



UNIVERSITY OF
STIRLING

Scotland's
University for
Sporting Excellence



Scotland's University for Sporting Excellence

Review 2011

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The University of Stirling is Scotland's University for Sporting Excellence, combining sport and education to deliver the best for Scotland.

Excellence is at the heart of everything we do, from our innovative research improving the health of our nation to preparing athletes for success on the world stage.

Our scenic campus brings together the people shaping Scottish sport and provides an unrivalled student experience.

The University of Stirling is:

- Scotland's University for Sporting Excellence
- 1st in Scotland for sports research (most recent Research Assessment Exercise)
- 1st in Scotland for Sport and Education (*The Times Good University Guide, 2012* and *The Complete University Guide, 2012*)

DELIVERING THE BEST

We have recently outlined our strategic objectives for the University of Stirling through to 2016 and, as Scotland's University for Sporting Excellence, sport will continue to play a fundamental role in delivering the best for the University and for Scottish sport.

A strategic priority for the University is to enhance the student experience by putting students first. Sport at Stirling does this by providing a first-class experience for students through participation in the many health and fitness classes and as members of the ever-growing list of sports union clubs.

Students competing at a performance level are supported through a long-established University sports scholarship programme and through Winning Students, Scotland's national sports scholarships for student athletes.

Both programmes provide student athletes with the flexibility and training support to deliver on the world stage; clearly demonstrated this summer with World Championship medals in badminton, swimming and triathlon.

Stirling continues to invest in Scotland's future, with the recently created state-of-the-art performance assessment laboratories and physiotherapy and sports medicine

facilities developed in partnership with the sportscotland institute of sport.

We contribute to a healthier Scotland through our health and exercise researchers, who, as you will discover in this review, are leading projects into areas such as postnatal wellbeing and tackling muscle wasting among the elderly.

Our research connects locally and globally with alumni, academia and business, while ensuring our students are equipped with the skills needed to secure excellent jobs.

Stirling graduates are shaping the world and as our network of sporting partners grows, we will continue to use our sporting expertise to provide assistance in developing countries.

It has been a proud year at Scotland's University for Sporting Excellence and I encourage you to celebrate our successes and look forward to a bright sporting future.



Professor Gerry McCormac, Principal and Vice-Chancellor



Our vision: To be acknowledged worldwide as a distinguished university that addresses the social and environmental needs of society through innovative, interdisciplinary research and education.

SPORTING HIGHLIGHTS

Leading Scottish athletes were boosted by the announcement of a major investment in world-class sports science and sports medicine facilities in a joint project with the sportscotland institute of sport. The development, based at the University's Gannochy Sports Centre, provides performance assessment laboratories, physiotherapy treatment areas and consultancy areas for doctors and nutritionists.

A sporting partnership between Scotland's University for Sporting Excellence and EventScotland was formed with Malaysia, using Scottish expertise to create a vibrant and sustainable sports industry in Malaysia. 2011 was designated as a Year of Sports Industry and University experts in marketing, management and finance will lead on a capacity building project.

Three University swimmers, who train on campus at the British Gas Intensive Training Centre, were selected for the FINA World Swimming Championships in Shanghai. The trio, Jak Scott from Scotland, England's Josh Walsh and Northern Ireland's Clare Dawson, are now focused on selection for the London 2012 Olympic Games.

Dr Paul Dimeo, who specialises in research into drugs in sport, was selected by the World Anti-Doping Agency (WADA) to lead a project investigating the attitudes, knowledge and behaviours relating to performance enhancing drugs amongst

Kenya's elite-level runners. Dr Dimeo is also working with partners at the HJ Lutcher Stark Research Centre, University of Texas on research around doping in the context of the Cold War international politics.

Stirling's International Sports Scholarship Programme supported almost 100 athletes across six sports, one third of whom also received a national Winning Students sports scholarship. In the past year, 22 students represented Great Britain and there were 27 national champions, while the students joined the programme from as close as Bridge of Allan and as far away as Hong Kong.

The University's scenic campus proves a hit not only as a national training centre, but as host to sporting events. The Scottish Duathlon Championships took place at Stirling for the seventh year running while the University's own Dumyat Hill Race attracted more than 300 staff, students and national hill running champions.

An innovative new postgraduate distance learning degree in Performance Coaching was launched to build on Scotland's established reputation for producing talented coaches. Led by former Scottish Swimming Technical Director Alan Lynn, it aims to develop the skills of Scotland's performance coaches and has already attracted a number of talented students, including triple Olympian snowboarder Lesley McKenna.

Sir Alex Ferguson with Chancellor James Naughtie (right) and Deputy Principal Professor Grant Jarvie (left)



Dumyat Hill Race



Not many Scottish footballers can claim to have scored for Great Britain in a penalty shootout win over Brazil, but Communications, Media and Culture student Kyle Macaulay did just that, competing at the World University Summer Games in China. The former Aberdeen FC player collected a silver medal at the Games, one of six Stirling students at the major Games, second only in size to the Olympics.

University groundsman Owen Keeble clinched a gold medal and two silver medals at the Special Olympics World Summer Games in Athens. Owen took time out from his duties as a gardener to compete in three equestrian events.

Deputy Principal Professor Grant Jarvie discussed his research into the origins of the modern Olympic Games at the Braemar Highland Gathering, with the findings to be broadcast in 2012.

The University of Stirling honoured Manchester United manager Sir Alex Ferguson with a doctorate in recognition of his outstanding contribution to sport. Sir Alex told fellow graduates: "Always think of education as an opportunity. Have a determination to do well, not to give in, no matter what you want to achieve in life."



Lesley McKenna

Owen Keeble



Clare Dawson





RESEARCH

Stirling’s interdisciplinary research responds to the needs of society, generating innovative thinking, making a significant contribution to the knowledge-based economy in Scotland and the UK.

Excellence underpins everything we do, with sports research at Stirling ranked first in Scotland and in the top five in the UK (most recent Research Assessment Exercise). In the past year, we have worked with: Sport England; NLC Sport; The Robertson Trust; the Scottish Government; World Anti Doping Agency (WADA); Amateur Swimming Association (ASA); Carnegie Trust; the Malaysian Government and sportscotland.

Our core research strengths lie in:

1. Culture and society
2. Environment and communities
3. Enterprise and Economy
4. Sport
5. Health and Wellbeing

1. CULTURE AND SOCIETY

Dr David McArdle, from Stirling Law School, is an advisor to the Scottish Government on policies to tackle sectarianism in Scottish football. He, and criminology lecturer Niall Hamilton-Smith, studied the Scottish courts use of Football Banning Orders – which allow Sheriffs to ban people from attending football matches for up to 10 years.

Few orders have been issued in Scotland in comparison to south of the border, and the Scottish Government’s Justice Department was keen to understand why.

“It’s a very complex issue,” explained Dr McArdle. “Sheriffs were aware of the Orders, but they were often viewed as disproportionate to the relatively low-level offences these people had committed.

“We also found Sheriffs were very aware reported domestic violence incidents increase dramatically in the 24 hours after an

Old Firm match, and we would expect that, regardless of whatever sentencing patterns might emerge in relation to sectarianism in the future, those bigger issues will also become far more firmly established on the legal and political agendas.”

2. ENVIRONMENT AND COMMUNITIES

Physical activity after pregnancy is associated with improved physical and psychological wellbeing, but many women are still insufficiently active after birth.

To address this, PhD student Alyssa Gilinsky has established the More Active MuMs in Stirling (MAMMIs) study, a joint project between the School of Sport and the School of Nursing, Midwifery and Health.

MAMMIs started in March, with 76 postnatal women split into two groups; the first forming a weekly pram-walking programme while the second received a leaflet on becoming more active – the current standard practice after childbirth.

The physical activity levels and health outcomes of both groups are being measured, and further funding from the Chief Scientist Office is exploring the participants’ personal experiences.

Dr Ruth Jepson, Co-Director for Public Health and Population Research, said: “If the intervention is successful, it represents a practical, low cost intervention that could be adopted in communities across Scotland.”

3. ENTERPRISE AND ECONOMY

Watching sports matches under the floodlights often adds to the romance, but a Stirling sports scientist is considering whether it’s not just the spectators who stand to gain.

Dr Angus Hunter is investigating whether exposure to blue light can have a positive skill effect on sporting performance. Local business Polmontech Ltd specialise in blue light emission devices and it is supporting his research.



Chris McGlory

He said: "It has already been demonstrated in night shift workers that exposure to this blue light in the evening or at night had the effect of increasing alertness and responsiveness which enabled them to be more productive. This effect may translate into enhancing skill and subsequent sporting performance in floodlit events such as tennis or football."

The project is funded by a Sporting Chance STAR grant which support collaborations between Scottish businesses and higher education institutions. The Sporting Chance Initiative, based at the University's Innovation Park, is the only business support organisation for sports innovation in Scotland.

4. SPORT

Staff from the School of Sport were commissioned by the Scottish FA to undertake an evaluation of the Physical Literacy Project – a pilot project designed to establish the feasibility and impact of delivering daily physical education classes in primary schools in Scotland.

Using the Basic Moves Programme, Primary three and four classes in six schools spent the past academic year taking part in daily physical education. Classes were delivered by a wide range of coaches in football, gymnastics, cricket, racquet sports and rugby as well as by Basic Moves specialists and classroom teachers.

John Taylor, Research Fellow and Gail Niven, Sports Participation Co-ordinator assessed the impact on pupils' physical literacy skills and the broader educational impacts through observation, interviews and group discussion.

Initial findings have produced positive responses from the stakeholders, while assessments have shown that pupils' physical literacy has been developed. The final evaluation report will be sent to the Scottish FA later this autumn.

5. HEALTH AND WELLBEING

Eating oily fish can help your heart, but a Stirling project has set out to discover the potential wider health and sporting benefits.

It is well known fish oil contains omega three fatty acids, a perfect tonic for the cardiovascular system and often recommended to people with coronary artery disease.

But researchers in Sport, Health and Exercise Science are taking an alternative approach to consider the impact of fish oils on muscle growth.

An increase in muscle mass often leads to an improvement in function, heightening sporting performance and, even more importantly, preventing a range of costly health problems.

"We've now tracked the optimum time period when fish oil supplementation penetrates the bodies' muscles," explained Chris McGlory, a PhD researcher. "The next stage is to look at the potential for muscle growth, then we might be able to use fish oil as a means to prevent muscle wasting in elderly individuals or to help with recovery after surgery."

McGlory is working alongside Professor Kevin Tipton, an expert in exercise, nutrition and muscle metabolism. He joined the Stirling ranks in 2010 and brings a wealth of experience from his time at the Department of Surgery at the University of Texas Medical Branch and latterly with the University of Birmingham.

Working from Stirling's state-of-the-art laboratories McGlory and Tipton's research has tapped into the nutritional expertise within the University's Institute of Aquaculture and been supported by Sport and Exercise Physiologist Dr Stuart Galloway.



SCHOOL OF SPORT

This year, the University launched the School of Sport, an integrated, research-led School with both academic and service members of staff.

The School fuses experts across the sporting spectrum and benefits from a suite of world-class sports research and performance facilities as well as an extensive range of sports facilities and services open to the wider community.

Through excellence in research, in teaching and in delivering sports services, its vision is to make Stirling the first choice for anyone with an interest in sport, including students, funders, partners, staff and community sports participants.

Research capacity and knowledge exchange are enhanced by the formation of research groups, such as Sport, Health and Exercise Sciences and in Sport, Policy, Management and Culture.

Over the coming years, the School will build on the flexible study options it provides and further the natural integration between education and sport.

Leading the School is Professor David Lavalée, who is the new Head of the School having previously been the Head of the Department of Sport and Exercise Sciences at Aberystwyth University and Professor of Psychology of Sport at Loughborough University.

Professor Lavalée said: "As the new arrival, I sense the University and School share a special focus in enabling individuals to discover and fulfil their personal potential and become effective contributors to prosperous, healthy, and sustainable communities.

"Research excellence underpins everything we do, including our teaching, our services, consultancy and professional development activities.

"In the coming years, we will further develop the flexible study options available to students and in particular enhance postgraduate provision. This will ensure we prepare graduates for excellent careers, while providing them with an unrivalled student experience within our scenic campus environment.

"My vision is for the School of Sport to make significant contributions within the sport community and support success in forthcoming major sporting events like the Glasgow 2014 Commonwealth Games and the Ryder Cup 2014.

"At the same time, our work must transcend sport and make wider contributions to society. This vision will require the School to display excellence in everything we do."

STARTING SCHOOL

Professor David Lavalée is just one of several new sporting arrivals at Stirling:

- Dr Colin Moran, a specialist in genetic and epigenetic variation, in relation to diabetes and muscle function, joins the Sport, Health and Exercise Sciences Research group from the University of Edinburgh
- Sports Coaching and psychology expert Dr Justine Allen joins the School from the University of Otago in New Zealand
- Dr Oliver Witard is the University's first post-doctoral researcher, joining from the University of Birmingham, focusing on the response of muscle to exercise and nutrition
- 100 new undergraduate, 31 taught postgraduate and five PhD students are just settling into their studies, with 20 new sports scholarship athletes



A SPORTING LEGACY



The next three years represent a major period for Scottish sport, starting with the London 2012 Olympic Games and quickly followed by the Glasgow 2014 Commonwealth Games and the Ryder Cup 2014.

Our talented student athletes are training hard in their bid to gain selection and the golfers are honing their talent at the University's Performance Golf Centre. At the same time, our sports coaches, referees and administrators are brushing up on their knowledge. Beyond this, Stirling is also contributing to these major events through a number of invaluable legacy projects.

The University is part of International Inspiration, the core legacy project for London 2012, and welcomed a delegation of senior ministers from Turkey, who came on a fact-finding trip, hearing from educators and experts at sportscotland.

Former Scottish Swimming Technical Director Alan Lynn, a senior teaching fellow at the University, said: "Making friends and inspiring people through sport is an integral part of what we encourage and develop here at Stirling."

Stirling is proud to support Team Scotland in Commonwealth Games and its campus hosts the Commonwealth Games Council for Scotland (CGCS); the sportscotland institute of sport and national governing bodies for gymnastics, swimming and triathlon – three of the 17 sports selected for Glasgow 2014.

Our students and staff sported their trainers in March to show their support, and at the same time, our students were showcasing their skills as part of an innovative volunteering project called Lead 2014.

Lead 2014 is a leadership programme, equipping young people with the management skills and confidence to become volunteers in their communities.

Led by sportscotland and Youth Sport Trust in association with Glasgow 2014, Scottish universities deliver the programme to school pupils aged 14-17, its goals aligned with the national Curriculum for Excellence.

Scotland's University for Sporting Excellence is a recognised hub for volunteering and this year its students helped to train more than 150 pupils who in turn ran a wide range of events including mini Commonwealth Games sports days.

"The annual event at Stirling is about helping young people to discover and develop the skills required to be effective volunteers," said Stirling graduate Michael McChord, who is leading an evaluation of Lead 2014 as part of his MSc Sports Management dissertation.

"In Scotland it started in Stirling and in the past year has been extended across the country, delivered to more than 400 pupils. It's great for students too as they gain plenty of experience and become role models for the pupils who hope to emulate their enthusiasm."

Hazel Williamson, National Development Manager for the Youth Sport Trust in Scotland said: "Lead 2014 is an exciting programme harnessing the enthusiasm of young people to develop their skills in leadership and facilitation to help create the next generation of high quality sports volunteers."

EMPLOYABILITY AND PROFESSIONAL DEVELOPMENT

Our flexible study options and range of qualifications ensure graduates leave Stirling with the confidence and skills to shape the world. Students in sport find their modules are all created around developing key attributes for employment such as organisational skills, problem solving, research and public speaking.

Further qualifications, internships and volunteering opportunities give Stirling students the additional experience for their future careers.

Opportunities for Continuing Professional Development extends to the wider sporting community, through: sports management workshops, coaching programmes for national governing bodies and further bespoke programmes open to any individual or sports business wishing to tap into our expertise.

CAREER PREPARATION

Sport and Exercise student Lindsay Macnaughton is set to graduate from the University in June 2012. The 21-year-old, from Orkney, hopes to become a teacher, but understands the competition for places is fierce.

However, she has an ace in the pack in the form of the Coach Development Programme (CDP), a three-year course in partnership with Active Stirling enabling students to gain qualifications and event management experience by shadowing coaches in the community and running classes of their own.

The programme also provides important networking opportunities, something Lindsay has found invaluable. "Through the course I met Jen Livingston, the Disability Development Officer and she set me up to coach children with autism at a football class and at the local swimming club. I am now currently, employed doing further disability coaching in Stirling and with Orkney Islands Council."

Cheryl Willet, Coaching Development Officer with Active Stirling, said: "Hundreds of students graduate yearly and I want these enthusiastic students to have a vast amount of experience alongside their degree to then give them an advantage when applying for a career within sport. The programme is not entirely us providing all the experience and training - the student then needs to take the responsibility, enthusiasm and initiative to network to gain further opportunities."

APPRENTICE OPPORTUNITIES

Stirling's Sports Centre serves many purposes: as a community facility; as a base for applied sport and health research; as a performance training centre and, just as importantly, as a base for staff to develop their talents.



Laura Couper



Lindsay Macnaughton

Almost 40 years ago, the position of Graduate Assistant was created, enabling University graduates to take sports classes and complete a postgraduate degree concurrently. A similar role for Fitness Officers and Apprentice Coaches has since followed and 12 months ago, the University created the role of Assistant Duty Officer, a two-year position to prepare graduates for a career in facility management.

Laura Couper, 24, worked as an attendant while completing her degree and is delighted to be back in this novel role. She said: "I really enjoy the management side of things; not just managing staff, but introducing new ideas, developing them and managing them once implemented. There is no such thing as a typical day in this job, which makes it even more enjoyable."

WHISTLE WHILE YOU WORK

Elite football and rugby referees benefit from sports psychology support from Dr John Mathers. The Scottish Rugby Union mentoring programme is now in its third year, while the partnership with the Scottish Football Association involves skills development and training for FIFA referees aiming to referee at the highest level. Roy McCombe, National Referee Manager for Scottish Rugby said: "The excellent support services provided make Stirling the ideal choice to ensure our High Performance and Academy referees receive the best preparation to meet the demands of high level refereeing appointments."

MANAGING FOOTBALL'S FUTURE

What do Chelsea manager André Villas-Boas and veteran Rangers defender Davie Weir have in common? The answer is they have both studied at Stirling, as part of the UEFA/SFA Pro Licence – a requirement for professional club managers to complete. At Stirling, they develop management skills and techniques to help in their day-to-day work with directors, staff, supporters and the media. The workshops are led by Stephen Morrow and Dr Fiona Sanders in the School of Sport, supported by Brian Howieson in the Stirling Management School. This year's squad included Motherwell manager Stuart McCall and ex-England international David Unsworth. Finance expert Morrow said: "The engagement and enthusiasm of participants on these workshops reflects both their commitment to their profession, despite its inherent challenges, and their desire to take advantage of any opportunity to stay ahead in such a competitive environment."

PROFESSIONAL QUALIFICATIONS

The University runs a wide range of courses to earn sport and health qualifications. Courses are available for prospective gym instructors, lifeguards tennis coaches and football coaches amongst others. In the past year, an SQA qualification in dementia care activities created by jointly between the School of Sport and the Dementia Services Development Centre (DSDC) has been introduced in Northern Ireland. The SQA Level 1 Meaningful Activities for People with Dementia is a four-day course providing the knowledge to plan, organise, deliver and evaluate exercise activities.



STUDENT TENNIS ACE COURTS SUCCESSFUL FUTURE...IN BUSINESS

As the No.5 ranked tennis player in Scotland, Stirling student Nick Hatchett is in some illustrious company.

Amongst others, the MSc Sports Management student is behind the world No.4 Andy Murray and recent Davis Cup singles and doubles winner Colin Fleming.

Both players have strong Stirling connections, Colin a graduate with first-class honours in Economics and Finance, while as a youngster Andy trained daily at the University's National Tennis Centre.

For Nick, however, the ranking is merely a proud marker in a bigger business plan. The 24-year-old, part of the University's International Sports Scholarship Programme, said: "My goal eventually is to run my own tennis academy; that's the far away target years down the line. I know it will take a lot of hard work to get to that stage, but my degree is perfect preparation, coupled with my role as Tennis Co-ordinator."

The Co-ordinator position is jointly funded by the University and by the Tennis Foundation, the LTA's charitable arm.

"My job is to build up the programme of tennis at the University and encourage more students to participate and compete," explained Nick, who won a Barclays BUCS Tennis Challenge Series event last season and came within a whisker or a world ranking point in September.

"We have produced some pretty good players here over the years and what Colin [Fleming] has done shows the university programme works. I am looking forward to playing more tennis, completing my degree then it's a question of working up the rankings, gaining more coaching experience and building towards the Academy dream."



COMMUNITY SPIRIT

The University believes in 'Sport for all' with our sports services popular amongst students, staff and the local community.

Children's classes run throughout the year, with special seasonal programmes at Easter and during the summer holidays, giving hundreds of school children their first experience of sports like kayaking, triathlon and tennis.

Students take part in everything from athletics to water polo through 44 sports union clubs. There are currently 1,500 members, with clubs competing in Scottish and British University competitions, whilst enjoying plenty of social events into the bargain.

Our facilities are SUPER for older adults too – with Sports Centre membership for anyone 50+ including automatic membership to Stirling University Physical Education and Recreation for Seniors (SUPERS), the group running social and cultural events.

A HOME FOR COMMUNITY SPORT

Stirling already has a 50m swimming pool, a golf course, a fitness centre, an eight-court sports hall; nine grass and artificial pitches and 10 tennis courts to name but a few sports facilities across the 310-acre campus.

This year, these have been further enhanced with the introduction of:

- An indoor cycling studio for community spin classes
- A dedicated physiotherapy and sports injury clinic
- Floodlights for football matches and athletics training

It's not just the facilities which make the University so appealing: our staff are highly qualified and benefit from the latest health research when delivering classes and managing the Sports Centre.

Case in point is Sports Participation Co-ordinator Gail Niven, whose experience was recognised by the Commonwealth Games Council for Scotland (CGCS), who appointed her Deputy General Team Manager for Youth Team Scotland at the Commonwealth Youth Games in September, where the Scots won an impressive 22 medals.

CAMPUS ACTIVITY

Our campus is a hub of activity all-year round, hosting sports events and presentations; coaching workshops; school sports days and much more.

The University Gymnastics Club, only established in 2010, showed the true meaning of team work as children as young as three, were coached by student club members, culminating in the opportunity to perform at Gymfest, the national gymnastics event.

More than 400 pupils from Bridge of Allan Primary took part in an indoor Mini Commonwealth Games after the Scottish weather threatened to dampen their big sports day.

A further 300 secondary pupils were honoured for their character at the Inspire>Aspire Scottish National Awards. Sir Craig Reddie CBE of the International Olympic Committee and Olympic rower Katherine Grainger MBE presented the pupils with their awards as part of the independent education programme inspired by the London 2012 Olympic and Paralympic Games.

Shona Robison, Minister for Commonwealth Games and Sport joined the staff of Scottish Swimming to launch The Big Splash in Scotland. The UK's largest ever swimming campaign, it sets the challenge for new and existing swimmers to swim a mile for Sport Relief.



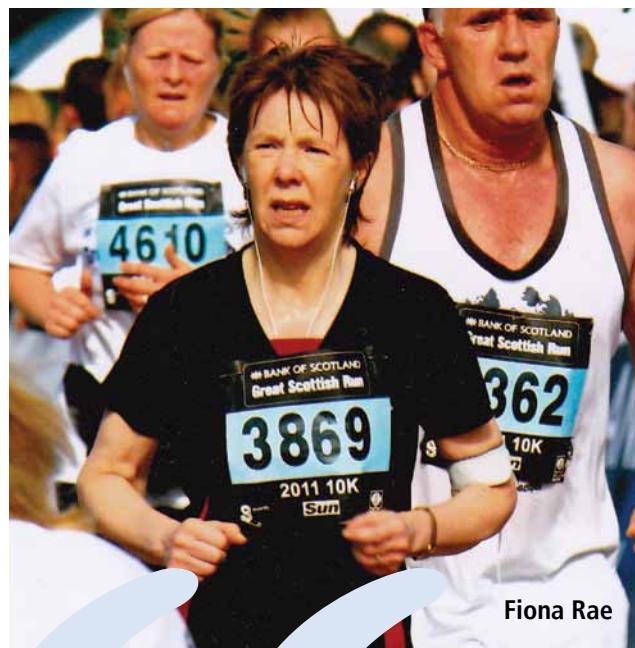
The Big Splash in Scotland campaign

Other campus events included:

- Scottish Tennis Grand Prix
- Stirling Aquathlon
- RNLI Reindeer Run
- Scottish Duathlon Championships
- Loch Lomond Youth Soccer Festival
- U19 SPL, SFL and East of Scotland football matches
- Race for Life
- Scottish Schools Triathlon Championship
- Children's Scootathlon



Tanya Lee, from Korea, uses the tennis courts to relax after her psychology studies. She said: "I picked up playing tennis quite late, but I love it and what's great about Stirling is there are indoor and outdoor courts so you can play all-year round, with qualified coaches for all levels of player. I'll keep playing as the more I consider my degree, the more I realise how important physical exercise is for health and wellbeing."



Fiona Rae

TIMELY SUCCESS THANKS TO STIRLING SUPPORT

"Until I went to Stirling I had never been to a gym before; it had never really interested me and I don't think I could have told you how any of the machines worked," explains Fiona Rae, finding herself an unlikely voice in support of the joys of a gym.

But then the 55-year-old primary teacher had a guardian angel on her side, namely Stirling graduate Craig Glass, a Personal Trainer at the University.

Working together, Fiona was converted into a 'gym fan' as she trained towards her personal goal – to run a 10k in sub one hour.

Fiona added: "With Craig, I tried everything: cross training; running on the treadmill; the rowing machine; I did sit-ups, weights. The variety of training made it so much more enjoyable and having the rapport with Craig made all the difference.

"If I'd gone to a gym without him, it would have been a waste of time – he knew when to push me and when to give me a gentle cajole. Some people might have the idea a personal trainer is for film stars, but it's not like that at all. I have really enjoyed it and to be honest, I didn't think I would."

Fiona's weekly training proved dividends when she completed the 2011 Bank of Scotland Great Scottish Run 10k in 59 minutes and 22 seconds, achieving her goal in spite of an unexpected handicap.

"I was suffering with a heavy cold and had been advised not to run, but I said 'no', I need to. My husband was timing every kilometre and he said my final two were my fastest. It was great to achieve my goal and realise all the effort was worthwhile."

DELIVERING FOR SCOTLAND

Performance sport at Stirling is a top priority. We were the first Scottish University to introduce a scholarship programme for student athletes and now, 30 years on, have helped almost 1,000 students develop their talents and gain national and international recognition.

Our students benefit from the expertise of national coaches and also tap into the stunning performance training facilities we have on campus, including cutting edge sports science support. Working closely with a range of governing bodies, sports agencies and partners, we deliver the best for Scotland.

INTERNATIONAL SPORTS SCHOLARSHIP PROGRAMME

Across football, golf, swimming, tennis and triathlon, the International Sports Scholarship Programme (ISSP) attracts international athletes to train and study at Stirling and gives Scottish athletes the opportunity to stay at home and achieve their goals.

In 2010-11, highlights include:

- 27 national champions
- Coached by former European Tour professional Dean Robertson, men's golf scholars were crowned Scottish, British and European Universities' champions
- The women's golf team, which includes current GB&I squad member Kelsey MacDonald, was also the best university team in Scotland, Britain and Europe
- Six students competed for Team GB at the World University Games, including Delhi 2010 Commonwealth Games swimmer Lewis Smith
- Elite triathlete Natalie Milne finished fifth in the British Triathlon Super Series, the highest placed Scot
- In total, University of Stirling swimmers amassed 67 Scottish, British and international medals last year
- Women's footballers gained international honours for Scotland and at club level, seven students represented Glasgow City FC in the UEFA Women's Champions League
- A first East of Scotland Cup for the men's football team was quickly followed by the British Universities and Colleges Sport (BUCS) Premier North League title.

Success is a team effort and the scholarship programme owes much to its many sporting partners and supporters: British Swimming; Falkirk Academy; The Gleneagles Hotel; Lawn Tennis Association (LTA); The Macleod Foundation; Milnes Holden Trust; The R&A; The Robertson Trust; The Scottish FA National Performance Centre; Scottish Football Partnership; Scottish Swimming; The Taylor Foundation and triathlonscotland.



Kelsey MacDonald



Lewis Smith



FACILITATING PERFORMANCE

This year, we've just unveiled new performance assessment facilities, which will be shared jointly between our 100 sports scholars and athletes supported by the sportscotland institute of sport.

Swimmer Jak Scott, a silver medalist at the 2010 Delhi Commonwealth Games, and third-year Accounting and Finance student, is one of many athletes set to benefit. He said: "The new facilities will give us more space and more opportunities to access sports science, which is great news."

"Sports science helps us to understand our sport better and the way our body works, which makes us smarter athletes. It also enables our coaches to tailor our training schedules. All the extra knowledge gained in the laboratory helps to improve our performances in the pool – which is what it's all about."

The laboratories and new physiotherapy services tap into the University's Sport, Health and Exercise Science research. They are just one of a number of recent facility investments, another being floodlights for the athletics track and 1st XI football pitch, a facility now used by three professional football clubs and leading athletics club Central AC.

SPORTS SCIENCE SUPPORT

University of Stirling graduate Tommy Craig is National Performance coach for the campus-based Scottish FA National Performance Centre. His services deliver at the elite level, and at the same time support a number of regional sports clubs, businesses and members of the community.

Recently, we have worked with:

- Falkirk FC, St Johnstone FC and Alloa Athletic FC, providing video analysis and physiological testing
- Scottish Swimming, educating parents and national youth squad athletes on nutrition
- Graeme High School, offering a sports science package to talented young footballers
- City of Glasgow College and Forth Valley College, developing performance provision in the Further Education sector



Sam Filler

A FUTURE IN SAFE HANDS

New Stirling Albion FC goalkeeper Sam Filler, 21, is back playing professional football just three years after falling out of favour and out of love with the beautiful game.

A promising youth player, Leeds-born Filler played for Bradford City, Manchester United, Newcastle United and Middlesbrough before the Teeside club decided to release him just 18 months into his professional career.

"When you get to the professional level and you're training full-time you think there is a possibility you've made it, but I was competing for the gloves with the current England U21 keeper so it just wasn't to be," explained Filler, now in his third year at Stirling studying Sport and Business. "My dad is big on education, so when I heard about the options at Stirling, it was his influence which convinced me to come."

Filler took up a football scholarship and in two seasons helped the University team win league and cup honours, before returning to the professional ranks with local Scottish Football League side Albion.

He added: "I enjoyed my time on the scholarship programme. It gave me the opportunity to enjoy playing football again and at the same time get a decent degree. You train and are looked after like a professional player."

"I've only played a handful of games in the Scottish Football League so far and I know I still need to prove what I can do at this level, but I'm looking forward to the challenge ahead."

SUPPORTING A WINNING MENTALITY

Winning Students was established by the University in 2008 at the request of the Scottish Funding Council. It recognises the wealth of sporting talent currently studying across Scotland and delivers a package of support to ensure students can deliver in the exam hall and in their sport.

Now, as the programme enters its fourth academic year, around 200 students have benefitted from Winning Students scholarship support, with more than 120 students selected in 2011-12.

More institutions than ever – 28 in total evenly split between colleges and universities - are now members of the Winning Students network, ensuring students can access the support and flexibility they require no matter where they choose to study.

Students on the programme have given Winning Students a resounding backing, with more than 90 percent agreeing the scholarship support is contributing to their academic and sporting performance according to a recent athlete satisfaction survey.

The growing partnerships with governing bodies of sport and with the sportscotland institute of sport has ensured scholarships add value to other funding support and, unlike any other sports scholarships, can be put towards non-sporting costs.

During 2010-11:

- 25 Winning Students competed for Team Scotland at the Delhi 2010 Commonwealth Games
- Four swimmers competed at the 2011 FINA World Swimming Championships, representing Scotland and England. Hannah Miley, a student at Robert Gordon University (RGU), returned home with a gold medal in the 400m Individual Medley

- The golf team at the World University Games in China was an all-Winning Students team, comprising current Scottish Ladies Amateur Champion Kelsey MacDonald from Stirling, Gemma Bradbury from the University of St Andrews and Jane Turner from RGU
- The Open University in Scotland student Imogen Bankier secured a World Championship silver medal in the Badminton Mixed Doubles, competing at the venue for the London 2012 Olympic Games
- Scotland's successful senior women's hockey team which gained promotion to the top tier of the EuroHockey Nations Championship following a gold medal in Poland, featured three Winning Students, including Stirling PhD student Alison Bell while the men's team, which earned a bronze medal in their equivalent tournament – had six Winning Students in the squad
- Triathlete David McNamee graduated in Accountancy from the University of Stirling shortly before winning a World U23 Championship silver medal in Beijing
- Karate star Calum Robb, a PhD student at Heriot-Watt University, won two titles at the Scottish International Open Championships and added a gold medal at the European Universities Championship
- Five orienteers from the National Performance Centre at the University of Edinburgh – established through partnership with Winning Students – represented Great Britain at the World Junior and Senior Championships
- Glasgow 2014 hopeful Greg Lobban, who completed an HND in Sports Coaching at Inverness College, won four of his five matches at the World Junior Squash Championships
- Edinburgh's Telford College student Scott Quin is targeting the London 2012 Paralympic Games after his selection to represent Scotland at the DSE National Short Course Swimming Championships

Imogen Bankier



David McNamee



Calum Robb



WinningStudents



What the sector says:

"I'm very proud to be a Winning Students scholar and I am sure it will help to bring out my full potential."

Robbie Renwick, University of Strathclyde student and Delhi 2010 gold medal winning swimmer

"In these days of limited financial support for athletes, we, and our players, are enormously grateful for the support and publicity provided by Winning Students."

Penny Dougray, BADMINTONscotland Performance Co-ordinator

"Many of Scotland's best swimmers are also students and Winning Students provides welcome support to enable them to do both effectively. It will make a significant impact on swimmers' development and future performance."

Ally White, Scottish Swimming Performance Director

"College students take real benefit from the extra funding and support provided by Winning Students."

Lisa Dods, Sports Lecturer, Perth College

"I am confident Winning Students will attract more Scottish athletes to study and train in Scotland, to the benefit of Scottish sport."

Niall Sturrock, Head of Sport and Recreation, University of Strathclyde

www.winningstudents-scotland.ac.uk

Alison Bell, pictured left



Jane Ross

SCOTLAND INTERNATIONAL IS ON TOP FORM

Scotland international footballer Jane Ross is playing at the top of her game thanks to continued support from Winning Students.

The 21-year-old combines researching her MPhil in Sports Studies at the University of Stirling with training at the Scottish FA National Performance Centre on campus.

It is Jane's third year at the Performance Centre, which was established through a partnership between the Scottish FA, Winning Students and the University.

Here, 14 of the nation's best young players hone their talents under the tutelage of Pauline Hamill, Scotland's most capped senior international.

She said: "With all the training, strength and conditioning, and sports science sessions, I feel like an athlete. I am a lot stronger now and my technique has improved. To have someone like Pauline Hamill coaching us and supporting us is great. She has so much international experience and we can learn a lot from her."

Jane is a quick learner and has developed from a gifted Scotland U19 midfielder when she started at Stirling to a senior international with almost 30 caps and goals for club and country.

She is one of eight Winning Students flying high with clubside Glasgow City FC, competing in the UEFA Women's Champions League.

And in her studies, she is in great shape too, now researching the full effects of dehydration on athletes, having graduated in the summer with a BSc in Sport and Exercise Science.

"I couldn't ask for more," added Jane. "I'm playing at the highest level for club and country and receiving the best training support around."

A GLOBAL OUTLOOK

Stirling students can experience international study at more than 55 different universities worldwide, including at 17 institutions in the USA, 27 across Europe and four in Japan.

Heading in the other direction, around 360 international students come to the University of Stirling to study each year, and many more arrive on campus to attend our International Summer School.

In sport, exchange partnerships were established in the past year with the University of Malmo in Sweden – popular for skateboarding and parkour - and La Trobe University in Australia, enabling students and staff to develop and share their expertise in sport, sociology and management.

MOVING FORWARD IN ZAMBIA

The University is a founding member of the Zambia Project, a UK Sport initiative which sees students from seven British Universities – collectively known as the Wallace Group – work together to make a difference to young people's lives in the Zambian capital city Lusaka.

Now in its sixth year, Stirling staff and students are making a major contribution taking the programme to the next level.

Students are selected and trained as sports leaders then link up with their peers from the Wallace Group to deliver a wide range of sport and physical activities to young people in deprived areas working in partnership with volunteers from non-governmental organisations EduSport and Sport in Action.

In 2010 the project was extended to see nursing students work in health clinics in Lusaka and media students help to raise the profile of the project. This year, the project was extended even further through two new developments.



"I have seen the community really change through the Zambia Project. It has attracted lots more children to come and get involved and once the students leave, we take over and keep it going. We all learn from each other and I have picked up more management skills – I used to just teach but now I see what needs to improve."

Moses Ndhlovu, a Senior Peer Leader with EduSport, part of The Zambia Project

Sport Participation Officer Nicola Duffy delivered a qualification in the fundamental skills of sport at the Olympic Youth Development Centre in Lusaka to coaches, volunteers and sports leaders. Further courses, to improve management of events and enhance organisational skills are now being prepared for the coming years.

At the same time, final year student Andrew Jenkin was so inspired by his experience of the Zambia Project he has established Africa on the Ball. This social development charity creates football teams for boys and girls, providing them with kit and opportunities to play in local leagues.



MAKING A DIFFERENCE IN MALAWI

Former Scotland international goalkeeper and Sports Management graduate Jo Hutcheson has switched Scotland for Malawi as she pursues a teaching career.

Jo completed her studies while training at the Scottish FA National Performance Centre on campus, her postgraduate degree adding to an undergraduate degree in teaching Physical Education.

She is now putting the combination of her international experience and two degrees to good use, teaching physical education at Kamuzu Academy, a boarding school based in Malawi's Central Region.

On top of this, Jo runs a women's football coaching programme and volunteers at a nearby orphanage. The 25-year-old said: "I'm in Malawi with the same attitude and focus as I had towards my football – I want to make a difference. Hopefully I can help to improve the women's game in Malawi and help the people here achieve their potential."

FORMING RELATIONS IN AMERICA

Public Relations postgraduate students from the University of Miami in Florida based themselves at Stirling as they embarked on an analysis of Scottish sport. The students, led by Dr Maria Scott, worked on projects with Scottish Disability Sport, Scottish Rugby and Glasgow Life as well as supporting a number of PR projects with Stirling's sports scholars.

It is one of a number of sporting partnerships in North America and Canada developed in 2011. Humber College, in Ontario, host Stirling's performance golfers in a number of amateur tournaments, while our American Football team, the Stirling Clansmen, welcomed NFL players and coaches to run a national training and scouting camp.



ESTABLISHING A STRONG SPORTING FUTURE FOR MALAYSIA

Research and management expertise at Stirling is helping to secure a bright sporting future for Malaysia.

A partnership between Scotland's University for Sporting Excellence and EventScotland was formed with the Malaysian Government, using Scottish know-how to create a vibrant and sustainable sports industry in Malaysia.

As part of this partnership, the University was selected by Scottish Development International (SDI) – the organisation which creates inward investment and trade development for Scotland – to carry out a programme of research which will build the capacity of the Malaysian sport industry.

The research team is led by Professor Leigh Robinson, Director of Research in the School of Sport and Professor Grant Jarvie, Deputy Principal. The team also includes retail expert Professor Leigh Sparks, the Head of the University's new Graduate School, financial researcher Stephen Morrow and Chris Gratton, Professor of sport economics at the Sport Industry Research Centre of Sheffield Hallam University.

Their work focuses on five research themes: evaluating the capacity and functioning of National Sports Associations; benchmarking of the value of the sport industry in Malaysia; reviewing sport retailing; investigating financial management models and developing a sponsorship infrastructure

Professor Robinson said: "Our research will make a fundamental difference to sport in Malaysia if our recommendations are implemented. We have been given carte blanche by the Minister of Sport to make major changes to the sport industry.

"It has given us the opportunity to work across the University with other Schools. The areas of research cover everything from performance sport to sports retailing and, as a consequence, will impact on all aspects associated with sport in Malaysia."

CONTACT US:

University of Stirling
Stirling
FK9 4LA
Scotland
United Kingdom

T: +44 (0)1786 466 489

E: sports.studies@stir.ac.uk

www.sportingexcellence.stir.ac.uk

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