



THE UNIVERSITY
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Postgraduate Virtual Open Days

Sport-related MSc
programmes at
Moray House



Programme Directors: Heather Rikic, Dr Urvi Khasnis, Dr Chloë Williamson, Alex Owens, Kevin Watson, Dr Louis Nolte
November 2025

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



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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



Biomechanics Lab & associated equipment



Dance Studio



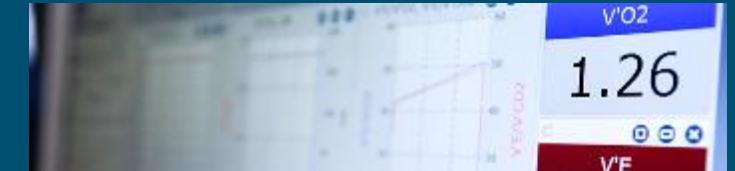
Strength & Conditioning Performance Gym



Swimming Pool



Games Halls



Physiology Lab



Psychology Lab



Project Lab



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MSc Dance Science & Education

MSc Sport and 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)

Optional Placement Course Semester 1 & 2



Dance Pedagogy (40 credits)

2 intensive blocks of study Semesters 1

& 2

(September & March)



Research Methodologies

Two 10-credit courses

Semesters 1 & 2

(October & February)



Preventative Dance Medicine (20 credits)

1 intensive block of study

Semester 2

(January)



Dissertation (60 credits)

Semester 2

(April - August)

Full-time study:
12 months

Core teaching team

Dr Wendy Timmons

Course organiser for: Dance Pedagogy, Preventative Dance Medicine, Dissertations

Siân Salmon

Cohort Lead

Heather Rikic

Programme Director

Course organiser for PDLDTC1 & 2



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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**



MSc Sport and Performance Psychology

Dr Urvi Khasnis, Programme Director

Email: urvi.khasnis@ed.ac.uk

Our Team

Dr Amanda Martindale

Dr Ray Bobrownicki

Dr Neil Buchanan

Hugh Richards

Dr Alan MacPherson

Prof Dave Collins

Prof Christine Nash

Dr Loel Collins

Dr Ashley Ferkol

Dr Bernadette Kellerman

Dr Ellis Pecen

Dr Anne MacDonald



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Why study MSc Sport & Performance Psychology?



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Semester 1

Practitioner
Skills: Sport and
Performance
Psychology
20 credits

Psychological
Preparation for
Performance
40 credits

Psychology for
Performance
40 credits

Applied
Research
Methods
20 credits

Sport and Performance Psychology Dissertation
60 credits

**Post-
Graduate
Diploma**

MSc



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Why study MSc Sport & Performance Psychology with us ?

- 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

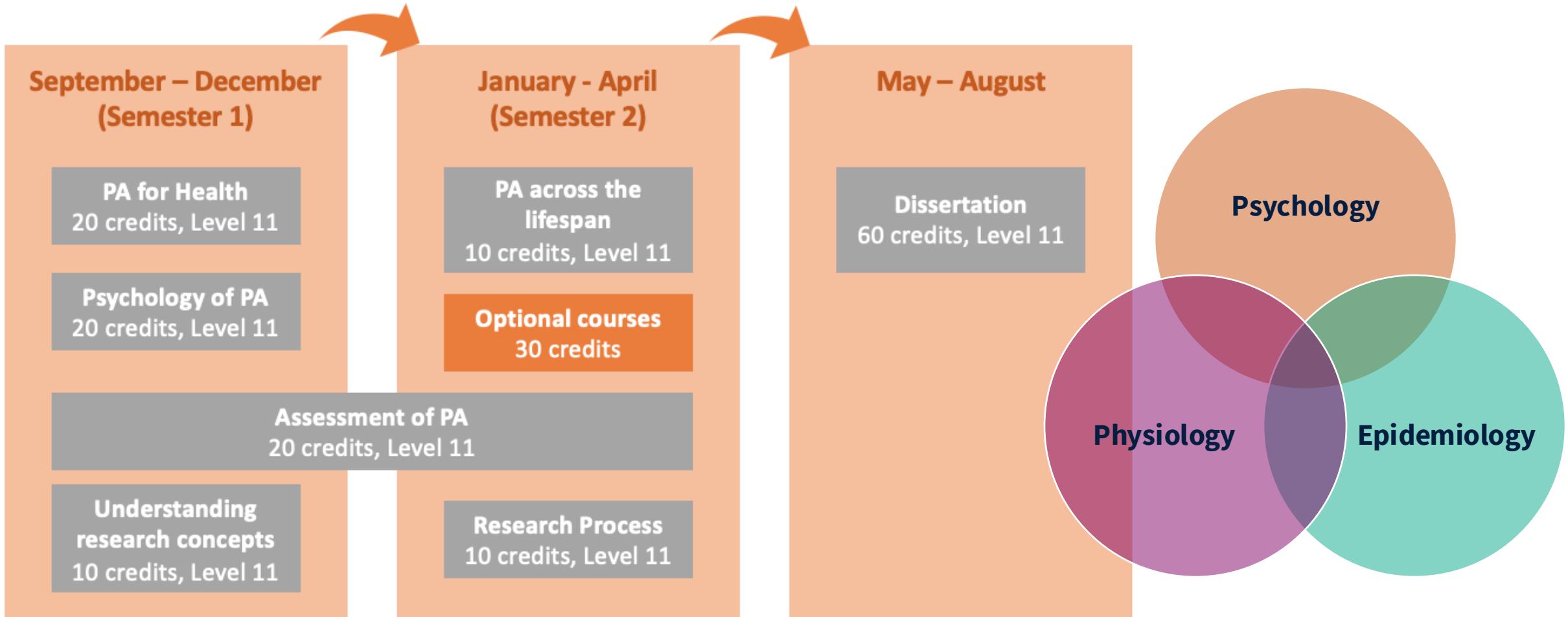
- Only dedicated MSc in Scotland in this topic
- Embedded within the **Physical Activity for Health Research Centre** – work with and learn from leading researchers
- Small, vibrant and international community of students



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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 Louis Nolte

Programme enquiries:

Dr Louis Nolte, Programme Director

Email: louis.nolte@ed.ac.uk



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Programme Overview

- 1 year full-time 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

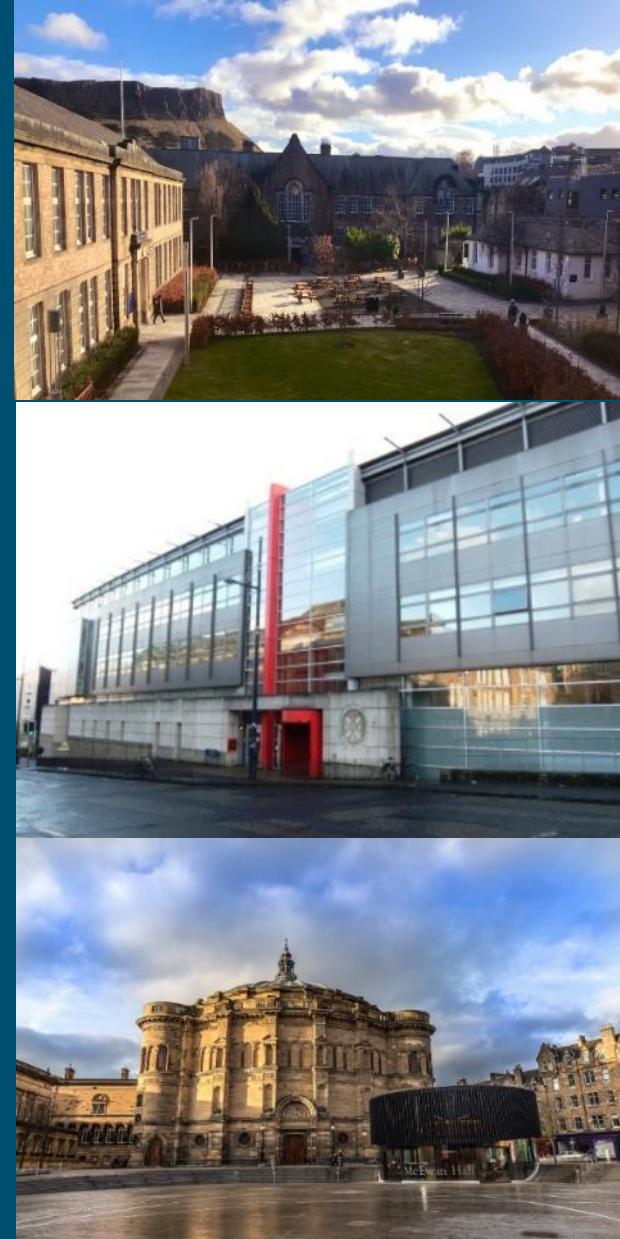


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Programme Structure: Dissertation

- 1. 12000 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



Student Support and related

- Programme Director
- Academic Cohort Lead
- Student Advisor
- Course Organisers
- Dissertation Supervisor
- Student Representatives
- Scholarship/funding opportunities



MSc Strength & Conditioning

Alex Owens and Kevin Watson, Co-
Programme Directors
Email: alex.owens@ed.ac.uk and/or
kwatson5@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



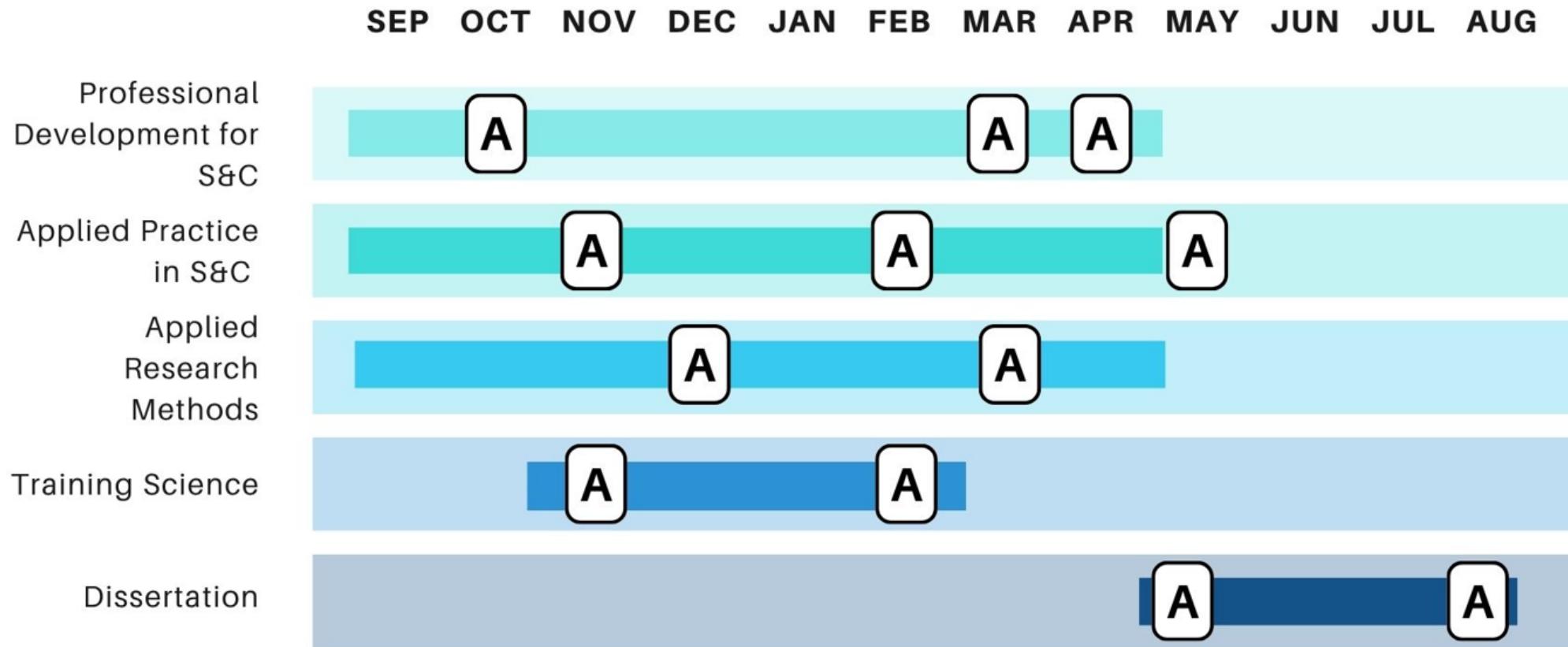
Programme Structure



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MSc in Strength and Conditioning

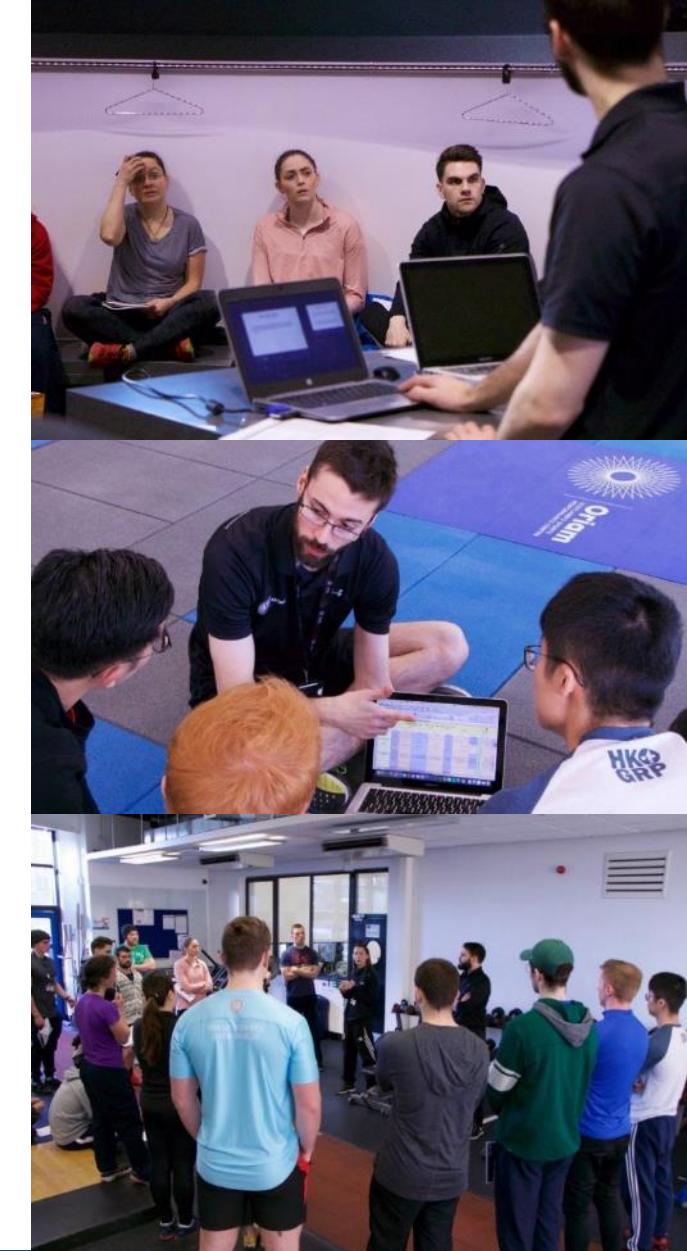
Course and assessment timeline



Open
to the
world

Programme Delivery

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



The staff teaching team on the MSc in Strength and Conditioning

Staff member	Role	Academic and professional qualifications	Teaching and practical experience
Alex Owens	Co-programme Director, Applied Practice for S&C Course Organiser	MSc ASCC	Teaching Fellow for >5 years Physical Preparation Coach for Hearts FC
Kevin Watson	Co-programme Director, Academic Cohort Lead, Dissertation Course Organiser	MSc ASCC, CSCS, mISCP, MCIMSPA (Chartered)	20 years as Head of S&C at Glasgow School of Sport - >45 Commonwealth & 4 Olympic athletes
Dr Matthew Weston	Professional Development for S&C Course Organiser	PhD Fellow of CASES	>20 years experience as a lecturer and practitioner (predominately football) in UK and world wide e.g. USA, Qatar
Professor Tony Turner	Training Science Course Organiser	PhD Previously CASES accredited	Expert in human physiology working with multiple NGB's
Dr Shaun Phillips	Lecturer on Training Science course	PhD SFHEA	Academic lead of HERRN Expert in fatigue and environmental physiology
Dr Len Parker-Simpson	Teaching Fellow on Professional Development for S&C	PhD	Work(ed) with world champion & Olympic cyclists as a sports physiologist



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

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



* Subject to a successful application



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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





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Thank you

Programme Directors

Heather Rikic,

Dr Urvi Khasnis,

Dr Chloë Williamson,

Dr Louis Nolte

Alex Owens & Kevin Watson