

EDWARD N. STANHOPE

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EXPERIENCE

NOV 2020 - PRESENT

SENIOR LECTURER, SPORT THERAPY

STAFFORDSHIRE UNIVERSITY



JAN 2020 – PRESENT

DISTANCE LEARNING TUTOR, CLINICAL TRIALS

LONDON SCHOOL OF HYGIENE & TROPICAL MEDICINE



SEPT 2019 – NOV 2020

LECTURER, SPORT THERAPY

STAFFORDSHIRE UNIVERSITY



FEB 2016 – SEPT 2019

LECTURER, SPORT THERAPY

UNIVERSITY COLLEGE BIRMINGHAM



SEPT 2014 – FEB 2016

LECTURER, SPORT

BOURNVILLE COLLEGE



SEPT 2013 – SEPT 2014

GRADUATE TEACHING ASSISTANT, SPORT THERAPY

UNIVERSITY COLLEGE BIRMINGHAM



EDUCATION

CURRENT

PHD STUDENT,

UNIVERSITY OF WOLVERHAMPTON



SEPT 2020

MSC CLINICAL TRIALS, DISTINCTION

LONDON SCHOOL OF HYGIENE & TROPICAL MEDICINE



SEPT 2019

MA TEACHING & LEARNING, DISTINCTION

UNIVERSITY OF BIRMINGHAM

AWARDED 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

AWARDED 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)
- The secrets of success in writing, publishing, and disseminating research (UK Equator)
- Introduction to Good Clinical Practice-Primary Care (NIHR)
- Introduction to Systematic Review and Meta-Analysis (Coursera)
- Design & Interpretation of Clinical Trials

REFEREES

DR JAMES CAPPER

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STAFFORDSHIRE UNIVERSITY
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MARK GODWIN

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