

Academic Staff (Curriculum Vitae)

1. Name

- Elliott; Anne Beatrice, Dr.

2. Qualifications

- ☐ BA (Hons) 2:1 (Bath 1981)

Taught post graduate qualifications

- PG Diploma (Camberwell 1988),
- ☐ PGCHE (Middlesex 2012)

Higher research degree(s)

- ☐ M.Prof (Health) Mobilising Health behaviour change in exercise uptake.
- ☐ THESIS TITLE: Enablers and barriers to exercise uptake by women during middle age, A grounded theory approach (Middlesex 2012)
- ☐ PhD
- ☐ THESIS TITLE: A multi-method investigation into exercise uptake in middle age through a lifecourse perspective (Middlesex 2017)

Academic Prizes

- ☐ Academic prize for PGCHE work (Middlesex 2012)
- ☐ Academic prize Research conference – best overall presentation (Middlesex 2015)

Professional Qualification(s)

- Diploma in Personal training and sports massage (Active IQ 2008)
- Exercise management of Back Pain (Active IQ 2009)
- Exercise for GP Referral (Active IQ 2015)

3. Active Membership of Professional Bodies and Learned Societies

- European Public Health Association – Member – 2020
- International Society for Physical Activity and Health – Member - 2019
- Higher Education Academy – Senior Fellow - 2018
- Royal Society of Medicine – Fellow - 2016
- BASES – Professional member - 2016
- Register of Exercise Professionals – Member – 2009

4. Career details- Present employment

- ☐ Senior Lecturer (FTE 0.6) MSc Programme Leader
School Of Science and Technology
London Sport Institute

5. Previous employment and appointments

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|--------------|---|
| 2015-present | Programme Leader MSc/PG Dip/PG Cert Exercise and Physical Activity for Special Populations and healthy Ageing
Director of Studies and supervisor for research candidates in exercise and special populations |
| 2011 | Health and fitness health editor weekly online magazine 'fabafterfifty.co.uk'. |

2010	Part time Lecturer Middlesex University (LSI) on a number of undergraduate courses teaching Exercise Prescription for Special Populations
2009	Established a private specialist practice in Special Populations exercise. Health and Diet Editor to Haringey Community Times Magazine. Business Ambassador for the London Chamber of Commerce
2008	Developed physical activity programmes for Cancerkin charity at Royal Free working with Breast Cancer Patients
2007	Private client consultancy established. Appointed Boxing referee for Amateur Boxing Association England
2002	Worked for HRH Duke of Edinburgh producing all visual materials for his Jubilee Appeal for Commonwealth Veterans
2001	Nominated for Times/Dti Entrepreneur of the Year Award
1993-99	Established Elliott Partnership LLP (Advertising Agency) Established Elliott Properties (Property) Won Barclays Small Business of the Year Award Writer for News Revue show, Maida Vale
Pre 1993	Creative Group Head, Rileys Advertising, Senior Art Director, Barkers Advertising, Art Director, Marshalls Advertising, Lecturer in Fine Art, Brixton College

6. Teaching and Learning

- Activities
 - Modules taught. Programme Leader MSc/PG Dip/PG Cert Exercise and Physical Activity for Special Populations and healthy Ageing
 - Module leader on:
 - Exercise Prescription for Special Populations
 - Clinical Science and Nutrition
 - Professional Placement (which includes all LSI post graduate programmes)
 - Previous undergraduate teaching work involved delivering short courses at levels 4,5 and 6 on aspects of exercise for special populations as well as teaching motivation theory and health and fitness topics where required.
 - Curriculum Development. I designed and developed the Masters in Special Populations to answer both an industry and governmental requirement to up-skill fitness professionals. My knowledge of professional practice informed the content and structure of the degree.
 - Innovations and initiatives in learning, teaching and student experience. The MSc is ahead of the trend and is the first degree of its type in the country. It is the highest qualification of its kind in the industry and will be trialled for adoption by CIMSPA as the Industry 'gold standard'.
 - As well as the content being innovative, applicants are taken from both an academic route and practitioners who may not have level 6 qualifications, but have considerable practice experience. This brings a cross fertilisation of praxis into the classroom. The delivery method is also innovative. The course has high theoretical content and in order that students might best develop their critical skills, a tutorial system is being used. This has proven to be much liked by students and produces excellent exam results.
 - Pedagogic interests
Developing practitioner knowledge through reflective consideration of practice and integrating tacit knowledge with new knowledge in taught modules. The amalgamated new knowledge base is then applied to student's research capacity.
- External examining experience:
 - 2014 Appointed External Examiner - Sport Science - Southampton Solent University (completed)
 - 2018 Appointed External Examiner – Msc. Sports Medicine – Nottingham University
 - 2018 Appointed External Examiner – MSc Sports Science - UCLAN
- Link Tutor
 - ARNI Institute (Action for Rehabilitation from Neurological Injury)
 - Level 4 qualification – FRETs (Functional rehabilitation in Exercise Training after Stroke)

7. Research and Knowledge Transfer

- Doctoral supervision:
 - Current student – Tija Hubej,
 - Research topic – Development of exercise protocols for dementia sufferers and their carers
 - Level – supervisor
 - Start date – January 2017, anticipated completion date 2023
- Doctoral supervision:
 - Current student – Stephen Orwin,
 - Research topic – Exercise implementation for Parkinsons patients within a care home setting
 - Level – Director of Studies
 - Start date – January 2023, anticipated completion date 2028
- Doctoral supervision:
 - Current student – Syeda Bushra Ali,
 - Research topic – Physical activity and metabolic syndrome in UEA
 - Level – Director of Studies
 - Start date – January 2021, anticipated completion date 2024
- Masters By Research supervision:
 - Nicholas Bender,
 - Research topic – Walk and Talk community interventions for vulnerable populations
 - Level – Director of Studies
 - 2020 – 2021 Completed. Pass with merit
- Present research projects:
 - Dieting/exercise choices of middle-aged women for health
 - Attitudes to healthy ageing and exercise in a closed religious community
 - Rebounding and chronic disease
 - The efficacy of popular TV as a method for the uptake of exercise
 - Development of an App for physical activity adherence in middle aged people – completed

8. Knowledge Transfer and Professional Practice

Professional Roles and Activities Demonstrating Standing as Practitioner:

- Engineering and Physical Sciences Research Council - Healthcare technologies strategy workshop 2 - Managing long term and chronic conditions 2023 consulting on the development strategy
- Movement for All, Sport England/Richmond Group - Roundtable on Physical Activity and Long Term Conditions 2022 – consideration of present and future efficacy
- Engineering and Physical Sciences Research Council - Healthcare technologies strategy workshop 1 - Managing long term and chronic conditions 2022 consulting on the development of research strategy
- Diabetes and Physical Activity Research Workshop organised by Diabetes UK and sponsored by Sport England – consulting on development of 5 year research strategy. 2022
- The office of the UK Chief Medical Officer (CMO) Scientific Consensus element of the review of the UK Physical Activity Guidelines in July. Considering evidence on sedentary adults (2018-19)
- CIMSPA Health and Wellbeing Workforce Development Board. Sitting on Government steering committee to review and overhaul Fitness Industry Began March 2017. Advising on developing appropriate higher qualifications (levels 5-8)
- Public Health England – Expert roundtable panel: National Physical Activity Implementation Framework 2015-16. Sat on expert committee and advised on exercise in middle age
- Skills Active Council – Technical Expert Group – Joined October 2013. Special Populations chair. Rewrote National Occupation Standards for fitness practitioners working with special population

Research Output:

Fatima S., Augusto J.C., Moseley R., Urbonas P., Elliott A., Payne N. (2023) Applying Motivational Techniques for User Adherence to adopt a Healthy Lifestyle in a Gamified Application. To appear in *Entertainment Computing*. Springer.

Elliott, A., Evans, T., Cohen, R., Watt, J., & Volante, M. (2022). 'Was physical education as bad as people remember it? A qualitative thematic review'. *THE SKY-International Journal of Physical Education and Sports Sciences (IJPESS)*, 18-31. <https://doi.org/10.51846/the-sky.v0i0.2071>

Elliott, A., & Evans, T. (2022) 'Is the answer to improved health hiding in plain sight?'. *Integrated Care Journal*. Published Online: <https://integratedcarejournal.com/newsdit-article/bf4d9f515e5b171faa9acca0c8050aba/is-the-answer-to-improved-health-hiding-in-plain-sight/> 22/2/22


Ali, S.B., & Elliott, A. (2021). 'Perceived Barriers to Physical Activity in Type 2 Diabetes Mellitus (T2DM) Patients during COVID-19 Pandemic in the UAE'. *J Adv Sport Phys Edu*, 4(11): 225-233.

Elliott A., Volante M., Evans T., Watt J., Cohen R., (2021) 'Was PE as bad as people remember it?' *International Network of Sport and Health Science 17th Sport Specific Convention 1-3 Dec 2021, Budapest, Hungary*

Tijana Purenović-Ivanović, Raša Dejanović, Danijela Živković, Saša Bujanj, Andela Došić and Anne Elliott (2021) 'The effect of resistance training on bone mineral density in postmenopausal women' *International Network of Sport and Health Science 17th Sport Specific Convention 1-3 Dec 2021, Budapest, Hungary*

Elliott A., Volante M., (2021) 'Menopausal Women and Physical Activity'. *International Society of Physical Activity and Health Congress, 12-14 Oct 2021, Vancouver Canada*

Elliott A., Volante M., Watt J., Cohen R., (2021) 'Are personal trainers' values and philosophy of practitioners hampering clients' success?' *Leisure Studies Association Conference 6-8 July 21*. <https://www.solent.ac.uk/solent-sport/events/lsa-2021-conference>

McNamara, Jack and Elliott, Anne  (2019) 'The knowledge and practice of personal trainers working with people with long term health conditions'. *BASES Conference 2019 – Programme and Abstracts, Journal of Sports Sciences*. In: *BASES Conference 2019, 27-28 Nov 2019, Harrogate Convention Centre, Harrogate, United Kingdom*. (doi:[10.1080/02640414.2019.1671688](https://doi.org/10.1080/02640414.2019.1671688))

Dunthorne, Leah and Elliott, Anne (2018) 'Stakeholder's perceptions on the impact of the Olympic legacy on young people in east London'. *Leisure Studies Association Conference 2018, 10-12 July, University of Bath, United Kingdom*.

Elliott, A. 'Physical Activity and chronic disease'. *Leisure Industry Week Conference 22-23 Sept 2015 EXCEL, London UK*

Public output from research and scholarly activity

2022	Sport England/Richmond Group, 'Movement for All' national campaign, ongoing revue
2022	Engineering and Physical Sciences Research Council - Healthcare technologies strategy
2022	Diabetes UK Physical Activity 5 year research strategy for grant allocation
2019	Sport and Physical Activity across the Lifetime, <i>Annals of Leisure research</i> . 2019 Vol22, 4, pp 582-583. Book Review
2018	Revision of UK physical Activity Guidelines – Published and disseminated through NICE
2017	CIMSPA National Occupation standards and job descriptors for levels 1-5.
2016	Outcomes of Expert roundtable panel: National Physical Activity Implementation Framework - a number of policy documents including: Public Health England. (2016). <i>Changes in the behaviour and health of 40 to 60 year olds between 1991 to 1993 and 2011 to 2013</i> . London: Public Health England
2011	Health and fitness editor on online magazine 'fabafterfifty.co.uk'. A weekly column with a readership of approx. 120,000, that discussed latest health research implications for the general public.
2007	Book 'It's not Rocket Science' was featured on GMTV and endorsed by UK Minister of State for Health.

Media (interviews on health and exercise)

- ☐ BBC Radio London. utilising the personal trainer workforce in the NHS <https://www.bbc.co.uk/sounds/play/p0fq15dz> (Interview from 51m 15s)
- ☐ BBC Radio 4 Archive on 4 'PE – A history of violence' Repeat 26/3/22 13.00
- ☐ BBC Radio 4 Archive on 4 'PE – A history of violence' Repeat 22/3/22 21.00
- ☐ BBC Radio 4 Archive on 4 'PE – A history of violence' Repeat 22/3/22 11.00
- ☐ BBC Radio 4 Archive on 4 'PE – A history of violence' Repeat 1/9/21 21.00
- ☐ Share Radio – The Bigger picture with Simon Rose. Discussion with Prof Tim Evans 9/5/19
- ☐ BBC Radio 4 Archive on 4 'PE – A history of violence' 9/2/19 20.00

- ☐ BBC Radio 'James Whale Show' 28/10/13
- ☐ BBC Radio 5 Live 'Stephen Nolan Show' 28/9/13
- ☐ BBC West Midlands 'Graeme Torrington Show' 5/9/13
- ☐ BBC West Midlands 'Graeme Torrington Show' 6/1/13
- ☐ BBC West Midlands 'Graeme Torrington Show' 14/10/12
- ☐ BBC Radio Shropshire – Eric & Clare show 4/10/11
- ☐ BBC Radio Humberside – The David Burns Show 30/9/11
- ☐ July 2011 Appointed Health and fitness editor on www.fabafterfifty.co.uk where a weekly article is published.
- ☐ LK Today (GMTV) book was featured for 6 weeks in a health and fitness feature in which viewers followed the regime

Press (Articles on healthy ageing)

- ☐ Codelist.biz June 2022 Tom Cruise's secret to being in top shape at 59
<https://codelist.biz/2022/06/26/tom-cruises-secret-to-being-in-top-shape-at-59/>
- ☐ EatThis,NotThat! June 2022 The fitness habits Tom Cruise follows to stay young and in shape at 59
<https://www.eatthis.com/news-fitness-habits-tom-cruise-young-fit/>
- ☐ Woman'sEra June 2022 Tom Cruise shares his secret recipe of being young and fit at 59
<https://womansera.com/tom-cruise-shares-his-secrete-recipe-of-being-young-and-fit-at-59-check-out-here/>
- ☐ 20 Minutos May 2022 El secreto de Tom Cruise para estar en plena forma a los 59 años
<https://www.20minutos.es/noticia/5006778/0/secreto-tom-cruise-estar-forma-anos/>
- ☐ Nine.com.ua Sept 7th 2017 <http://coach.nine.com.au/2017/09/08/09/35/physical-education-class-fitness-motivation>
- ☐ Mail Online Sept 7th 2017 <http://www.dailymail.co.uk/health/article-4857972/Are-fat-Blame-PE-teacher.html>
- ☐ Exercise tips distributed to all London Free papers Jan 8th 2017
- ☐ Daily Mail Dec 12th 2015
- ☐ London Metro August 28th 2014
- ☐ London Metro June 12th 2014
- ☐ Women's Health June 2014
- ☐ Mature News Jan 2013
- ☐ Outdoor Fitness Jan 2013
- ☐ www.zest.co.uk Dec 2012
- ☐ Daily Mail w/c 26th Nov 2012 TBA
- ☐ Topnews.in Sept 2012
- ☐ SIFY.com Sept 2012
- ☐ News Track India Sept 2012
- ☐ The Times of India Sept 2012
- ☐ Daily Mail Online Sept 2012
- ☐ Mens Health July 2012
- ☐ Reveal Magazine Apr 2012
- ☐ Candis March 2012
- ☐ Daily Mail 13th Jan 2012
- ☐ Wedding Ideas Jan 2012
- ☐ www.ladiesfirst.co.uk Jan 2012
- ☐ Bella May 2011
- ☐ Women's Fitness April 2011
- ☐ Yours 21 Feb 2011
- ☐ Daily Mail Nov 2010
- ☐ Prima Magazine Jan 2010
- ☐ Mirror 8th July 2009
- ☐ Woman July/Aug 2009
- ☐ London Business Matters Apr 2009 Finchley Times Dec 2008
- ☐ Haringey Community Times

- ☐ Business Matters Sept 08
- ☐ Fabric Jan 2008
- ☐ Woman's Own 2nd July 2007
- ☐ Slim at home May 2007
- ☐ Lighterlife April 2007
- ☐ Daily Express 5th Feb 2007
- ☐ Boxing News Jan 2007 onwards
- ☐ In the Know 16 Jan 2007
- ☐ Ham & High 14th Sept 2006
- ☐ Woman's Own 24th May 2004 pg 6
- ☐ Family Circle Feb 2002 pg 16
- ☐ Daily Mail 9th April 2001
- ☐ Ham & High 4th May 2001
- ☐ Times 29th Feb 2000 pg 32
- ☐ Ham & High 8th May 1998