



# HEALTH SCIENCES

The School of Health Sciences of Waterford Institute of Technology was established in 2003 to cover the growing and very popular areas of Nursing, Recreation and Leisure, Sport, Health Promotion and Exercise and Fitness.

It is located in a new building provided by the Department of Health and Children for Nursing Education and also in the new Tourism and Leisure Building. The school approaches its educational work in a student-centred way. In its dealings with its members and stakeholders, the school aims to be open and communicative and to value their needs and contributions.

In addition to its role of providing undergraduate courses, the school assists economic and social development by:

- Encouraging consultancy by members of staff subject to the pertinent regulations of the institute.
- Supporting and further developing its role as a centre of excellence in health related research.
- Encouraging collaborative inter-disciplinary and multi-agency partnerships to identify and conduct significant local, national and international research in health care and healthy living to the benefit of the communities it serves.
- Participating in providing continuing professional development opportunities for stakeholders.
- Actively engaging with regional, national and international agencies involved in the promotion of health, sport and exercise.

Staff are very actively involved in research and scholarly activities and there is a growing postgraduate community which is well supported and encouraged.

## CONTACTS

**Head of School:** Eric Martin, BA, PhD, CChem, MRSC, BSc  
Tel: +353-51-302024 E: emartin@wit.ie

**School Administrator:** Ms. Alison Galloway  
Tel: +353-51-302774 E: agalloway@wit.ie

**School Secretary:** Ms. Laura Carr  
Tel: +353-51-305554 E: lcarr@wit.ie

### Department of Nursing

**Head of Department:** John Wells, PhD, MSc, BA (Hons), PG Dip (Ed), RNT, RNP  
Tel: +353-51-845552 E: jswells@wit.ie

**Department Secretary:** Ms. Fionnuala Smith  
Tel: +353-51-302806 E: fsmith@wit.ie

**Department Secretary:** Ms. Breda Walsh  
Tel: +353-51-845567 E: bawalsh@wit.ie

### Department of Health, Sport & Exercise Science

**Head of Department:** Ms. Teresa Hurley, MA, BA (Hons), NCEFT, ITEC  
Tel: +353-51-845628 E: tehurley@wit.ie

**Department Secretary:** Ms. Louise McDonald  
Tel: +353-51-845593 E: lmcdonald@wit.ie

**Department Secretary:** Ms. Elaine Sykes  
Tel: +353-51-306162 E: esykes@wit.ie

*"I am glad I chose WIT to pursue my postgraduate qualification. The support and encouragement I received from colleagues in the Department of Nursing and Health Sciences was invaluable and very much appreciated. Postgraduate Research is to progress from merely learning knowledge to actively contributing to the body of knowledge in your area of research."*

**Louise Murphy, Research Masters in Nursing (Cancer Fatigue)**



## RESEARCH GROUPS/CENTRES

### Centre for Health Behaviour Research

Dr. Niamh Murphy                      E: nmurphy@wit.ie

### Centre for Sport & Exercise Psychology

Mr. Gerry Fitzpatrick                  E: gfitzpatrick@wit.ie  
Ms. Ciara Losty                          E: closty@wit.ie

### Biomedical Research Cluster

Dr. Michael Harrison                  E: mharrison@wit.ie  
Dr. Martina Gooney                    E: mgooney@wit.ie  
Dr. Orla O'Donovan                    E: oodonovan@wit.ie

### Vascular Health

Dr. Michael Harrison                  E: mharrison@wit.ie

### Bone and Dietary Health

Dr. Lorna Doyle                        E: lmdoyle@wit.ie

### Dietary Policy and Public Health Projects

Dr. Kieran O' Connor                E: koconnor@wit.ie

### Environmental Influences on Physical Activity

Dr. Elaine Mullan                      E: emullan@wit.ie

### Population Health and Physical Activity

Dr. Niamh Murphy                    E: nmurphy@wit.ie

### Performance Analysis in Sport

Mr. Gerry Fitzpatrick                  E: gfitzpatrick@wit.ie

### Physical Education and Sociology of Sport and Leisure

Dr. Sean Connor                      E: sconnor@wit.ie  
Dr. Jean McArdle                      E: jmcardle@wit.ie  
Ms. Lynne Brennan                  E: lbrennan@wit.ie

### Exercise Physiology

Dr. Maria Murphy Griffin              E: mmurphygriffin@wit.ie

### Sports Management and Marketing

Ms. Teresa Hurley                    E: tehurley@wit.ie

### Outdoor Recreation

Mr. Jack Bergin                        E: jbergin@wit.ie

### Bone Health and SPHE

Ms. Rosie Donnelly                    E: rdonnelly@wit.ie

### Substance Abuse

Ms. Marie-Claire Van Hout            E: mcvanhout@wit.ie

## FURTHER RESEARCH AREAS/TOPICS

### General Nursing: Elderly Care

Contact: Dr. Paula Lane              E: plane@wit.ie

### Oncology

Contact: Dr. Martina Gooney        E: mgooney@wit.ie

### Mental Health and Social Integration

Contact: Dr. John Wells              E: jswells@wit.ie

### Multiple Intelligence Approaches in Education

Contact: Dr. Margaret Denny        E: mdenny@wit.ie

## Centre for Health Behaviour Research

The Centre for Health Behaviour Research undertakes a variety of projects relating to the promotion of positive health behaviours at the population level. The Centre brings together researchers with expertise across various disciplines (public health, physiology, psychology, etc) to work together to produce quality output to support and influence national health policy. Prof Adrian Bauman from the School of Public Health at the University of Sydney, who is Associate Professor to the Department, is a core partner and advisor to the Group. The Group works in a collaborative manner to expand the expertise of all those involved and to ensure that the research informs teaching and learning at both undergraduate and postgraduate level within the School of Health Sciences. The Group's efforts are firmly focused on achieving quality research publications and profile, and ensuring that this research remains grounded in practice.

In the area of physical activity, current and recent research work includes an evaluation of the impact of mass events on population physical activity levels, funded by the Irish Sports Council, the evaluation of several programmes undertaken by the Waterford Sports Partnership, and recently the Centre has been funded by the Population Health Directorate of the HSE to co-ordinate the Irish physical activity action plan and guidelines project. The Centre runs the Activity in Care Training programme (ACT), a physical activity programme for frail older adults, at a national level, in partnership with Age and Opportunity. The Centre has also undertaken health related evaluations for youth organisations like Squashy Couch and Ossory Youth.

Other research areas include outdoor recreation environmental influences on physical activity, physical education and sociology of sport and leisure, exercise physiology and sports management.

### Contact:

Dr. Niamh Murphy      E: nmurphy@wit.ie  
Website: [www.wit.ie/chbr](http://www.wit.ie/chbr)

## Centre for Sport and Exercise Psychology

The Centre for Sport and Exercise Psychology (CSEP) was established within the School of Health, Sport and Exercise Science in 2005. The CSEP is a multi and interdisciplinary team of research active academics and sport psychology consultants - representing sport psychology, exercise psychology, sport sociology, social psychology and research methods. The team have begun to establish national recognition for their research and teaching activity. It is an interdisciplinary research unit that serves as a research facility for the masters program in Sport Psychology, research masters and PhD's. It also provides sport psychology consultancy and research for individual and team athletes. Faculty and graduate students within the Centre investigate a wide range of topics concerning enhancing sports performance, exercise psychology, fitness, sports participation and best practice at a variety of age and performance levels.

The Centre has a national reputation for high-level laboratory and field-based research and consultancy in the area of sport and exercise psychology. This research group is currently involved in active research and envisages conducting applied sport science research at elite performance levels and also in the context of issues concerning exercise, health and sport performance lifestyle. Research and consultancy work is currently linked with the Irish Archery Association, An Garda Siochana Training College, Triathlon Ireland, Irish Wrestling Association, Waterford GAA county teams, Football Association of Ireland, Irish Heart Foundation, Health Services Authority, Golf Union of Ireland, National Governing Bodies of various sports and medical teams (GP Referral Scheme) within Waterford Institute of Technology.

The Centre for Sport and Exercise Psychology is unique as it currently practices and consults with athletes, teams and coaches, through a variety of unique programs and services, to help them reach their full potential by focusing upon and mastering the mental training of sports, exercise, rehabilitation, and competition.

### Contacts:

Mr. Gerry Fitzpatrick      E: gfitzpatrick@wit.ie  
Ms. Ciara Losty              E: closty@wit.ie  
Website: [www.wit.ie/csep](http://www.wit.ie/csep)

# Biomedical Research Cluster

A biomedical research cluster (BRC) has recently evolved in Waterford Institute of Technology involving staff members in three academic departments (Health, Sport and Exercise Science, Nursing, and Chemical and Life Science) and associated clinicians in Waterford Regional Hospital. The cluster has been engaged in research projects related to cancer, cancer-related fatigue, vascular health, diabetes, and bone health. The group has a number of active collaborations involving the Royal College of Surgeons, University College Cork, Dublin City University and Kings College London. The identification of sensitive blood biomarkers of disease activity is a shared interest across all BRC sub-disciplines. Ongoing basic and applied research aims to identify sensitive blood biomarkers of disease type and progression and to evaluate the efficacy of various pharmacological, nutritional and exercise therapies. The group share a core laboratory facility, analytical expertise, student training opportunities and biomedical contacts.

A related group, under the direction of Dr. Graham Roberts E: [graham.roberts@hse.ie](mailto:graham.roberts@hse.ie) is undertaking research into diabetes at Waterford Regional Hospital.

## Contacts:

Dr. Michael Harrison E: [mharrison@wit.ie](mailto:mharrison@wit.ie)  
Dr. Martina Gooney E: [mgooney@wit.ie](mailto:mgooney@wit.ie)  
Dr. Orla O'Donovan E: [oodonovan@wit.ie](mailto:oodonovan@wit.ie)

Website: [www.wit.ie/brc](http://www.wit.ie/brc)

*"Research Postgraduate study has been a rollercoaster of good and very challenging experiences. I have learned a lot and become stronger because of it. I know that when I leave WIT, I will be a much better person because of my time there."*



**Patrick Delaney,**  
PhD Sport  
Sociology/Psychology

