica Chimica Acta*, *Pharmacological Research*, *British Journal of Sports Medicine*, *Free Radical Research*.
- Consultant Exercise Scientist to Coca-Cola (Powerade brand)
- Successfully supervised 1 PhD student to completion.

HASSAN

Journal Editorial Positions:

- Current Academic Editor for the international journal 'Sport in Society', Frank Cass/Taylor & Francis.
- Editorial Board member, 'Sport in Society', Taylor and Francis, 2004

Invited Presentations:

- Hassan, D. (2006) 'Anglo-German Relations in International Football' invited lecture at School of Oriental and African Studies Conference, University of London, 18 June 2006
- Hassan, D. (2006) 'Sport, Politics and Facility Provision in Ireland' invited lecture at Birbeck College, University of London, 24 May 2006
- Hassan, D. (2005) 'Sport, Identity and Marginalisation: An Investigation into the role of sport in the lives of the people of the Irish Border Region'. Paper presented at the 3rd World Congress of Sociology of Sport "Sport and Social Exclusion/Inclusion" Buenos Aires, Argentina: November 30-December 3, 2005.
- Hassan, D. (2005) 'Social Integration and Sport in Modern Ireland'. Paper presented at the Confederation of European Councillors' meeting, Mullingar, Co. Westmeath, June 2005.

MacINTYRE

Journal Editorial Positions:

- Editorial Board member, *International Review of Sport & Exercise Psychology*.
- Reviewer for *Journal of Sport Sciences*.

Invited Presentations:

- MacIntyre, T. "There's more to an image than meets the eye: Invited speaker at a Symposium on Motor Cognition at the Psychology Society of Ireland, Annual Congress.
- Pathways to Expertise in Elite Athletes: A Multi-disciplinary Approach, invited speaker at coaching Symposium, Irish Canoe Union, Sport HQ, Dublin, July, 2006.

MURPHY

Membership of relevant professional bodies/panels/ working/ end-user groups:

- Member of the General Teaching Council for Northern Ireland (2002-2006)
- Member of the Sports Council for Northern Ireland (2000-2003, 2003-2007)
- Member of the Lottery Committee of SCNI (2000-2003, 2003-2007)
- Chair of Sports Council Facilities Committee (2003-2007)

- Chair of SCNI Science Advisory Board
- Chair of SCNI Facilities Committee
- Chair of the Board of Directors of Salto National Gymnastics Centre of Excellence
- PhD External Examiner – Loughborough University
- Member of BASES expert PA guidelines consensus panel

Invited Keynotes:

- *Lifestyle physical activity for Health* - October 2006 British Diabetic Association Conference
- *'Accumulating physical activity for health'* Sept 2006 at the British Association of Cardiac Rehabilitation Annual Conference
- *'Health Benefits of Physical Activity'* at Countryside Activities and Access Network - Delivering a countryside for health and well-being - Carlingford Co Louth Jan 2006
- *Health Benefits of walking for Personal Transport- A European Perspective* symposium at European College of Sport and Exercise Science Conference Clermont-Ferrand, France July 2004
- *Tackling the School Run- Health Benefits of Walking-* DoE /UU TRAC Conference, Larne

WALLACE

- Napier University – Visiting Research Fellow
- International Sports Engineering Association – Executive Committee member
- International Sports Engineering Association, 5th and 6th International Conferences, member of scientific committee
- Sports Engineering (Research) Journal - Editorial Board
- EPSRC - Research Grant Applications referee
- Fulbright Commission - Research Grant Applications referee
- Nuffield Science Foundation- Research Grant Applications referee
- Journal of Sports Sciences - Academic paper referee
- British Journal of Sport and Medicine - Academic paper referee
- International Society of Biomechanics - Member
- R & A Rules Ltd - Biomechanics Research Adviser to Equipment Standards Committee
- The International Association of Science and Technology for Development - Technical Committee on Biomechanics
- PhD external examiner.