



Chelsea School Newsletter



Sportswriting legend packs a punch

Hugh McIlvanney, the most respected British sports journalist of modern times, provided a thoroughly enjoyable and motivating talk to a keen audience of students and lecturers at Chelsea School recently in which he discussed his glittering career and left the assembled undergraduates suitably inspired. McIlvanney gave the 4th Annual Sport Journalism Lecture, which has been hosted by the Chelsea School to the great benefit of its students since 2006. Best-known for his contributions to *The Observer* and, latterly, the *Sunday Times*, his life in the trade has spanned more than half a century, and his many award-winning feats – seven-time Sports Journalist of the Year, the only British sportswriter to be voted Journalist of the Year and the only foreigner inducted into the US Boxing Hall of Fame, among others - mark him out as a considerable source of inspiration.



Left to right: Rob Steen, Alan Tomlinson, John Sugden, Hugh McIlvanney, Marc Keech.

“Even now,” he told his audience, “I struggle to comprehend the idea that a grown man writing about sport can be regarded as having a genuine profession.” This is a view based on pleasure rather than contempt. Today, degree courses such as our BA(Hons) Sport Journalism are dedicated to helping ambitious students to join those very desks that were ridiculed in the past, putting them in a position to take up McIlvanney’s mantle and do what they love for a living.

Christopher Towers

Football 4 Peace welcomes Sir Bobby Charlton

On 10 July one of the most famous twentieth century sportsmen, Sir Bobby Charlton, together with coaches from the Manchester United Foundation, will join the University of Brighton's community relations initiative, Football 4 Peace, for a special football coaching session for Arab and Jewish youngsters in Israel. Full report will appear in the next issue.

Visit www.football4peace.eu for details.

Go bangers at Brighton Festival

Members of the university’s FIDGET and KICK-START dance companies, all physical education teacher trainees from Chelsea School, performed with the acclaimed Israeli contemporary dance company at the Brighton Festival in May. The Israeli choreographer



Hofesh Shechter’s new ensemble work, Bangers and Mash, brought together Chelsea School students with young dancers from another nine local and regional youth groups and five Brighton-based bands.

New research reveals British-Asian cricketers suffering racism

Some of the growing number of English county cricketers of Asian ethnicity say they have experienced racist comments from fans and occasionally from other players, new research claims. A study carried out by Dr Daniel Burdsey interviewed around half of the 25 or so British-Asian first-class cricketers, and six British-Asian cricket coaches for his paper “Obscured by the sight screen? English cricket, British-Asian identities and colour-blind racism” He notes that detailed testimonies from individual players included "reports that on-field occurrences of racism have been covered up by captains and match officials". He also notes among spectators various examples of comments such as Muslim players being mocked for their beards or their names. Dr Burdsey says the situation is complex – about half of those he spoke to told him racist comments were prevalent, and some denied that it occurred, while others were reluctant to talk about it at all.

Editor

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Student reporters

Physical Education
BA(Hons) with QTS
Katy Griffin

Sport Journalism
BA(Hons)
Christopher Towers
Alex Penny

TERM DATES 2009/2010

28 September - 11 December 2009
04 January - 26 March 2010
19 April - 11 June 2010

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In the final analysis....the dissertation

Elliot Williams, a final year Sport and Exercise Science student, investigated whether contrast heat therapy would be an effective half-time treatment intervention for games players. Elliott simulated the physical demands of a lacrosse match in the laboratory with two groups of participants. Halfway through, one group received repeated applications of hot and cold water to their main exercising muscles (the other group did not receive a treatment and were used as a control). Analysis compared the groups in terms of their physiological responses to treatment (such as changes in blood lactate) and their subsequent exercise performance after treatment. No differences were found suggesting this type of treatment is ineffective.

Helena Callow (third year, Sport and Exercise Science) chose to investigate whether athletes can stop themselves over-heating during intense exercise. She investigated if pre-cooling could lower core temperature and provide a "sink" to store heat. Helena tested leg muscle power, core temperature, and skin temperature before and after 20 minutes of cold water leg immersion. The cold immersion lowered core and skin temperature. Using the legs as a heat sink might be particularly beneficial to upper-body athletes such as canoeists and wheelchair racers.

Fatigue during intense exercise is partly because the muscles become more acidic due to anaerobic metabolism. Ingesting an alkali before exercise might buffer this acid build-up. Nicky Thornton (third year, Sport and Exercise Science) tested whether the alkali sodium citrate might be effective. She tested eight male cyclists during a laboratory simulation of a 10-mile time trial. They drank sodium citrate dissolved in a sports drink. Performance improved by an average of one minute, showing alkali can offset the acidosis of exercise.

Projects across other courses this year include:

A discourse analysis of the tabloid and broadsheet coverage of the 1988 West Indies and 1992 Pakistan cricket tours of England

The impact of "skinny debate" and "size zero" thin ideologies on female university athletes

An investigation into attitudes and confidence of primary school teachers delivering physical education in the National Curriculum

Setting the standard

Since I began work as the Sports Editor at the *Ely Standard*, a weekly newspaper in Cambridgeshire, I have found that newsrooms are shrinking and a broad range of skills are needed by students leaving university to be able to catch the eye of a potential employer. Looking back now, it is clear that the studies I undertook in Sport Journalism at Chelsea School equipped me with an ideal range of skills, from match-reporting to sub-editing, which have stood me in good stead at the paper and, without doubt, my time studying Sport Journalism at Chelsea gave me the ideal preparation for life in the newsroom.

The NCTJ-accredited degree proved invaluable to my employer and was a guarantee that I had the necessary skills required to deal with life working on a newspaper. To that end, I cannot stress enough the value of studying hard in your NCTJ modules and making sure you get as proficient at shorthand as you possibly can.



Daniel Mansfield

What impressed me most about life at Chelsea was the ever-expanding range of facilities available to fledging journalists and the ease with which I and all my fellow students were able to get along with our lecturers. Though you may not appreciate it now, when you do get that first job working for a newspaper, or any media outlet for that matter, you will find yourself looking back to your time at Chelsea and using what you learnt almost immediately.

Now I can say, without hesitation, that the reason I am in work is because I had a degree that was backed by the NCTJ, was highly specialised and was taught by lecturers who were able to offer practical and immeasurably useful advice that I continue to use today.

Daniel Mansfield
Sport Journalism graduate

Bursaries and scholarships

For information about income-related bursaries and scholarships for elite athletes, talented performers and disabled athletes and general finance information, visit: www.brighton.ac.uk/prospective/undergrad/fees

"I was originally due to take up a place at Loughborough to do sport science and chemistry, but decided to visit the University of Brighton to have a look. I was blown away by Eastbourne and the facilities in the department and decided to change my first choice. The staff here are brilliant and always willing to help; it's also a great environment to study in. So far this year I have helped undergraduate and masters students with their dissertation testing and PhD students with their research. When reflecting on my first year all I can say is that it's everything I hoped for and I have no regrets and can't wait for the second year."
Ben Macklin, Sport and Exercise Science

For all the latest news visit the Chelsea website www.brighton.ac.uk/celsea click on

News and Events

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Sport matters



The University of Brighton ended the day victorious at this year's Varsity Day against the University of Sussex with an 8-5 win. It's the seventh year that Brighton has brought home the winner's cup. The annual university students' sports event had 13 fixtures throughout the day.

The University of Brighton also gained a close 6-5 win at Varsity Day against the University of Chichester. The score reflects the success that the university has enjoyed in previous years and highlights the quality of sportsmen and sports-women at the university. There were 11 fixtures throughout the day, kicking off with women's football, where Brighton enjoyed a 7-0 win.

Bude better believe it!

In April second year physical education students went to Bude, Cornwall, for an outdoor adventure week. We learnt how to surf, windsurf, canoe, kayak and get in and out of wet suits as quickly as possible. We had fantastic weather all week and most of us had sunburnt noses by the end of it all.



We had a go at rock climbing and also gained some qualifications in the activities. The nights were busy too and included a visit to the town and a fancy dress karaoke night. Our theme was B for Bude, so we had characters from butterflies and ballerinas to bunnies and builders. Let's see if students next year can create a better theme!

Katy Griffin

Information about accommodation can be found at www.brighton.ac.uk/accommodation
Still have questions? Then email a.eastbourne@brighton.ac.uk
or telephone 01273 643848/643810 and speak to Ros Dunican or Lesley Robertson

Living in the 'bourne

In the build-up to starting at the Chelsea School, I was anxious, nervous, but also excited. I had missed out on halls of residence but I found a great group of housemates and we all get along really well. When I discovered that I wouldn't be in halls, I was concerned. However, the accommodation office offered lots of support and put me in touch with other students. I was able to go house hunting, and I now live in a house with six other students.



Alex with his housemates

The people on my course are fantastic as well; I met one the night before we began our course and now we're top mates. Everyone makes friends within the first few days; it is daunting when you first begin but there is nothing to worry about - simply put your face out there and get yourself known. I made dozens of friends in the first three weeks. I study Sport Journalism, and for me the decision was easy. Everyone I spoke to regarding this course told me to head for the University Of Brighton. And I'm really pleased I did. I hope to see you all in September!

Alex Penny

Viva Italia

First year sport and exercise science student James Custodero will be working as a translator for Sport Italia television during the Summer. James will be translating English sport reports into Italian and interviewing sport personalities. In the past James has interviewed footballers Cafu (Brazil's most - capped player of all time) and Kaka and wrestler Dave Batista. James will be reporting on his experiences in future newsletters.

Find out more about the clubbing scene, shows and events in Eastbourne by visiting eastmag at www.eastmagazine.co.uk

'The Pebble', the official newspaper of the University of Brighton Students' Union, is now available online www.ubsu.net/

If you would like one our student ambassadors to contact you please email m.i.doust@brighton.ac.uk with your full name and the course you will be studying

For more information about Chelsea School see our website

www.brighton.ac.uk/

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University of Brighton

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Meet our student ambassadors ...

Emma O'Reilly

I'm currently in my second year of the PE with QTS course and still loving every minute of my time here in Eastbourne. From the start I found it really easy to settle into the course and living quite far away from home; everyone at the university is really friendly and this definitely helped. Eastbourne itself is lovely too, and living so close to the beach is an added bonus in the summer.



Leah Dixon

When I made the decision to go to university I was convinced that I didn't want to move away from home but when I visited Eastbourne the friendly, community-like atmosphere made me feel really welcome. I am now in the third year of Physical Education BA(Hons) with QTS and I am so glad I made the decision to study at the University of Brighton. Lecturers, staff and students are friendly and helpful and what I love about the course is that you are constantly being challenged but there is also great support.



Robert Anderson

I am a second year Physical Education BA(Hons) with QTS student. Born in Ireland and living in Belgium, I have really enjoyed my time at the University of Brighton Eastbourne campus. The course also offers so many experiences for a student and the social life is brilliant.



Lucie Hrbackova

Hi everyone. I am currently a second year student studying sport and leisure management. I come from the Czech Republic and I am enjoying being a member of an international community here. I decided to choose the University of Brighton not only because it offers a degree which is not possible in my own country but it is also in a beautiful location. I am really enjoying my course and I am currently on placement working for Freedom Leisure where my job is looking at all operational aspects of a leisure centre including marketing and sales. It has been such a good experience so far and gives me the opportunity to apply all the theory learnt into practice. Eastbourne is such a great place to study and meet new friends. Can you imagine having a picnic and fun with your friends on a sunny beach?



Emily Gardner

I am currently in my third year of the Physical Education BA(Hons) with QTS. I enjoy playing sport and have enjoyed the opportunities I have had to teach other students and pupils from local schools. I also really enjoyed my time on school placement. I chose to come to this university due to the fantastic facilities and the atmosphere around the campus. One of the highlights has been the ski trip to Claviere, Italy, and the visit to Bude, Cornwall, in the second year. I really enjoy living in Eastbourne and being by the sea is a bonus.



Marilyn Doust

I am the student support tutor at Chelsea School. We believe in supporting all students to achieve their goals and make the most of their time at university. Primarily my role is to offer confidential advice and support; students will also be supported by their academic tutor. All new students are given the opportunity to meet with the student ambassadors to ask any questions during the first few weeks of term. We have a dedicated student services one-stop shop across the road which includes welfare, medical, accommodation and finance.



Chelsea School and the Student Ambassadors wish all students awaiting exam results good luck

www.brighton.ac.uk/studentlife for information about being a student at the University of Brighton



Visit www.ubsu.net to view the latest edition of 'The Pebble', the official newspaper of the University of Brighton Students' Union, and to find out about sport clubs

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