



THE UNIVERSITY
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Sport-related MSc programmes at Moray House

Programme Directors Heather Rikic, Dr Urvi Khasnis, Dr Chloë Williamson,
Dr Gavin Reid, Dr Matthew Weston | November 2024

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Introduction to Moray House and the Institute for Sport, Physical Education and Health Sciences (ISPEHS)



One of the
leading centres
for research,
impact and
teaching in
Education and
Sport both
locally and
globally



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From the
inside:
where learning
and teaching
takes place



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The Institute for Sport, Physical Education and Health Sciences

- Facilitating and researching physical activity for health, dance and elite performance and coaching;
- The delivery and study of physical education across the curriculum;
- The study of sport and its profound impact upon society.



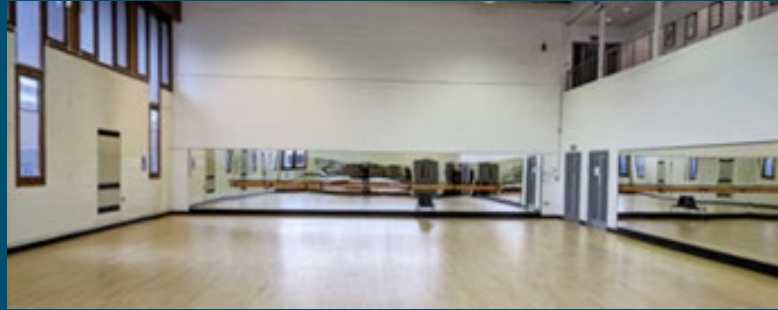
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Great facilities for Sport-related Teaching and Research



Environmental Human Performance Lab



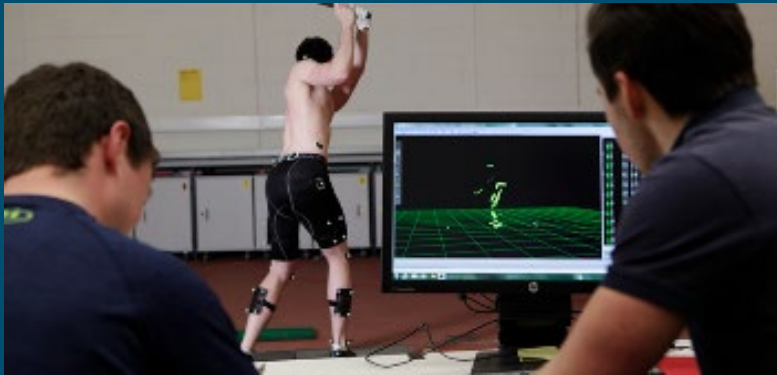
Dance Studio



Games Halls



Physiology Lab



Biomechanics Lab & associated equipment



Strength & Conditioning Performance Gym



Swimming Pool



Psychology Lab



Project Lab



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MSc Dance Science & Education

MSc Performance Psychology

MSc Physical Activity for Health

MSc Sport Policy, Management & International Development

MSc Strength & Conditioning



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MSc Dance Science and Education

Heather Rikic, Programme Director
Email: heather.rikic@ed.ac.uk

MSc DSE graduate Nicola Scholefield Photographer: Andy Ross Images



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Why study MSc Dance Science & Education at the University of Edinburgh?

- Gain a **foundation in science** to underpin all methods of dance training and practice, to inform the development of dance as an art form and education
- Gain skills directly relevant to the process and practices involved in **optimising dance training, dance education, dance performance**
- **Combine theory and applied practical work**, promote critical learning and understanding about health and wellbeing through and within dance practice



Programme Structure: MSc Dance Science and Education



Elective courses (40 credits)

Semesters 1 & 2
(Mid Sept - June)

DP

Dance Pedagogy (40 credits)

2 intensive blocks of study Semesters 1
& 2
(September & March)

Full-time study:
12 months

Core teaching team

RM

Research Methodologies

Two 10-credit courses
Semesters 1 & 2
(October & February)

PDM

Preventative Dance Medicine (20 credits)

1 intensive block of study
Semester 2
(January)



Dr Wendy Timmons

Course organiser for:

- Dance Pedagogy
- Preventative Dance Medicine
- Dissertations

D

Dissertation (60 credits)

Semester 2
(April - August)



Siân Salmon

Cohort Lead



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Programme Structure: MSc DSE with TQs



Professional Studies

PG ITE students
Semesters 1 & 2
(Mid August- June)

DP

Dance Pedagogy (40 credits)

2 intensive blocks of study Semesters 1
& 2
(September & March)

PDLDT

Professional Development & Leadership in Dance Teaching

Semesters 1 & 2
Three 6 week placements in Primary, Secondary &
Community settings
(October-May)

PDM

Preventative Dance Medicine (20 credits)

1 intensive block of study
Semester 2
(January)

RM

Research Methodologies

Two 10-credit courses
Semesters 1 & 2
(October & February)

D

Dissertation (60 credits)

Semester 2
(May-October)

Full-time
study:
15 months

Core teaching team (continued)



Heather Rikic

Course organiser for:

- Professional Development & Leadership in Dance Teaching



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Why study MSc Dance Science & Education at the University of Edinburgh?

Apply theory to practice and **learn from experts in the field and industry**

- Scottish Ballet – dancers and physiotherapist
- National network for expressive arts education in Scotland
- Dance Base, the National Centre for Dance in Scotland
- Traditional Dance Forum for Scotland
- Studio Wayne McGregor AISOMA project
- DanceCraft project with local primary school children
- Placements in local community dance contexts



MSc DSE Students; Photographer: Chris Scott

Learn about other dance practices from around the world

Opportunities to be actively involved in our very own dance company,
DannsED run **by students for students**



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MSc Performance Psychology

Dr Urvi Khasnis, Programme Director

Email: urvi.khasnis@ed.ac.uk



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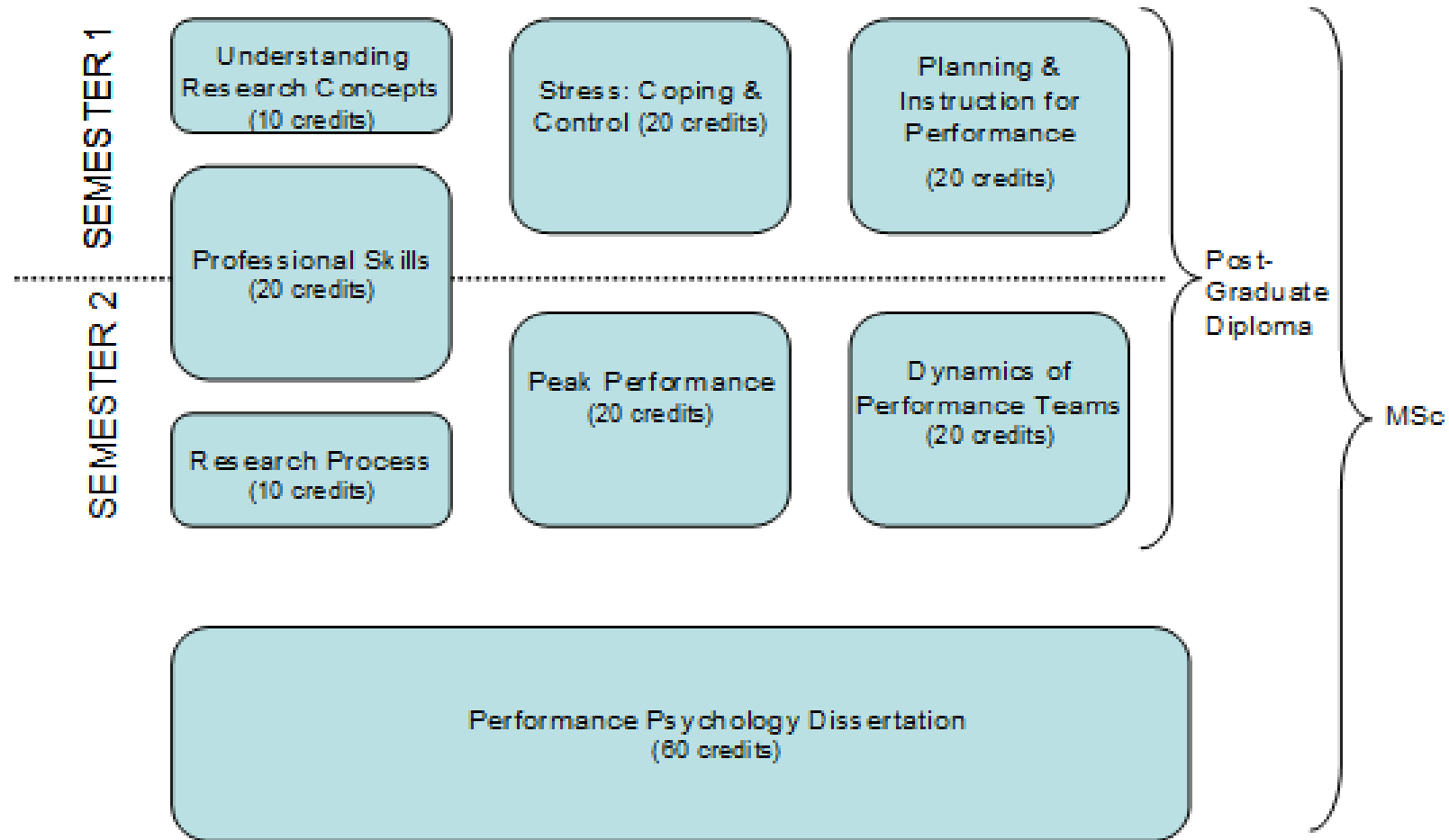
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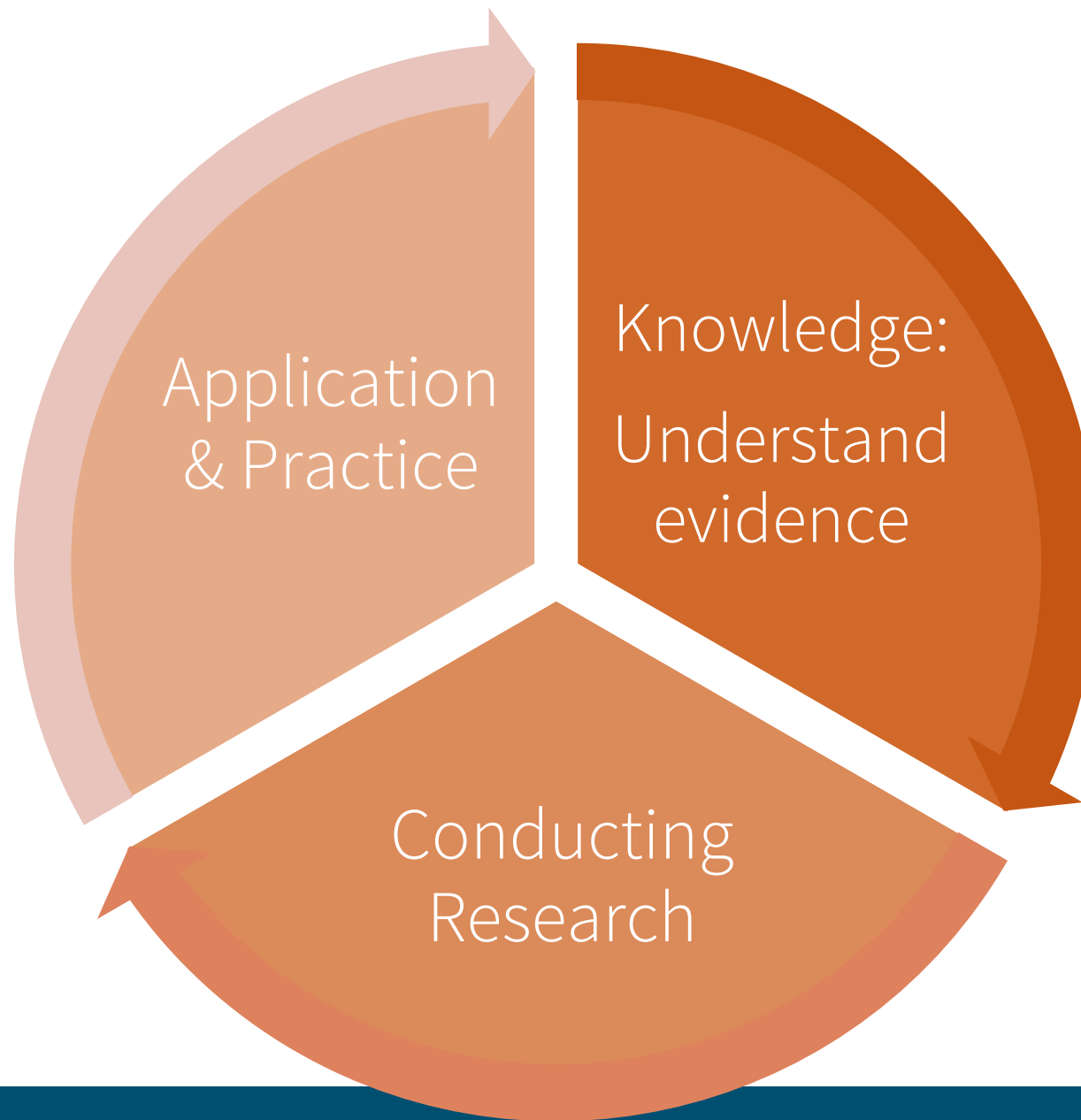
Why study MSc Performance Psychology at the University of Edinburgh?

- Gain **critical knowledge** of current research evidence in the field
- Hone a critical awareness of how **research evidence informs current practice** and psychological recommendations across domains, with **emphasis on performance**
- Learn specialist assessment and research skills to investigate issues in the field and **design and review appropriate interventions**
- Students are encouraged and facilitated to gain relevant experience and work towards **personally-tailored professional development**
- Become an independent learner with transferable intellectual and study skills to make an effective contribution within your chosen **career path**



Programme Structure





Academic &
Research Skills

Personal &
professional Skills



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Why study MSc Performance Psychology at the University of Edinburgh?

- Research community: Collaborations with industry eg. High Performance Sport, Scottish Police Forensics, NHS Organ Retrieval
- Staff: Research active, professionally-accredited practitioners.
- Teaching: Evidence-based. Applied knowledge. Lectures, workshops & practicals.
- Student Cohort: International, varied disciplines, relevant experiences, committed
- Former students: Peer mentoring, Guest speakers, Professional connections.



MSc Physical Activity for Health

Dr Chloë Williamson, Programme Director

Email: chloe.williamson@ed.ac.uk



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Why study MSc Physical Activity for Health at the University of Edinburgh?

The topic



Physical inactivity is a **global**, unresolved public health challenge

5 million deaths/year

Leading risk factor for death and disability



Levels of inactivity have been recognised as **pandemic**

Recent data show levels are increasing across the world



Key contributor to WHO global action plan on **prevention and control of NCDs**

T2D, CVD, Cancer

Mental health



Aid in achieving multiple **UN Sustainable Development Goals**

Reduce inequalities

Good health & wellbeing

Climate action



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Why study MSc Physical Activity for Health at the University of Edinburgh?

Unique international experience

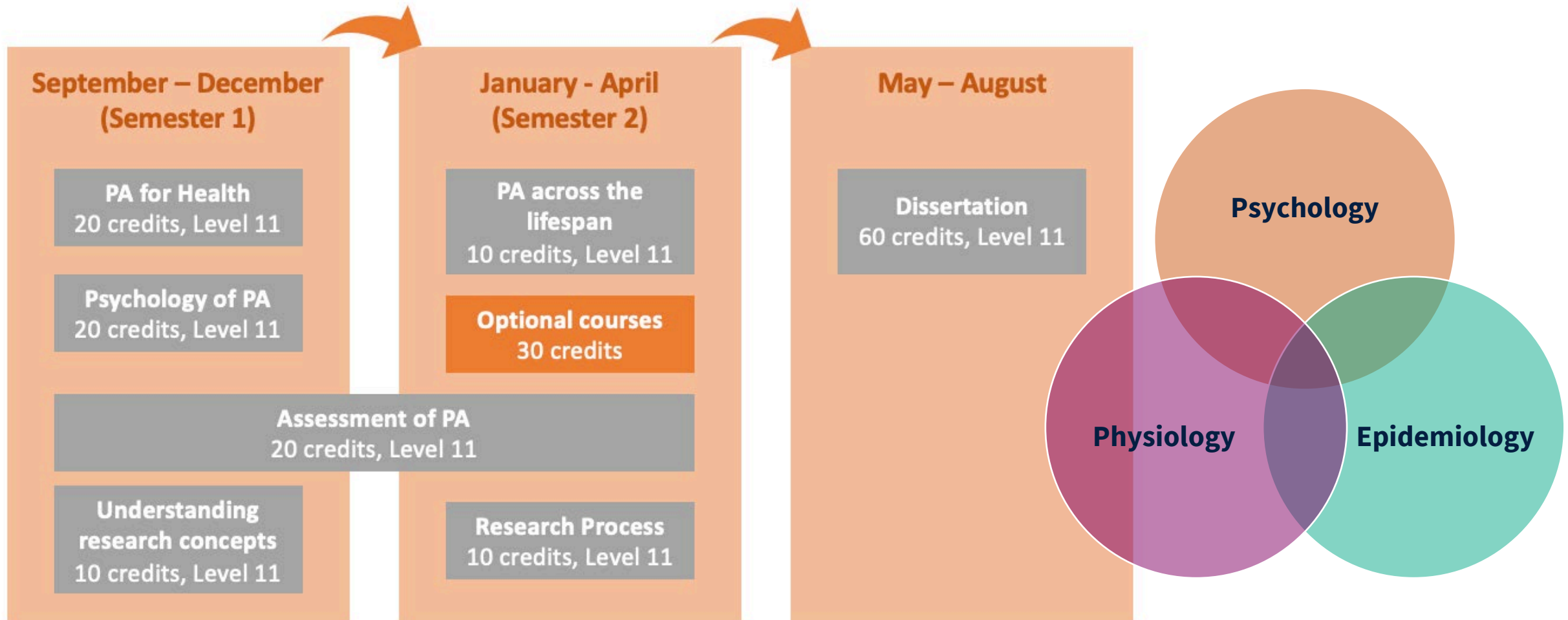
- Only dedicated MSc in Scotland in this topic
- Embedded within the Physical Activity for Health Research Centre – work with and learn from leading researchers
- Small, vibrant and international community of students



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What does the Programme involve?



Why study MSc Physical Activity for Health at the University of Edinburgh?

A Career Enabler



Health promotion
(local authorities)



Primary care



The health and
fitness industry



Physical activity
development



Physical activity and
health consultancy



Further postgraduate
research



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MSc Sport Policy, Management & International Development

Dr Gavin Reid, Lecturer

Programme enquiries:

Dr Louis Nolte, Programme Director

Email: louis.nolte@ed.ac.uk



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Programme Overview

- 1 year full-time study and 6 Year part-time intermittent study
- One of the most successful sport management programmes in the UK
- One of the most internationalised programmes in the school
- Holyrood Campus (Library, Student Support Office, and Study Areas)



Our Staff

Academics

- Dr Louis Nolte
- Dr Davies Banda
- Dr Kait Simpson
- Dr Walker Ross
- Dr Gavin Reid
- Dr Pippa Chapman
- Dr Joe Bradley
- Prof Grant Jarvie
- Dr Jung Woo Lee
- Dr John Kelly
- Dr Matt McDowell
- Dr Irene Reid
- Dr Gui Nothen
- Dr Bronwyn Sumption
- Various seminar tutors

Research Groups / Networks

Edinburgh Critical Studies in Sport
Research Group

Academy of Sport

Scottish Centre for Olympic Research
and Education (SCORE)

Publications



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Programme Structure: Taught courses



Semester 1

- Sport Marketing and Communications
- Sport Resource Management
- The Sources of Knowledge (RM)

Semester 2

- Sport, Society and International Development
- Sport and Culture Industry
- Sport Policy
- Conceptualising Research (RM)

Lectures, Seminars, and Workshops



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Programme Structure: Dissertation

1. 12000-15000 words
2. A range of research topics (Three major themes)
 - a) Sport Policy, Politics and International Relations
 - b) Sociocultural issues in Sport
 - c) Sport Business Management and Marketing
3. Individual Research Supervisor
4. Publication Opportunity



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Student Support

- Programme Director
- Academic Cohort Lead
- Student Advisor
- Course Organisers
- Dissertation Supervisor
- Student Representatives



MSc Strength & Conditioning

Dr Matthew Weston, Programme Director
Email: matthew.weston@ed.ac.uk



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Why study MSc Strength & Conditioning at the University of Edinburgh?

- **Evidence:** Understand and evaluate current research and thinking in strength and conditioning
- **Ideas:** Learn the theoretical and practical aspects of strength and conditioning interventions
- **What to do:** Inform the design and delivery of appropriate training interventions
- **How to do it:** Gain the skills to operate as a practitioner in a sports performance environment

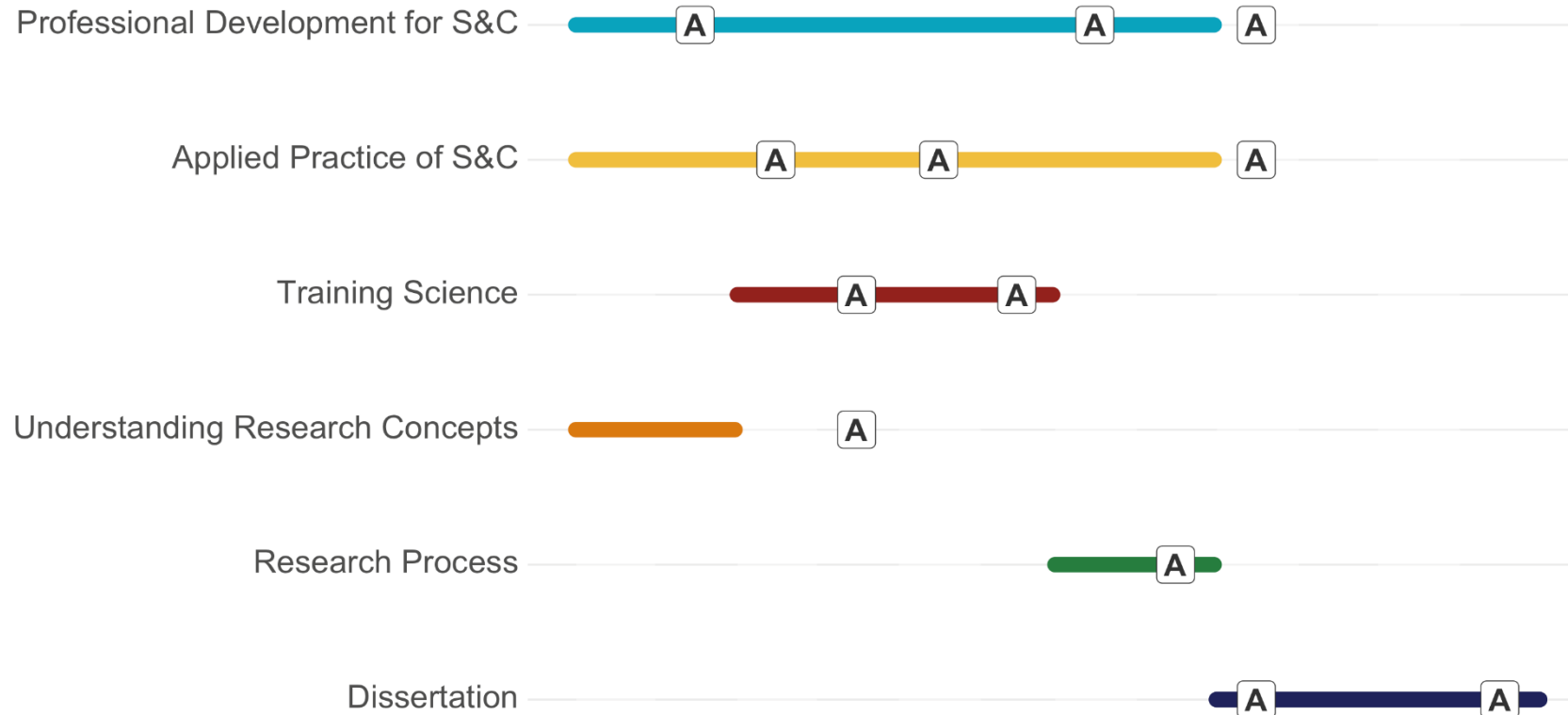


Programme Structure



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Sep 2025 Oct 2025 Nov 2025 Dec 2025 Jan 2026 Feb 2026 Mar 2026 Apr 2026 May 2026 Jun 2026 Jul 2026 Aug 2026



MSc Strength and Conditioning 2025-2026

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Programme Delivery

- Programme content is delivered by highly experienced and accredited strength and conditioning coaches (**UKSCA, NSCA**) and sports scientists (**BASES**)
- Combination of lectures, workshops, practical sessions, debates etc.
- Teaching delivered on a Monday and Tuesday

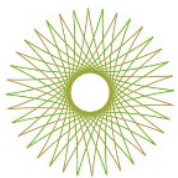


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Why study MSc Strength & Conditioning at the University of Edinburgh?

- Free use of **strength and conditioning gym**
- High quality **internship/placement opportunities***
- **Career opportunities**



Oriam
SCOTLAND'S SPORTS
PERFORMANCE CENTRE



**SCOTTISH
BALLET**



**SPORT &
EXERCISE**



* Subject to a successful application

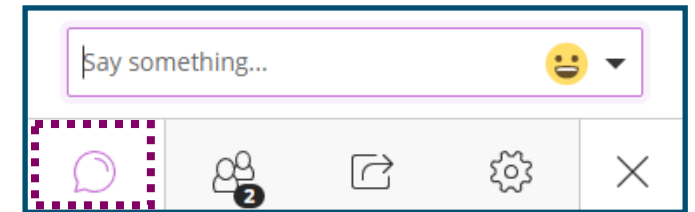


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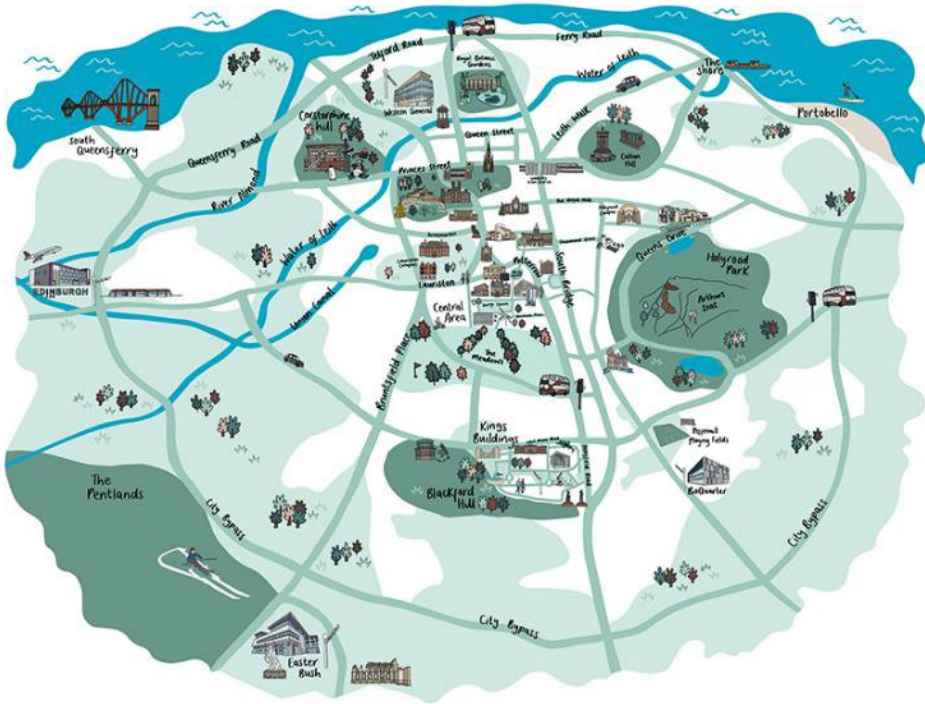
Asking questions (Collaborate)

- Please hold all questions until the end of the formal presentation
- Always use the ‘hand raise icon’ to queue up your question
- When called upon to ask your question, type it into the “Text chat area”
- Once your question is answered, please lower your hand



Next steps...

<https://virtualvisits.ed.ac.uk/pg>



<https://edin.ac/student-chat-pg>



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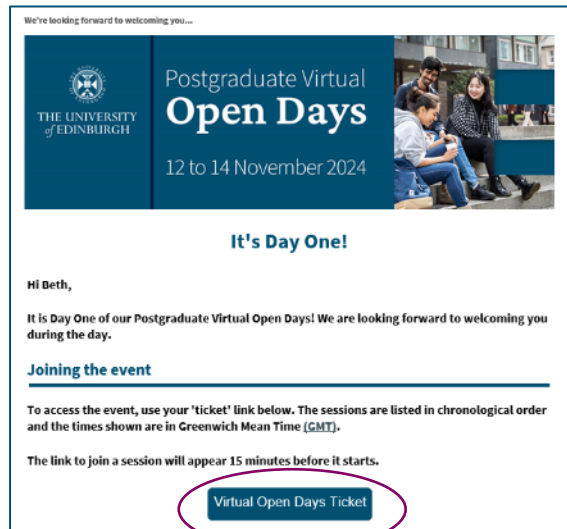
Contact details for follow-up questions

- We apologise if we did not get through all of your questions in the time allotted for this session. If you have further questions that have not been answered, please email: futurestudents@ed.ac.uk

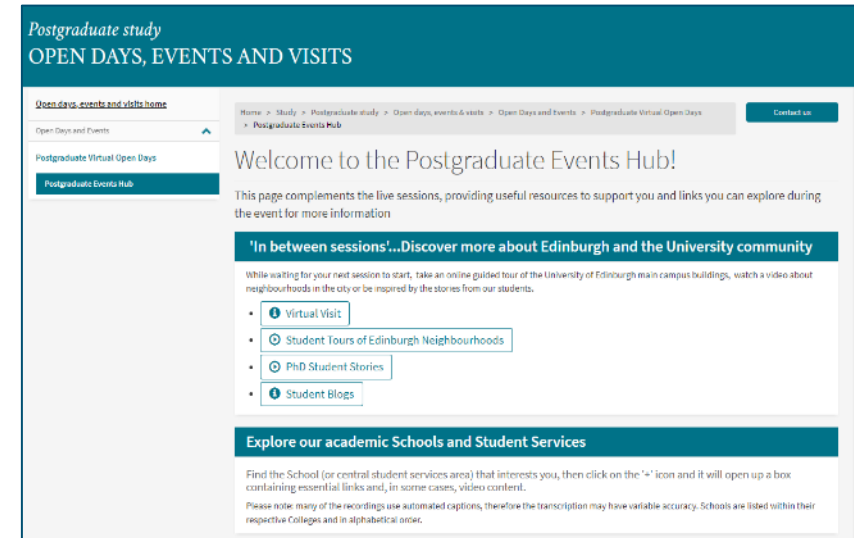


Thank you – click ‘Leave’ when the session ends

- Return to your ‘e-ticket’ to find and attend other sessions you’ve booked – by clicking on the button in the email we sent you...



- ...and visit the events hub:
- <https://edin.ac/4gZuP3G>





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Thank you

Programme Directors

futurestudents@ed.ac.uk

Heather Rikic,

Dr Urvi Khasnis,

Dr Chloë Williamson,

Dr Gavin Reid (on behalf of Dr Louis Nolte),

Dr Matthew Weston