

Haydn Jarrett



Senior Lecturer (Sport & Exercise Science) & Course Leader for Sport Studies

Institute of Sports & Exercise Science

Contact Details

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Qualifications

Master of Science in Physical Education (Exercise Science)
Bachelor of Education (Hons) in Physical Education

Teaching & Research

Professional interests

Exercise / PA for older populations
Physical Activity / Exercise & Cardiac, PVD and Cancer Rehabilitation
Physiology of Outdoor Adventure Performance
Walking for Health and Healthy/Active Transport

Research interests

Epidemiology, Exercise, Physical Activity and Health
Exercise / PA for older populations
Physical Activity / Exercise & Cardiac, PVD and Cancer Rehabilitation
Physiology of Outdoor Adventure Performance
Walking for Health and Healthy/Active Transport
Health Benefits of Golf
Walking for Health
Cardiac Rehabilitation

Projects/Consultancy

Evaluation of 'Patient Preferences for Cardiac Rehabilitation' in Heart of Birmingham Teaching Primary Care Trust (HOBtPCT) (2010-present)

The development of a support package for lifestyle change in Prostate Cancer Survivors in Worcestershire with Worcestershire Royal Hospital (2010-present)

The development of an Erasmus funded European Degree entitled 'Physical Activity and Lifestyle Counselling' (PALC). (2009-Present)

The Evaluation of 3x Natural England/DoH 'National Step-o-meter Programmes' for promoting walking for health (2002, 2003, 2008)

Bidding team and steering committee member for Worcester 'Choose how you move project'. £4 million Department of Transport grant awarded to Worcester as a 'Sustainable Transport Pilot Project' (2004-2007)

Exercise Physiologist for the 'Exercise and Angioplasty in Claudication Trial (EXACT)' supported by Health Technologies Assessment, (2002-2005)

Professional Bodies

American College of Sports Medicine (ACSM)
British Association for Cardiac Rehabilitation (BACR)

Publications

Peters, D.M., Jarrett, H.J. (2008). Evaluation of the National Step-o-meter Programme. (Final report submitted to Natural England/ Department of Health)

Jarrett, H., Peters, D., Robinson, P. (2008), 'Anyone for a Pedometer?' Lessons from a National Pilot to Increase Walking Through Primary Care. *Medicine and Science in Sports and Exercise*. Abstract. 40(5); S107-108

Thorgesen, C., Lane, H., Biscomb, K., Jarrett, H., Lane, A.M. (2007). Women's Motives to Exercise. *Women in Sport and Physical Activity Journal*, 16(1),16-27.

Lane, A.M. & Jarrett, H. (2005). Mood changes following golf among senior recreational players. *Journal Of Sports Science And Medicine*, 4(1), 47-51

Frapwell, A, & Jarrett H., 'Assessment for Learning: towards a 'model' for pre-service teacher training' at the 6th International Conference on Education in Athens, Greece, 21-23 May 2004

Jarrett, H. (2004) "Long-term effects of the '2002 National Step-o-meter Campaign'. A 2-year post-campaign follow-up survey." (Survey submitted to The Countryside Agency).

Jarrett, H., Peters, D. M., & Robinson, P. (2004). Evaluation of the 2003 National Step-o-Meter Loan Pack Campaign. (Final Report submitted to The Countryside Agency).

Peters, D. M., Jarrett, H., & Robinson, P. (2003). Evaluation of the 2002 National Step-o-Meter Campaign. (Final Report submitted to British Heart Foundation/The Countryside Agency).

External Responsibilities

'Active Worcester' Committee Member

'Wellbeing in Worcester' (GP Exercise on Referral Scheme) Committee Member

'Worcestershire Walking Network' Steering Group Member

St. Martin's College Lancaster: External Examiner for BSc (Hons) Sport and Exercise Science and Chief Examiner for Sport programmes (2005-2009)

Quality Assurance Agency for Higher Education: Subject Specialist Reviewer

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