



University of Brighton

School of Sport and
Service Management

Applied Exercise Physiology MSc & Applied Sport Physiology MSc

Staff Profiles

PHYSIOLOGISTS

DR GARY BRICKLEY



Dr Brickley is a Senior Lecturer in the Sport and Exercise Science area. He teaches exercise physiology, nutrition, exercise and health, and applied sport and exercise science.

Gary was the physiologist for the Great Britain cycling team before joining the School of Sport and Service Management staff in 2000. He continues this interest through extensive work supporting the GB Paralympic cycling team, which has taken him to the Sydney 2000 and Beijing 2008 Paralympic games.

He coached 3 riders for London 2012 and was recently awarded a Mussabini Medal at the Sports Coach UK awards in recognition of his contribution to their gold medal successes.

Gary is a BASES accredited sport and exercise physiologist. He has published many academic research papers on the physiology of endurance exercise, and exercise and health, and has presented his work at conferences around the world. As well as a BSc in Sport Science and a PhD in Physiology, he also has an MSc in Cardiology.

DR LOUISA BEALE



Dr Louisa Beale is a Senior Lecturer in the Sport and Exercise Science area. She teaches exercise physiology, nutrition and exercise and health.

Her expertise lies in exercise and clinical populations, particularly heart disease and pregnancy. She conducts collaborative exercise cardiology research with East Sussex Hospitals NHS Trust, is a BASES Certified Exercise Practitioner, a BAPCR (British Association for Cardiovascular Prevention and Rehabilitation), an exercise Instructor. Louisa co-ordinates the University's Cardiac Rehabilitation Programme. She also has experience in Primary Care Exercise Referral.

Louisa gained her qualifications from the University of Brighton – a BSc in Exercise Science, a PhD in Exercise Physiology and a postgraduate certificate in Teaching and Learning.

ALEX BLISS



Alex is the Lead Sport Scientist for the Sport and Exercise Science Consultancy Unit (SESCU), a specialist commercial activity wing of the School of Sport and Service Management. He oversees the day-to-day management of the unit and works closely with the academic staff on a range of consultancy projects.

Alex is a BASES accredited physiologist and holds Chartered Scientist status through the Science Council. He is also a regional physiologist for England Athletics, providing support and educational workshops for talented junior and senior endurance athletes and their coaches in the South East. Alex works as a strength and conditioning coach and provides support to athletes and National Governing Bodies from a range of sports including British Triathlon and Paratriathlon, Great British Wheelchair Basketball and British Ice Hockey.

Alex has published peer-reviewed research in the areas of talent development and athlete support. He has also been featured in several industry-leading exercise magazines such as Runner's World and Running Fitness.

Alex holds undergraduate (Sport and Exercise Science) and postgraduate (Applied Exercise Physiology) degrees from the University of Brighton.

DR HELEN CARTER



Dr Helen Carter is a Senior Research Fellow in the Sport and Exercise Science area. Helen's research work and teaching focuses within exercise physiology and sports performance: specifically the principles of training and determinants of endurance performance.

Alongside her academic career (Helen is widely published in the areas of endurance physiology and performance), Helen has been coaching in sport for over 20 years. She founded PBscience, a sport science consultancy and coaching service for endurance athletes in 2008 (www.PBscience.com). She is an experienced cycling coach and former competitive cyclist herself. Helen gained her qualifications from the University of Brighton – a BSc in Exercise Science, a PhD in Exercise Physiology. She is also qualified as a Life Coach and currently undertakes further studies in the field of Psychotherapy. She offers students Personal Coaching support as part of the programme.

DR JEANNE DEKERLE



Dr Jeanne Dekerle is a Senior Lecturer in Sport and Exercise Science, teaching core exercise physiology, physiological profiling, exercise tolerance and fatigue, physiology of training, and research methods.

Jeanne was also the Head Coach of Eastbourne Swimming Club for five years and continues working closely with local coaches and students on applied Sports Science projects. She is today a consultant for the English Institute of Sport. Jeanne's research in swimming is internationally recognised, having received a Research Award by the French National Olympic Committee for her applied work, being invited to speak at several overseas conferences (Belgium, France, Portugal, Ireland, Canada and Italy).

Jeanne is today the course leader for the Sport and Exercise Science MSc programme. Her research interests are exercise tolerance, fatigue, and swimming.

Jeanne gained her qualifications from the University of Lille 2 (France) – a BSc in Physical Education, an MSc in Sports Coaching and a PhD in Exercise Physiology. She also completed a postgraduate certificate in Teaching and Learning at the University of Brighton.

PROFESSOR JONATHON DOUST



Professor Jonathan Doust is Head of our School.

Jo has lectured for 30 years and previously been Head of departments of sport at Aberystwyth and Roehampton universities. He has published over 50 academic research papers and worked with many sports people applying sports science to performance, including Olympic champions and world cup winning teams.

Jo was Chair of BASES from 2008-2012 and is currently a board member of the English Institute of Sport. He has also worked in exercise science including roles as Director of Research and Development for an NHS Trust, and as a contributor to national policy documents on exercise schemes in Wales and England.

He has a BSc from Loughborough, a PhD from Nottingham Medical School and is a fellow of the British Association of Sport.

DR IFIGENIA GIANNOPOULOU



Dr Ifigenia Giannopoulou is a Senior Lecturer in the Sport and Exercise Science area. She teaches exercise physiology, nutrition for health and sports, metabolism, exercise testing and prescription for clinical populations.

Her research is focused on the effects of exercise and diet on the abdominal fat deposition, chronic low grade inflammation and overall health in clinical populations such as obese individuals and type 2 diabetic patients. She has also experience working with elite athletes and conducting research in topics including respiratory physiology in elite level cyclists, eating disorders in female athletes and the inflammatory process and fatigue in team sports athletes.

Ifigenia gained her qualifications from the University of Athens, Greece - a BSc in Exercise Science; a MscEdu in Exercise Science at Northern Illinois University, USA and a PhD in Exercise Physiology/ Science Education at Syracuse University, USA. She has previously worked as a Lecturer in Applied Physiology at Strathclyde University, Glasgow, UK and as a Lecturer in Exercise Physiology/Sports Nutrition at the University of Athens, Greece.

MARK HAYES



Mark Hayes is a Senior Lecturer in Sport and Exercise Science. He teaches in the areas of sport and exercise physiology, environmental physiology, expedition physiology and survival medicine.

Mark's research interests include understanding how heat acclimation can affect intermittent-sprint exercise in team-sport athletes but also how heat acclimation can be optimised to improve tolerance to heat stress across a broad spectrum of athletes / sports.

Before moving to the University he held a full-time lecturing position at Sussex Downs College, Eastbourne, lecturing in sport and exercise science and was responsible for writing and course leading the Foundation Degree in Sport Coaching and Development in association with the University of Brighton.

Mark holds a first class honours BSc (Sport and Exercise Science) from the University of Brighton, a Post Graduate Certificate in Education from Greenwich University and is in the final phase of PhD completion. He was awarded one of the University of Brighton's Excellence in Facilitating and Empowering Learning Awards in 2013.

ROB HARLEY



Rob Harley is a Principle Lecturer in the Sport and Exercise Science area. He teaches on a variety of modules including strength and conditioning and fitness assessment. He is currently part of the School's team "Learning and Teaching for Higher Education".

He is a BASES re-accredited Sport and Exercise Scientist and has been working with athletes and coaches from a variety of sports from junior to international standard for over 20 years. His consultancy projects encompassed a wide variety of areas ranging from working with schools junior talented athlete programmes to professional sports performers, such as The England U19 Netball team, U15 England cricket squad, the Sussex County Cricket Club and Brighton and Hove Albion FC.

BA (Hons) Sports Studies (West Sussex Institute of Higher Education); M.Phil. physiology based research thesis entitled "The development, evaluation and implementation of sports specific fitness monitoring in basketball." (University of Brighton).

DR NEIL MAXWELL



Dr Neil Maxwell is a Principal Lecturer and has responsibility for business activity generation in the School, which includes overseeing the Sport and Exercise Science Consultancy Unit. He teaches in the areas of sport and exercise physiology, environmental physiology, expedition physiology and survival medicine.

As an exercise/environmental physiologist, Neil's expertise focuses upon tolerance to heat and altitude stress and the effects of these environments upon exercise performance and physiological function.

Neil also has a keen interest in understanding competition preparation in these extreme conditions. He has helped athletes prepare for events ranging from the Polar and Jungle Marathons to expeditions climbing Kilimanjaro and to Everest Base Camp. Dr Maxwell has published extensively in the international, scientific literature and is involved in projects with the English Institute of Sport seeking ways of helping Olympic athletes acclimatise using altitude and heat for competitions around the world.

Neil also has a keen interest in examining special populations that display thermosensitivity (e.g. individuals with multiple sclerosis or spinal cord injuries and the elderly) and evaluating strategies to alleviate the negative consequences of exercise in hot conditions. Allied to hypoxia, he is also interested in evaluating protocols that test

susceptibility to altitude injuries, such as acute mountain sickness.

He was awarded one of the University of Brighton's Teaching Excellence Awards in 2004 and was the university's nominee to the National Teaching Fellowship Scheme.

Before coming to Brighton, Neil studied at Loughborough and Strathclyde Universities.

PROFESSOR YANNIS P PITSILADIS



Professor Yannis is Professor of Sport and Exercise Science. Following 15 years at the University of Glasgow where he created the largest known DNA biobank from world-class athletes, he was appointed Professor of Sport and Exercise Science at the University of Brighton. Here he is in the process of establishing state-of-the-art laboratories in human systems biology with special applications to elite sport and exercise science, sports medicine and sports nutrition.

Professor Pitsiladis has an established track record of research into the phenomenal success of east African distance runners and sprinters from Jamaica. His current research priority is the application of "omics" (i.e. genomics, transcriptomics, metabolomics and proteomics) to the detection of drugs in sport with particular reference to recombinant human erythropoietin and growth hormone. His most recent research is funded by the World Anti-Doping Agency (WADA),

he has sat on two WADA committees and an expert group of the International Olympic Committee (IOC).

He is a member of the scientific commission of the International Sports Medicine Federation (FIMS), a Fellow of the American College of Sports Medicine (ACSM) and an expert committee pool member of the Biotechnology and Biological Sciences Research Council (BBSRC). He is an adjunct Professor of Medical Physiology at the University of Technology (Kingston, Jamaica), University of the West Indies (Kingston, Jamaica), Moi University (Eldoret, Kenya) and Addis Ababa University (Addis Ababa, Ethiopia). He has published over 110 peer-reviewed papers, written and edited a number of books and has featured in numerous research documentaries (e.g. BBC, NHK Japan, CNBC) and popular books (e.g. Bounce, The Sports Gene).

DR ALAN RICHARDSON



Dr. Alan Richardson is a Senior Lecturer in the Sport and Exercise Science area. He lectures in exercise and environmental physiology and is currently the course leader for the Sport and Exercise Science BSc.

Alan's research focuses on the physiological changes and human tolerance to hypoxia and severe heat exposure. Alan worked as a research exercise physiologist on the Centre for Aviation, Space and Extreme Environment Medicine Xtreme

Everest Project in 2007 and 2009, carrying out cardiopulmonary exercise testing in trekkers ascending to Everest Base Camp.

Since then Alan has lead a research consultancy project (2013) with the National Fire Service investigating the immune function and inflammatory responses to repeated fire exposures in Fire Service instructors. Alan is continuing to work with the Fire Service investigating the use of undergarments for thermoregulation and post heat exposure cooling strategies.

Alan lead a research project taking 30 Sport and Exercise Science students to Peru and undertaking a large number of physiological tests before, during and after the 3 weeks in Peru. While in Peru students and staff helped rebuild a school and then trekked for 4 days to Machu Picchu. Please find more information about the project [here](#).

Alan gained his qualifications from the University of Brighton – a BSc in Exercise Science, a PhD in Exercise Physiology and a postgraduate certificate in Teaching and Learning. Alan has won three teaching and learning fellowships each evaluating technological teaching interventions within the school. Alan recently won the national 'I'm a scientist get me out of here' competition for the Human Limits zone.

DR NICK WEBBORN



Dr Nick Webborn is not just Research Fellow at the University of Brighton, he is also Medical Director of The Sussex Centre for Sport and Exercise Medicine based at the University of Brighton and Honorary Clinical Senior Lecturer in Sport & Exercise Medicine, Queen Mary, University of London.

He was formerly Medical Advisor to the National Sports Medicine Institute. Nick was Medical Officer with the GB Team at the Paralympic Games in Atlanta, Nagano and Sydney and joined the International Paralympic Medical Commission in 2000.

He attended the Salt Lake and Athens and Torino Paralympics on the anti-doping committee and started the IPCs sports injury surveillance programme in Salt Lake. He won a Congress Award for his work on exercise in the heat for athletes with disabilities at the 4th IOC World Congress on Sport Sciences in 1997.

He became a Fellow of the American College of Sports Medicine in November 2000 and a Foundation Fellow of the Royal College of Physicians of Ireland and the Royal College of Surgeons in Ireland Faculty of Sports & Exercise Medicine in 2003 and a Fellow of the Institute of Sports Medicine in 2004.

He was a member of the London 2012 health advisory group presenting to the IOC evaluation commission and the Medical Advisory Group for LOCOG and was a member of the SEM workstream group for LOCOG. During the Olympic Games he worked as a sports physician in the Polyclinic in the Olympic Village and was Chief Medical Officer to Paralympics GB.

Nick delivers some taught content on all our MSc courses and can offer placement opportunities within his remit.

DR. PETER WATT



Dr. Peter Watt is a Reader in the Sport and Exercise Science area. He teaches in the areas of sport and exercise physiology, and research methods.

He is a member of the University's Exercise and Environmental Tolerance Group and the Physical Activity, Health and Wellbeing Group. He also is included in two main research initiatives, the Cluster for Musculoskeletal Research and the Brighton Centre for Regenerative Medicine (BCRM).

Dr Watt's research focuses on the application of stable isotope methods to measure metabolic and physiological changes occurring in humans during exercise, with application to health related problems, such as diabetes and obesity. His work is also applied to understanding the effects of nutrition and exercise on skeletal muscle growth and wasting. He is a member of IICCB and has editorial positions on several research journal boards.

Non-physiologist specialists

with an interest in exercise and health or sport performance

BILL FILBY – PSYCHOLOGY



Bill Filby is a Senior Lecturer in the Sport and Exercise Science area. Bill teaches predominantly within the areas of sport and exercise psychology and motor learning. He is an applied sport psychology consultant to and has worked with Sussex County Cricket Club for many years.

His main area of academic interest is the application of goal-setting theory to sports training and competition. Bill has a BSc in Sports Science from the University of Chichester, a teaching qualification from the University of Portsmouth and an MPhil in Applied Psychology from Sheffield Hallam University.

He is accredited as a sport psychologist by the British Association of Sport and Exercise Sciences.

DR NICK SMEETON – MOTOR BEHAVIOUR



Dr Nick Smeeton is a Senior Lecturer in the Sport and Exercise Science area. Nick lectures in sport and exercise psychology, motor behaviour and research methods.

He has been awarded a teaching fellowship in recognition of his work on student learning.

His research focuses on the training of anticipation and decision-making skills in which he leads a network of UK and international scientists. His work has been published in international research journals and has important implications for training regimes in sport.

Dr Smeeton has degrees from Reading and Liverpool John Moore's universities.

MONICA DOROBANTU – PSYCHOLOGY



Monica Dorobantu is a Senior Lecturer in the Sport and Exercise Science area. She lectures in sport psychology with a particular interest in motivation, mental skills training and team building.

As an applied sport psychologist Monica works with talented athletes from sports colleges, sub-elite u21 rugby players, coaches and recreational athletes.

Monica has a Bed degree from the University of Bucharest, a MSc from Exeter and a PhD from Loughborough University on achievement goals and self-regulation.

DR MARTIN BAILEY – BIOMECHANICS



Dr Martin Bailey is a Principal Lecturer and Programme Leader for the Sport and Exercise Science and Sports Coaching degrees.

A biomechanist, Martin's expertise is in sports injuries and the biomechanics of fatigue. Martin has also led projects looking at footwear mechanics for businesses such as Clark's shoes.

Dr Bailey is himself a graduate of the University of Brighton, gaining a BSc in Sport Science and a PhD in biomechanics.

STUART MILLS – BIOMECHANICS



Stuart Mills is a Principal Lecturer in the Sport and Exercise Science area. Stuart teaches biomechanics and performance analysis. He is involved with biomechanics consultancy, including analysis of cricket bowling, and the effect of minimalist shoes on running technique.

He has conducted biomechanical analysis of elite cricket bowlers for the International Cricket Council (ICC) as well as providing biomechanical support to the Sussex County Cricket Club.

Stuart is a Dartfish Certified Technologist and uses video analysis software extensively within his teaching and consultancy. Before coming to Brighton, Stuart studied at the universities of Otago (New Zealand) and Loughborough.

