

Louise Martin



Principal Lecturer (Sport & Exercise Science)

Institute of Sports & Exercise Science

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Qualifications

MSc Sport & Exercise Science
BSc (Hons) Sports Science
University of Worcester Teaching Fellow

Teaching & Research

Professional Interests

Sport & Exercise Physiology - specifically interested in the physiology of endurance sports notably mountain biking, cycling, running, triathlon and swimming. Provision of sports science support to inform training and to enhance performance in athletes.

Pedagogical interests in problem based learning which encourages autonomous learning of multi/inter-disciplinary situations. This approach has been utilised in a range of modules at all levels of the ISES curriculum.

Research informed teaching strategies are also utilised as much as possible, notably where students are supported to design and conduct their own research.

Research Interests

Physiological demands of mountain biking
Pacing strategies of mountain biking

Professional Bodies

BASES

Publications

Martin, L., Lambeth-Mansell, A., Beretta-Azevedo, L., Holmes, L.A., Wright, R. and St Clair Gibson, A. (in press) Even between-lap pacing despite high within-lap variation during mountain biking. *International Journal of Sports Physiology and Performance* 7 (4)

Renfree, A., **Martin, L.**, Richards, A. and St Clair Gibson, A. (in press) All for one and one for all! Disparity between overall crew and individual rowers pacing strategies during rowing. *International Journal of Sports Physiology and Performance* 7 (4)

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

Bowen-Jones, W., Berber, L. and Martin, L. (2009) Evolution of a Peer-Learning Scheme. *SEDA Case Study*.

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, 18 – 30

Martin, L., Nevill, A. M. and Thompson, K. G. (2007). Effect of temporal specificity of training upon morning and evening swimming performance. *International Journal of Sports Physiology and Performance*, 2, 192-200

Martin, L., Lambeth, A. and Scott, D. (2006). Nutritional practices of national female soccer players: analysis and recommendations. *Journal of Sports Science and Medicine* (online), 5, 130 – 137

Martin, L., Lane, A. M., Nevill, A. M., Downen, C. J. and Homer, M. R. (2006). Effect of water pressure on heart rate and mood state responses to a 15-minute aquamassage. In *Mood and Human Performance: Conceptual, Measurement, and Applied Issues* (edited by A. M. Lane). Nova Science Publishers, Hauppauge, NY.

Martin, L. and Bill, K. (2005). Using PBL peer-assessment techniques with sports studies students. *Link*, 14, 18.

Martin, L., Doggart, A.L. and Whyte, G.P. (2002). Comparison of physiological responses to morning and evening submaximal running. *Journal of Sports Sciences*, 19, 969 – 976.

Martin, L. and Whyte, G.P. (2000) Comparison of critical velocity and velocity at lactate threshold in elite triathletes. *International Journal of Sports Medicine*, 21, 366-368

Martin, L. and Thompson, K. (2000) Reproducibility of diurnal variation in sub-maximal swimming. *International Journal of Sports Medicine*, 21, 387-392

Whyte, G., George, K., Sharma, S., Martin, L. et al (2000) Left ventricular structure and function in elite judo players. *Clinical Exercise Physiology*, 2, 204 - 208

Thompson, K.G., Haljand, R., Cooper, S.M. and Martin, L. (2000) The relative importance of selected kinematic variables in relation to swimming performance in elite male and elite female 100m and 200m breaststroke swimmers. *Journal of Human Movement Studies*, 39, 015-032

External Responsibilities

BASES Network representative

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