Coaching @ University of Edinburgh

**Academic structure – 3 colleges, 22 schools**

- College of Medicine & Veterinary Science
- College of Humanities and Social Sciences
- College of Science and Engineering
- Moray House School of Education
  - Institute of Education, Teaching and Leadership
  - Institute for Sport, PE and Health Sciences
  - Institute of Education, Community and Society

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**Institute for Sport, PE and Health Sciences**

- Professor Nanette Mutrie
  - Exercise and stroke rehabilitation
  - National and international physical activity levels
  - Strategies and comparisons
  - Physical education policy
  - Sport for health

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**Institute for Sport, PE and Health Sciences**

- Sports policy and societal issues
- Outdoor adventure sport
- Sport for international development

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**Institute for Sport, PE and Health Sciences**

- Physiology
- Psychology
- Biomechanics
- Dance
- Coaching
- Motor control
Human Performance Centre

Primary Coaching Focus
- Expertise
- Sport Pedagogy
- Application of Sport Science
- Support

Expertise
- Sport Pedagogy

Application of Sport Science

Support

Human Performance Centre

Expert transions

Expertise in decision making, tactics

Professional judgement

Accessing expert cognition

Human Performance Centre

Expertise PhD Students
- Cedric English: Removing the Grey – An examination of coaching within South African cricket
- Omar Haq: Emotional intelligence in football managers
- Gregor Campbell: Developing tactical expertise in football

Human Performance Centre

Example
- Cognitive expertise
  - Investigated initially through tactical awareness
  - Interventions for development & training specifically in football
  - Presented to Scottish Football Association
  - Trialled in other team sports: basketball, volleyball

Developed in other domains - police and medicine

http://www.youtube.com/watch?v=ynPr9P1544&feature=youtube_gdata

Publications in expertise


Human Performance Centre

Pedagogy PhD students

Raymond Bobrownicki:
Utilising sources of information to assist in the learning and execution of gross motor skill

Andrew Dalziel:
Better movers and thinkers

Edward Hall:
The coaching process – ethnography of apex women’s rugby union

Mohsen Shafizadeh:
Effects of instruction on learning

Example

Better Movers, Better Thinkers

Developed by Performance Director, Scottish Volleyball for use in schools

PhD Student Andy Dalziel – supervisor Prof Nanette Mutrie

Funding from sportScotland as part of Commonwealth Games Legacy

See: http://www.scotsman.com/news/education/physical-literacy-programme-for-scottish-schools-1-3008591

Publications in sports pedagogy


Sport Science Support

Patterns of movement, perceptual control

3D biomechanical analysis, peak performance

Strength and conditioning

Vibration training

Coping and talent

Human Performance Centre

Sport Science PhD Students

Jacki Thow:
Feedback and fatigue in high-intensity swimming

Wendy Timmons:
Hypermobility in young athletes

Mark Sanderson:
Exploring the nature of the neuromuscular response to whole body vibration

Example

Swimming

Offers 3D analysis

Servicing and Support work for Scottish Institute of Sport

Development and Support for:

Swimming Coaches
Strength & Conditioning Coaches
Physiotherapists

GlideCoach/Assymetry Project/Feedback

See ‘The Perfect Glide’
http://www.youtube.com/watch?v=LnAb_q-fnjY
Publications in sport science support


Example

Scottish Gymnastics

Workshop for Coaches, Judges & Gymnasts

Routines – observation & feedback

Collaboration at Edinburgh

HEI
University of Toronto
University of Sydney
University of Groningen
NTU, Singapore
James Cook University
San Diego State

Sport Organisation
SIASportCoachUK
sportScotland
British Olympic Association
British Paralympic Association
Various NGBs
Winning Scotland Foundation

Others
Scottish Police Authority
FIA
BBC
Military Research Centres
UNESCO
NICE
NHS
SCOPE UK

Questions?

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