

## Videos

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### Dementia-Friendly Exercise in the Community

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#### Information

|             |   |
|-------------|---|
| Date        | 09.01.2018  |
| Duration    | 17 Minutes 1 Second   |
| Author      | Why Sports<br>Presentation by Esther Watts (Senior Officer Dementia Friendly Communities - London Alzheimer's Society) at Creating Active Communities Conference 2017 including Examples of current work, Dementia friendly swimming, Dementia friendly gyms. <a href="http://bit.ly/2maemyN">http://bit.ly/2maemyN</a> |
| Description |   |
| Filesize    | 0 Bytes   |
| Views       | 295   |

### More videos



#### Generation Inactive - From the Playground to Policy

Jack Shakespeare's presentation at the Future of Sport Conference 2018. Jack is Head of UKActive kids at UK Active.



#### UK Sport Talent Identification and Development: The story so far

Alex Stacey's presentation at the Future of Sport Conference 2018. Alex is currently leading the EIS Performance Pathway Team, overseeing Pathway Education Programmes for Pathway Managers, Coaches, Staff and Athletes. Having joined the Team in 2011, Alex has played an active role in the evolution of Performance Pathways in Great Britain, and her current focus areas includes working with England, Wales, Scotland and Northern Ireland to align Pathways for success in Tokyo and beyond. Alex has extensive experience of working with multiple Olympic and Paralympic Sports through her work in the Performance

Pathway Team, and also in her work with the England Institute of Sport since Beijing 2008.



### **Developing the next generation of leaders**

Jon Brookstein's presentation at the Future of Sport Conference 2018. Jon is the Head of Development at British Universities & Colleges Sport (BUCS) and oversees four key strategy areas for BUCS: Physical Activity & Health, Social & Recreational Sport, Professional & Workforce Development and inclusion. Having project managed BUCS research in 2013 into the impact of sport on graduate employability and worked in partnership with Deloitte from concept through to delivery of the BUCS Deloitte Leadership Academy, Jon is passionate about adding value to the lives of young people through sport.



### **Top tips on juggling work/study and sport/training**

Short of time, worried you'll never fit everything in? This film has some answers to help you manage your time and juggle commitments.



### **Children's Physical Activity Agenda**

Interview with Jack Shakespeare on its importance and engagement with Government.



### **CIMSPA Presentation**

Tara Dillon's presentation on the 'Chartered Institute for the Management of Sport and Physical Activity' (CIMSPA) at the Future of Sport Conference 2018. As CEO of the CIMSPA, Tara Dillon leads the institute's headline work in professionalising UK sport and leisure and transforming the workforce development opportunities of those who work in the sector. Tara was appointed as CEO in January 2015, before which she was interim chief operating officer whilst on secondment from IQL UK. Previously, Tara has held a variety of senior management roles within the leisure sector, combining 12 years working in local authorities and 9 years in the private sector, culminating in a customer-focused commercial role as executive director of IQL



### **Influencing the Impact of the Primary PE and Sport Premium**

Alison Oliver's presentation at the Future of Sport Conference 2018. The Youth Sport Trust (YST) is an independent charity devoted to building a brighter future for young people through physical education (PE) and sport. YST believe PE and sport have the power to fulfil young people's potential, helping them to be healthy and happy, succeed in life and contribute to society. With over 20 years of experience, YST specialise in developing and delivering high quality PE, sport and physical activity related opportunities which maximise the power of sport to grow young people, schools and communities.



### **How Do We Ensure Children and Young People Have a Positive Attitude Towards Sport and Physical Activity?**

Jayne Molyneux's presentation at the Future of Sport Conference 2018. Jayne has worked for Sport England since 2009 and is responsible for leading their work involving children and young people. Jayne has also previously worked for the Youth Sport Trust as a National Development Manager responsible for supporting the national network of School Sports Partnerships and Sports Colleges and has over twenty years' experience in the sport and education sectors. A former international rugby player, Jayne also coached England Students but now enjoys walking and cycling in her spare time. Until recently she was a school governor at a secondary school in the North West where she was Chair of Governors for five years.



### **A Whole System Approach to Physical Literacy**

Sharon Skade's presentation at the Future of Sport Conference 2018 'A Whole System Approach to Physical Literacy – Policy, Workforce and Impact'. With a background in sports coaching, devising and delivering physical activity programmes for families in Stockport, Sharon became aware of a gap in the provision within nurseries and Children's Centres regarding the awareness of the important role and positive impact of Physical Development in all areas of a child's learning and development. In order to understand more fully the theories involved in child development, to complement her coaching qualifications, Sharon completed a BA Degree in Childhood Studies passing with First Class Honours. This has enabled Sharon to design appropriate bespoke training and development opportunities for a multi-agency early years workforce. Sharon is passionate about changing lives through physical activity and sport and inspires colleagues across Greater Manchester with her interactive early year's physical activity training sessions and CPD opportunities. Her vision is to have Physical Development Champions in all Early Years environments.



## Kenny Gibson at Future of Sport Conference 2018

Kenny Gibson's presentation covers: Making Local Child Health Data Real for Parents and Early Years Providers; Tackling childhood obesity; Commissioning the Healthy Child programme 0-19; Providing the best most active start in life. Kenny started his NHS-career as a laundry assistant in 1981 before training as a nurse from 1982. He qualified as a nurse and midwife in Scotland and got the learning bug using the internet. He is now a perpetual learner using social media about all things relating to clinical practice and our health care systems – especially how to get the public engaged with their own health and well-being. He has worked across hospitals, care homes, community services, peoples' homes and even on the streets where he volunteers with the homeless. He still works clinically with people affected by mental health & learning disabilities. His academic studies have led to his PhD in emotional intelligence



### More than medals: Turning athletes into leaders

Lecture given by Professor David Lavalley who in Aug 2017 was Professor and Head of the School of Sport at the University of Stirling University of Stirling Scotland and in 2018 the world's first Professor of Duty of Care in Sport at Abertay University. Athletes are an exceptional population as they need to maintain a wide range of skills, attitudes and capabilities across different domains while competing in competitions. Many successful athletes are also notable for their ability to either develop additional skills, or acquire a new skill set replacing the original, and subsequently apply them at the top level of performance. While the characteristics required for learning new skills are not unique to athletes, their focus on a very precise skill set, coupled with their ability to transfer performance of high standards in one domain into new activities by being goal-focused, motivated and confident in their abilities, makes them a useful model for the wider population. This presentation focuses on how athletes can develop and adapt into fundamentally different and increasingly complex roles and environments and, as a result, have the potential to be future leaders and influencers in businesses and the community. David Lavalley visited the University of Canterbury as a 2017 Canterbury Fellow. A central focus of his research is on the transitions experienced by athletes across their career in order to better understand how skills are learned, developed, applied, maintained and adapted. His research aims to contribute to more responsible support systems by focusing on the duty of care for participants in sport. Professor Lavalley is a graduate of Harvard University and the University of Western Australia. He has published 10 books and 85 peer-reviewed journal articles, and has been invited to present his research in 18 countries. His esteem has been recognised by the award of Fellow of the British Psychological Society, Fellow of the Academy for Social Sciences and Principal Fellow of the Higher Education Academy (the first ever at a Scottish higher education institution). This UC Connect lecture is also the 2017 Annual UC Sports Lecture.



### "What it Takes" with Roland Schoeman

In this episode of "What it Takes", Allistair McCaw chats to Olympic gold medalist, World Champion and world record holder in swimming, Roland Schoeman.



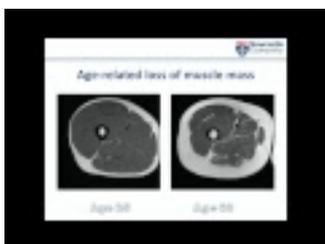
## **Michael Klim: The Making of an Olympic Legend**

One of Australia's most celebrated athletes, Michael Klim is a 3x Olympian with a slew of world records, Olympic medals and world championships to his name. He is perhaps best known as one of the undisputed stars of the 2000 Sydney Olympics, where he won two gold, two silver and was instrumental in Australia's thrilling 4x100m relay victory, unleashing a world record lead off swim to win his first gold on the first night. An entrepreneur upon his retirement Michael is now the founder and managing director of a skin care line MILK. klim is interviewed by Rich Roll, "vegan ultra-endurance athlete, author, podcaster, public speaker & wellness evangelist at large".



## **From Shunned to SHERo: the trajectory of the female athlete**

Presentation given by Dr Kathryn Ackerman at the Science Summit on 25 October 2016 in Glenlo Abbey, Galway.



## **Festive Lecture 2017 The Science of Sport**

The Faculty of Medical Sciences annual Festive Lecture 2017 was delivered by Emma Stevenson, Professor of Sport & Exercise Science at Newcastle University. - Find out what Sport Science is and the history of the discipline - Learn how Sport Science is used to support athletes to optimise performance and recover from injury. In this live streamed 2017 event with some interactive demos, Emma was joined by Dr Paul Catterson, Club Doctor at Newcastle United. Emma's current research focuses on nutritional interventions to maximise recovery following exercise and the effects of exercise and nutritional interventions on appetite regulation and postprandial metabolism. Emma has worked as a consultant Sports Nutritionist with several international sports squads. Emma is an Academic Associate of the Sport and Exercise Nutrition Register (SENr) and a member of The Physiological Society, The Nutrition Society and British Association of Sport and Exercise Sciences.



## **Disability sports: A challenge for science**

In this 2013 video, Dr Florentina Hettinga, from the University's School of Biological Sciences, investigates disability sports as an area that has scarce literature written about it and addresses some of the challenges that scientists facing when researching adapted sports. Hettinga (PHD, SFHEA, FECSS) is senior lecturer at the University of Essex, where in 2018 she leads the Sports Performance and Fatigue Research Unit. She is particularly fascinated by the concept of 'pacing': how do athletes/exercisers regulate their exercise intensities, when and why do they decide to invest their energy, and how do they manage their fatigue, and

how do humans behave and perform in competition? For example, how do they respond to for example other opponents in the race and can we analyse and optimise tactical decisions in head-to-head competition?



### **Menstrual Function in athletes (Part 3)**

Mr Michael Dooley is a Consultant Gynaecologist with a specialist interest in Sports Gynaecology. He has attended two Olympic Games as a Team Doctor and was Lead Gynaecologist for London 2012. His primary research was monitoring hormone levels in recreation and elite athletes in different disciplines and at different ages. He then was part of a research team investigating the effect of hormones and pre-menstrual syndrome as well as the positive effect oestrogen has on bones. He has recently co-authored a paper on whether ovarian reserve, measured by antimullerian hormone, and fertility is changed in elite athletes. He was a member of the International Olympic Committee Expert Group Meeting that has published guidelines on exercise and pregnancy in recreational and elite athletes. He is Medical Director of the Poundbury Clinic, based in London and in Dorset, and at this Clinic he regularly sees athletes, both recreational and elite, with different gynaecological and hormonal issues. In this three part video series Dr Michael Dooley discusses key concepts related to female menstrual function for athletes.



### **Menstrual Function in athletes (Part 2)**

Mr Michael Dooley is a Consultant Gynaecologist with a specialist interest in Sports Gynaecology. He has attended two Olympic Games as a Team Doctor and was Lead Gynaecologist for London 2012. His primary research was monitoring hormone levels in recreation and elite athletes in different disciplines and at different ages. He then was part of a research team investigating the effect of hormones and pre-menstrual syndrome as well as the positive effect oestrogen has on bones. He has recently co-authored a paper on whether ovarian reserve, measured by antimullerian hormone, and fertility is changed in elite athletes. He was a member of the International Olympic Committee Expert Group Meeting that has published guidelines on exercise and pregnancy in recreational and elite athletes. He is Medical Director of the Poundbury Clinic, based in London and in Dorset, and at this Clinic he regularly sees athletes, both recreational and elite, with different gynaecological and hormonal issues. In this three part video series Dr Michael Dooley discusses key concepts related to female menstrual function for athletes.



### **Menstrual Function in athletes (Part 1)**

Mr Michael Dooley is a Consultant Gynaecologist with a specialist interest in Sports Gynaecology. He has attended two Olympic Games as a Team Doctor and was Lead Gynaecologist for London 2012. His primary

research was monitoring hormone levels in recreation and elite athletes in different disciplines and at different ages. He then was part of a research team investigating the effect of hormones and pre-menstrual syndrome as well as the positive effect oestrogen has on bones. He has recently co-authored a paper on whether ovarian reserve, measured by antimullerian hormone, and fertility is changed in elite athletes. He was a member of the International Olympic Committee Expert Group Meeting that has published guidelines on exercise and pregnancy in recreational and elite athletes. He is Medical Director of the Poundbury Clinic, based in London and in Dorset, and at this Clinic he regularly sees athletes, both recreational and elite, with different gynaecological and hormonal issues. In this three part video series Dr Michael Dooley discusses key concepts related to female menstrual function for athletes.



### **WADA's Anti-Doping eLearning Platform**

For more information about the Anti-Doping eLearning Platform (ADeL), visit: <https://adel.wada-ama.org>



### **2015 Connecting Coaches**

Youth Sport Tru's Baroness Sue Campbell (Chair) and Ali Oliver (CE) spoke at the 2015 Connecting Coaches convention on 5 December at SkyCity Convention Centre, Auckland. Baroness Campbell and Ali Oliver provided an international perspective on recruiting, developing and deploying athlete centred coaches throughout the sporting pathway.



### **Professional Standards for Coaching**

Ian Freeman, Swim England / Institute of Swimming, explains how the new CIMSPA Professional Standards for coaching will help coach education in the sport and physical activity sector.

<https://www.workforce.org.uk/coaching>



### **Dame Katherine Grainger**

Recorded 26 Feb 2018. Dame Katherine Grainger is a British rower with five Olympic medals and Great Britain's most decorated female Olympian. In 2012, she broke the Olympic record whilst qualifying for the Double Sculls final before going on to win the gold medal. In 2017, she was appointed the chair of UK Sport.



### **Training for Strength**

2014 video reviewing the long-term research studies investigating how different training variables affect gains in muscular strength.



### **The Biomedical Basis of Elite Performance**

2012 lecture by Scott Drawer, who was appointed Director of Sport at Millfield School in 2018: High performance science: bench to trackside to bench



### **The Code for Sports Governance: A Year On**

At the State of Play Sport event, Ash Cox, Director of Legal for British Swimming discussed the importance of understanding how the Code is being applied and what potential consequences sport organisations might suffer if they don't comply.



### **State of Play Sport Event Highlights**

The ambitions for UK sport are far reaching however for many sports organisations, developments in governance, funding, regulation, reputation and technology all impact upon the state of play. Watch the event highlights video published Nov 2017 to find out more.



## Webinar - Conflicts of interest

In this webinar you can find out what is the Conflict of Interest and how to identify it. It also explores what are the different types of conflicts and shares the practical steps required to successfully manage conflicts and minimise the risks of non-compliance.



## GIVERS

GIVERS workshops will help you find even more ways to keep the volunteers you have, and inspire more people to lend a hand at your club. <https://bit.ly/2Jq1x1g>



## The Swim England Learn to Swim Programme

Find out more about the Swim England Learn to Swim Programme, the national syllabus used to help teachers deliver swimming lessons.

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<http://www.somersetasa.org/sasa/en/View/Videos?id=1058&cid=&pdfview=1>