

# Julia West



## Senior Lecturer (Sport Studies)

Institute of Sports & Exercise Science

## Contact Details

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## Qualifications

PhD student  
Post Graduate Certificate for Teaching and Learning in HE  
MSc Sports Coaching  
BSc (Hons) Sports Studies and Leisure Management

## Teaching & Research

### Professional Interests

Football goal keeper coaching

Sport and Exercise Psychology

Psychology of outdoor pursuits.

### Research Interests

Motivation

Goal keeping - training and performance

Coaching

Psychology of pacing in endurance sports

## Professional Bodies

ECSS - European College of Sports Science

FACA - FA Coaches Association

NASD - National Association for Sports Development

## Publications

Renfree, A, **West, J.**, Corbett, M., Rhoden, C., and St Claire Gibson, A. (2011) Complex interplay between determinants of pacing and performance during 20km cycle time trials. *International Journal of Sports Physiology and Performance*. ISSN 1555-0265

Rhoden, C. and **West, J.** (2010) Affect in sporting activities: A preliminary validation of the Worcester Affect Scale. *Sport Science Review*. 19 (5-6), 71-91.

**West, J.**, Bill, K. and Martin, L. (2010) What constitutes research ethics in sport and exercise science? *Research Ethics Review*. 6 (4), 147-153.

**West, J.**, Rhoden, C., Corbett, M. and Renfree, A. (2010) *Where's my head at? Motivational differences in cycle time trial performance*. Poster presentation. Bad Hofgastein, Austria. Journal of Arts and Science conference.

Renfree, A., **West, J.**, Corbett, M., Rhoden, C. (2009) Individualised RPE responses during a self-paced cycle time trial, *Sports Science Review*. 1(1), 7-26

**West, J.**, Rhoden, C. and Castle, P. (2009) Are you in the mood for motivation? Poster Presentation. Oslo, Norway. ECSS conference.

Castle, P.C., **West, J.**, Faull, A. and Mycock, D. (Editors) (2009) *Psychological Foundations of Sport and Exercise* (3rd Edition). London: McGraw Hill.

**West, J.**, Bill, K. and Martin, L. (under review). What constitutes research ethics in sport and exercise science? *IRB: Ethics and Human Research*.

Castle, P.C. and **West, J.** (Editors) (2008) *Psychological Foundations of Sport and Exercise* (2nd Edition). London: McGraw Hill

Martin, L., **West, J.** and Bill, K. (2008). Incorporating Problem-Based Learning Strategies to Develop Learner Autonomy and Employability Skills in Sports Science Undergraduates. *JoHLSTE*. 7 (1), 18-30.

Castle, P.C, Rhoden, C., **West, J.**, Inledon, V. and Mycock, D. (Editors) (2007). *Foundations of Sport (Psycho-Social)*. London: McGraw-Hill.

**West, J.** and Castle, P.C. (2007). 'How do you do it?' Investigating the Sports Motivation Personality Type. Poster Presentation. Jyväskylä, Finland: ECSS conference.

**West, J.**, Castle, P.C., Rhoden, C., Boot-Handford, N. and Coopriider, J. (2007). 'Conquering the Charity Stripe': Integrating technological advances and imagery with the Basketball free throw. Poster Presentation. Jyväskylä, Finland: ECSS conference.

**West, J.**, and Bill, K. (2005). Careers Strategy for Sports and Exercise Undergraduate Students. *Hospitality, Leisure, Sport and Tourism Network*. Case 102. <http://www.hlst.heacademy.ac.uk/resources/cases/case102.html>

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