

# Christian Edwards



## Lecturer (Sports Coaching Science)

Institute of Sports & Exercise Science

## Contact Details

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## Qualifications

MSc Sports Coaching Science (University of Worcester)

BSc Sport and Exercise Science (University of Wales Aberystwyth)

PGcert learning and teaching in higher education (University of Worcester)

ITEC Holistic Massage

## Teaching & Research

### Professional Interests

Reflecting on and developing in Coaching

### Research Interests

Drive for muscularity and body image

The effect of the coach on athletes body image

The impact of the coach on athlete's use of psychological skills

### Research awards

HTA whiting Prize (2007)

BASES postgraduate poster award (2009)

## Professional Bodies

British Association of Sport and Exercise Science, (BASES)

## Publications

Edwards, C., Tod, D., Morrison, T., & Molnar, G. (2011). Drive For muscularity. In D. Tod & D. Lavalley (Eds.). *Psychology of strength and conditioning: Current perspectives*. (pp. 148-172). London: Routledge

Edwards, C. & Evans, G. (2010). The Challenges of Change. In Kidman, L. & Lombardi, V. *Athlete Centered Coaching*, Innovative Print Publications.

Tod, D., Edwards, C., Drury, B., Akehurst, S., & Lavalley, D. (2008). Relationships among muscle dysmorphia and body image-related quality of life and coping strategies. Paper presented at the annual conference of the British Association of Sports Sciences,

Edwards, C, Tod, D. and McGuigan, M. (2008). Self-talk influences vertical jump performance and kinematics in male rugby union players. *Journal of Sports Sciences*, 26, 1459-1465.

### Conference presentations

Tod, D., Morrison, T. & Edwards, C. (2010) An exploratory investigation of the relationships muscle dysmorphia characteristics have with genital satisfaction and sexual self-esteem, depression, and preoccupation in active young adult males. The British Psychology Societies Division of Sport and Exercise psychology two yearly conference.

Tod, D., Edwards, C., & Hardy, J. (2009). Relationships muscle dysmorphia has with appearance schema processing, body image disturbance and frequency of body image dysphoria. Paper presented at the annual conference of the British Association of Sports Sciences, Leeds, England 2009.

Peters, D.M., Molnar, G., Adamson, G., Rhoden, C., Edwards, C. & Breeze, N. (2009). An evaluation of student and staff perceptions of the use of audio files for feedback on student assessments. *University of Worcester Annual Learning & Teaching Conference*, 2009.

Edwards, C., Tod, D. and McGuigan, M. (2007). The effect of Motivational and instructional self-talk on power production during the vertical jump in University rugby union players. Presented at British Psychological Society Conference, Dublin 2007.

## External Responsibilities

Institute leader of the 'Coaches Sharing Network' in collaboration with the Hereford and Worcester Sports partnership

Motion performance centre member for consultancy and research.

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