

# Doctoral Programme Profile

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## Sport, Exercise and Physical Education

Awarding Institution	University of Chichester
Teaching Institution	University of Chichester
Final award	PhD
Name of academic discipline(s)	Adventure Education, Physical Education, Sport Development and Management, Sport and Exercise Sciences.
FHEQ level of final award	Level 8
Research Degree Coordinator for area	Dr Iain Greenlees
Date Programme Profile was last revised	01/10/2018

All PGR Programme Profiles should be read alongside the [University of Chichester's Regulations for the degrees of Master of Philosophy and Doctor of Philosophy](#) and the [Code of Practice for Research Candidature and Supervision](#).

## Programme Outline

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### Brief outline of the programme

Here at the University of Chichester, we are proud of our international reputation in sport-related research. We have been delivering sport programmes since 1982 and have a proven track record of excellence in teaching, research and applied sport and exercise science, supporting local community sport, as well as extensive experience of working alongside elite Olympic athletes in our excellent facilities. The Chichester Institute of Sport is known nationally and internationally for excellence in research and teaching. In the Research Excellence Framework 2014 (REF 2014), the Institute of Sport submitted 19 staff and established 12th position out of 51 regarding research power in the unit of assessment Sport and Exercise Sciences, Leisure and Tourism. Information on staff research interests and achievements can be found through the Institute's webpages.

<https://www.chi.ac.uk/chichester-institute-sport/institute-sport-research>

We offer PhD programmes across 3 broad specialisms; sport and exercise sciences, sport development and management, adventure education and physical education. The research degree programme aims to provide students with an outstanding learning experience in a supportive community of learning.

### Sport and Exercise Sciences

Our staff have diverse research and consultancy interests and this, combined with very well equipped laboratory spaces, provide our students with the opportunity to pursue their own research interests in both sport and exercise science and sports therapy. We believe in following our passions and, with our team of leading professional academics, we are constantly expanding the scope of our research. We have the capacity to supervise research projects in all sport and exercise science disciplines (biomechanics, sports technology, physiology, psychology, skill acquisition, performance analysis, sports therapy, coaching science).

Research in the department is currently organised around 4 key themes:

- Occupational Performance
- Health and Well Being
- Developing Coaches and Athletes
- Applied Sports Nutrition

## **Sport Development & Management**

Our staff have strong academic and practitioner credentials, and they are passionate about undertaking research which can inform policy and practice. We have the capacity to supervise research projects in the areas of sport business, development, coaching, and the sociology and psychology of sport. A particular strength is the work of the Anita White Foundation, based in the department, which means that students are able to engage with the internationally recognised research activities of staff who are working within the women and sport movement.

Research in the department is currently organised around the following themes:

Coaching, coach mentoring, and leadership in sport  
Gender, women and sport  
Sport and leisure histories  
Sport and social change  
Physical activity and population health

## **Adventure and Physical Education**

Believing in the need to maintain an evolving impact, our department has a strongly applied approach to research in the fields of physical and adventure education, coaching, performance and health contexts. As highly qualified practitioners, staff research is utilised in practice within and outside of the university in coaching and education contexts. Expertise exists across academic disciplines in the physiology, psychology and sociology of sport and staff regularly present at national and international conferences.

Research in the department is currently organised around the following themes:

Teaching and teacher training in physical education and dance  
Physical activity and health for young people and children  
Performance analysis in team sports  
Coaching and teaching in adventure education  
Performance in adventure environments

## **Aims of the Programme**

The main aims of the programme are:

- a) the creation and interpretation of new knowledge through original research or other advanced scholarship, or of a quality to satisfy peer review, extend the forefront of the discipline and merit publication;
- b) a systematic acquisition and understanding of a substantial body of knowledge which is at the forefront of the academic discipline;
- c) the general ability to conceptualise, design and implement a project for the generation of new knowledge, applications or understanding at the forefront of the discipline, and to adjust the project design in the light of unforeseen problems;
- d) a detailed understanding of applicable techniques for research and advanced academic enquiry appropriate to the discipline.

## **Programme Outcomes**

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## Knowledge and Understanding

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Having successfully completed this programme you:

- have demonstrated a systematic understanding of a field of study and mastery of the skills and methods of research associated with that field;
- have demonstrated the ability to conceive, design, implement and adapt a substantial process of research with scholarly integrity;
- have made a contribution through original research that extends the frontier of knowledge by developing a substantial body of work, some of which merits national or international refereed publication;
- are capable of critical analysis, evaluation and synthesis of new and complex ideas;
- can communicate with your peers, the larger scholarly community and with society in general about your areas of expertise;
- can be expected to be able to promote, within academic and professional contexts, technological, social or cultural advancement in a knowledge-based society.

### Learning and Teaching Methods

The PhD programme is delivered through a supervised research project. Each student will have a supervisory team of at least two appropriately qualified academic staff, one of whom will be the Director of Studies. A description of the responsibilities of the supervisory team can be found in the [Code of Practice for Research Candidature and Supervision](#).

### Assessment methods

The award of MPhil or PhD is assessed through submission of a written thesis or equivalent for practice based disciplines and an oral examination with a panel of examiners (*viva voce*). The viva is compulsory for PhD and for MPhil.

### Subject Specific Intellectual and Research Skills

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The majority of subject specific intellectual and research skills are gained through the process of doing research within the context of supervisory meetings and support. On occasion it may be helpful for a student to undertake specific research skills training such as that taught as part of Masters programmes or as part of the postgraduate research training programme coordinated by the Research Office.

### Professional Development and Transferable Skills

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Those completing their doctoral programme will have the qualities and transferable skills necessary for employment requiring the exercise of personal responsibility and largely autonomous initiative in complex and unpredictable situations, in professional or equivalent environments.

Research students have access to the University's Staff Development Programme as well as a range of other formal and informal training activities coordinated at the department, area or University level.

# Programme Structure

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## Admissions

MPhil/PhD students can register either at the start of October or the start of February. Admission requirements are described in the [Code of Practice for Research Candidature and Supervision](#). (in particular see clauses 11 to 25).

## Candidature

Maximum candidature is 48 months in Full Time registration, 84 months in Part Time Registration.

## Progression Requirements

The programme follows the University's [Higher Degree Regulations](#) as set out on the University website.

During the programme there are a number of academic milestones that the student will need to complete.

These include:

- Confirmation of research project (2000 word proposal and completed Form 1) after three months (full time) and six months (part-time)
- Satisfactory Annual Progress reports
- Major Review to upgrade from MPhil to PhD programmes (only for PhD programmes).

## Support for student learning

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There are facilities and services to support your learning. Some of these are accessible to students across the University and some of these will be geared towards students in your particular Faculty or discipline.

The University provides:

- library resources, including e-books, on-line journals and databases, together with assistance from Library staff to enable you to make the best use of these resources
- high-speed access to online electronic learning resources from dedicated PC Workstations onsite and from your own devices; laptops, smartphones and tablet PCs via the Eduroam wireless network. A wide range of application software is available from the PCs in each LRC.
- computer accounts that connect you to a number of learning technologies including the Moodle virtual learning environment (which facilitates online learning and access to specific learning resources)
- standard ICT tools such as Email, secure filestore and calendars.
- access to key information through the University's intranet.
- IT support through a comprehensive website, telephone and online support and a dedicated helpdesk at the SIZ at each of the LRCs.
- Enabling Services offering assessment, guidance and facilities (including specialist IT support) if you have a disability, dyslexia, mental health issue or specific learning difficulties
- Student Support Services to assist you with a range of general enquiries including financial matters, accommodation, exams, graduation, student visas, ID cards (studentadviser@chi.ac.uk )
- Careers support, advising on job search, applications, interviews, paid work, volunteering and internship opportunities and getting the most out of your extra-curricular activities alongside your degree programme when writing your CV
- a range of personal support services : mentoring, counselling, residence support service, chaplaincy, health service
- assistance in the development of English language and study skills for non-native speakers.
- a Research Office which coordinates a programme of professional development and skills training ([pgsupport@chi.ac.uk](mailto:pgsupport@chi.ac.uk))
- An appropriate research environment, as set out in the [Code of Practice for Research Candidature and Supervision](#).

The Students' Union provides:

- an academic student representation system, consisting of elected Student Voices in every department, Academic Representatives for both campus', and the SU President and Vice President. UCSU provides training and support for those who represent students' views to the University.
- extracurricular activities and volunteering opportunities
- free and confidential advice including support if you need to make an academic appeal or apply for mitigation
- opportunity to thank and reward staff through the SU Teaching Awards

Associated with your programme you will be able to access:

Bespoke research laboratories. The Tudor Hale Centre, opened in 2015 at the cost of £2.69M, provides us with an enhanced environment in which to conduct research. The centre houses 1 Biomechanics Lab, 3 Physiology Labs and 1 Sports Therapy Rehabilitation Space. Alongside this development, the Institute also benefits from a qualitative research laboratory, a psychology research laboratory and observation suite an environmental chamber and laboratory and a strength and conditioning lab.

On Campus Sports Facilities. Our air conditioned Sports Dome features four indoor tennis courts and is available to all students for teaching and recreational sports. We also have 3 netball courts, an 110m synthetic athletic track, 2 multipurpose gymnasiums, indoor and outdoor climbing walls and a climbing boulder, grass football and rugby pitches, a floodlit synthetic astroturf pitch, cricket nets and a Sport Performance and Rehabilitation Unit (SPRU).

The Anita White Foundation International Women and Sport Movement Archive. This comprises papers accumulated by leaders in the "women's sports movement" – a collective of organisations and individuals who have worked to achieve their overriding objective of sustained activism to change sport for women. These papers were amassed in the course of their research, study and work in the fields of the sociology of sport and sport science, and their involvement as activists and leaders in the global women and sport movement. In total, over one hundred EcopHant archival quality storage boxes are housed in the archive, and the archive is based in the Special Collections room on the Bishop Otter Campus and is available to all students at the University.

Students also have access to extensive online resources, inter-library loans, computers and office space.

### **Fees information**

Current information about the fees for postgraduate research degree programmes are available on the University's website <http://www.chi.ac.uk/study-us/fees-finance/tuition-fees>

### **Further information**

For general queries about research degree programmes please contact the research office using [pgrsupport@chi.ac.uk](mailto:pgrsupport@chi.ac.uk)

For queries specific to the Institute of Sport please contact Professor Iain Greenlees <https://www.chi.ac.uk/staff/professor-ian-greenlees>