



Graduate Profile

Name: Cam Zhao
Graduated: November 2016
Job Title: PhD research student
Employer: the University of Edinburgh



Your background:

I've always enjoyed playing sport and experiencing new things since I was little. I believe it was this passion for sport that fuelled my interest in the field of strength and conditioning. I achieved my undergraduate degree in strength and conditioning at Beijing Sport University and worked 1 year as an assistant strength and conditioning coach with Velocity Sports Performance in China women's national taekwondo team. I chose MSc strength and conditioning program in the University of Edinburgh for its excellent reputation for teaching and research and because the recommendations from my colleagues. Lucky enough, I finally got an offer to study here.

Tell us about your current role:

I am currently a PhD research student at the University of Edinburgh. My research is about strength training in young athletes.

What was it about the MSc in Strength and Conditioning that helped you get there?

In China, we have a proverb, give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime. The MSc in Strength and Conditioning study comprises enriching theoretical and evidence-based study, blended with practical application. It not only imparted me with knowledge, more importantly, it helped me understand how to acquire knowledge from the research. This allowed me to have a continued professional development and coaching with rationale. Now I am doing my PhD study with the same group of people, their serious and prudent attitude constantly encouraging me.

What are your future career plans?

My long-term goal is to work within sport. It is likely that I will work with children, help them to do sport, enjoy sport, perform better in sport and improve their well-being.

What advice would you give to someone who is considering studying Strength and Conditioning at Edinburgh?

1. Work very hard, all your effort will be paid off.
2. Get involved in interns inside and outside university to put your study in practice.
3. Two heads are better than one, your classmates will come from all over the world; different backgrounds always make new ideas.
4. Enjoy life in Edinburgh.