

# EDWARD N. STANHOPE

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## EXPERIENCE

JAN 2020 – PRESENT

**CLINICAL TRIALS DISTANCE LEARNING TUTOR,**

LONDON SCHOOL OF HYGIENE & TROPICAL MEDICINE



SEPT 2019 – PRESENT

**SPORT THERAPY LECTURER,**

STAFFORDSHIRE UNIVERSITY



FEB 2016 – SEPT 2019

**SPORT THERAPY LECTURER,**

UNIVERSITY COLLEGE BIRMINGHAM



SEPT 2014 – FEB 2016

**SPORT LECTURER,**

BOURNVILLE COLLEGE



SEPT 2013 – SEPT 2014

**SPORT THERAPY GRADUATE TEACHING ASSISTANT**

UNIVERSITY COLLEGE BIRMINGHAM



## EDUCATION

CURRENT

**PHD STUDENT,**

UNIVERSITY OF WOLVERHAMPTON



SEPT 2020

**MSC CLINICAL TRIALS,**

LONDON SCHOOL OF HYGIENE & TROPICAL MEDICINE



SEPT 2019

**MA TEACHING & LEARNING, DISTINCTION**

UNIVERSITY OF BIRMINGHAM

*POSTGRADUATE DISSERTATION OF THE YEAR*



SEPT 2014

**PGCERT TEACHING & LEARNING IN VOCATIONAL SUBJECT,**

UNIVERSITY OF BIRMINGHAM



SEPT 2013

**BSC (HONS) SPORT THERAPY, FIRST CLASS**

UNIVERSITY OF BIRMINGHAM

**EDDIE MCINTYRE STUDENT OF THE YEAR**



## PUBLICATIONS

### 2020

Godwin, M., Stanhope, E., Bateman, J., & Mills, H. (2020). An acute bout of self-myofascial release does not affect drop jump performance despite an increase in ankle range of motion. *Sports*, doi:[10.3390/sports8030037](https://doi.org/10.3390/sports8030037)

Godwin, M., Matthews, J., Stanhope, E., & Richards, K. (2020). Intra and intersession reliability of the Run Rocket™ in recreationally trained participants. *Journal of Human Sport and Exercise*, 0. doi:[10.14198/jhse.2021.161.05](https://doi.org/10.14198/jhse.2021.161.05)

### 2019

Stanhope, E., Naemi, R., Bateman, S., Warnett, R., & Burt, D. (2019). The effects of cryocompression (GameReady) therapy on shoulder joint proprioception: Protocol. Retrieved from <https://osf.io/rw5dz>

Matthews, J. J., Stanhope, E. N., Godwin, M. S., Holmes, M. E., & Artioli, G. G. (2019). The magnitude of rapid weight loss and rapid weight gain in combat sport athletes preparing for competition: A systematic review. *International Journal of Sport Nutrition and Exercise Metabolism*, 29(4), 441-452. doi:[10.1123/ijsnem.2018-0165](https://doi.org/10.1123/ijsnem.2018-0165)

## CURRENT PROJECTS

**ORRCA**; Online Resource for Recruitment research in Clinical trials

**PROVERB**; The feasibility of a multi-phasic exercise-based intervention utilising the Health Action Process Approach and wearable technology in women before and after surgery for breast cancer

**CANDANCE**; Exercise-based cancer rehabilitation for women post-adjuvant therapy but beginning hormone therapy

Teaching the undefinable: a systematic review of professionalism teaching for postgraduate surgeons

The association between low muscle mass and chemotherapy toxicities in people with cancer: a systematic review

The role of exercise in limiting progression from liver inflammation and fibrosis to cirrhosis and carcinoma: a systematic review of human and animal studies

**COLD**; The effects of CryOcompression (Gameready) on shouLDer proprioception in health adults

## SIX RECENT COURSES

- Introduction to The Biology of Cancer (Coursera)
- Managing Your Health: The Role of Physical Therapy & Exercise (Coursera)
- Informed Consent in Pediatric Research (NIHR)
- Introduction to Good Clinical Practice- Primary Care (NIHR)
- Introduction to Systematic Review and Meta-Analysis (Coursera)
- Design & Interpretation of Clinical Trials

## REFEREES

### JAMES CAPPER

HEAD OF DEPARTMENT  
STAFFORDSHIRE UNIVERSITY  
STOKE ON TRENT  
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### MARK GODWIN

SENIOR CURRICULUM LEADER  
UNIVERSITY COLLEGE BIRMINGHAM  
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### DR IAN LAHART

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