

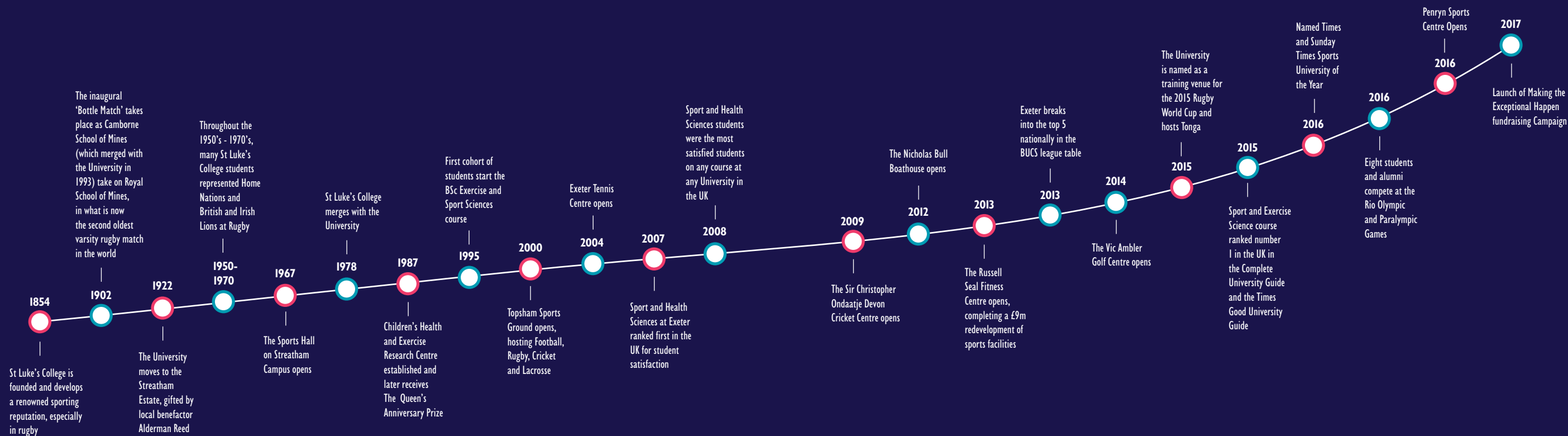


# SUPPORTING SPORTING SUCCESS

MAKING THE  
EXCEPTIONAL  
HAPPEN

# EXETER SPORT

## A TRADITION OF EXCELLENCE



# Foreword



The University of Exeter boasts a proud sporting heritage, dating back to our early origins as the University College of the South West and St Luke's College. Today our excellence in sports performance, education and research has earned us a reputation as one of the UK's leading sport and health institutions.

Our sporting provision extends from grass roots to the elite level. We promote regular physical activity for all, while also developing some of the country's most talented sportsmen and sportswomen.

Our researchers work with some of the world's leading athletes to redefine the limits of human performance as well as investigating global health challenges such as heart disease, obesity and the effects of ageing. Our research has real world impact and is used to inform government policy in the UK and worldwide.

In the last ten years the funding environment for higher education in Britain has changed considerably. The need for Exeter to invest in our students, staff and facilities is more pressing than ever. With your help we can invest in the things that matter to us and to you: world-leading sport and health sciences research and exceptional sporting opportunities.

We are immensely proud of our achievements to date, but our aspirations don't stop here. With the help of our alumni and supporters, we can realise our ambitious plans for the future and reinforce our reputation as a leading international institution for sport and sports science.

Professor Sir Steve Smith  
Vice-Chancellor and Chief Executive, University of Exeter



I'm proud to be an Honorary Graduate of the University of Exeter.

As a leading institution in sport and sports science, the University conducts research that has real impact on the health and wellbeing of citizens in countries around the world. Here in the United Kingdom, Exeter's physical recreation programmes encourage active lifestyles for all, from young children to senior citizens. I believe firmly that involvement in sport develops fundamental attributes such as teamwork and leadership, skills essential for creating graduates of distinction.

The University also has an outstanding record of harnessing the talents of some of our most able young athletes, giving them every opportunity to become tomorrow's champions and role models for future generations.

I am delighted to support the **Making the Exceptional Happen** Campaign, to ensure the University's leadership in this field is maintained and enhanced.

Sir Clive Woodward OBE  
Hon LLD, 2007

# Creating a Healthy and Active Society

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We are proud to be home to one of the most active student bodies of any UK university. Our 50 sports clubs have a combined membership of over 8,000 students and many more use our facilities to undertake regular physical activity.

As well as being essential to physical health, studies have shown that exercise is as essential to mental health as it is physical health, since it can reduce stress and improve wellbeing. There is also an established link between exercise and academic performance, while the social skills, teamwork and leadership qualities developed through sports participation at university can also prove valuable in later professional life.

Exeter's sporting facilities and expertise provide significant benefits for our local community. We work closely with community partners to run a number of engagement programmes including swimming lessons, half term sports camps and fitness classes to encourage healthy lifestyles in children and adults, while also giving our students valuable coaching and teaching experience.

We are grateful to the many alumni and friends who support Exeter's sport programmes across a wide variety of areas, from scholarships and club sponsorship, to the purchase of essential new equipment. We would be delighted to discuss in more detail how your gift could benefit current and future generations of Exeter students, and have lasting impact.







# Sports Scholarships: Developing tomorrow's champions

“I'm delighted to have supported the development of successive generations of Exeter students through sport.”

Nicholas Bull  
(Chemistry 1973)

“It is enormously satisfying to be able to help develop the potential of talented young cricketers at our University, and watch their skill and confidence grow.”

Professor Jenny (Politics 1968) and Mr Stephen Harrow (History 1967)

Our Sports Scholarship Scheme helps some of the UK's most talented young athletes to reach their sporting potential while balancing the demands of studying at a top university. Many of our scholarships are provided thanks to the generosity of donors who enjoy tracking the progress of their Scholar, watching them compete and getting to know them during their time at the University and beyond graduation.

Sports Scholarships provide the most talented student athletes with comprehensive support packages tailored to the needs of each individual. Support can include specialist coaching, strength and conditioning training, physiotherapy, sports psychology, performance analysis, and lifestyle management.

In recent years current and former scholarship recipients have represented their countries in sports including Cricket, Cycling, Fencing, Golf, Hockey, Lacrosse, Netball, Rowing, Rugby, Sailing, Shooting and Tennis. Eight competed at the Rio 2016 Olympics and Paralympics.



“Captaining the University team at Twickenham and winning the Championship is an experience I'll never forget.”

Third year Economics student and rugby scholar Sam Skinner has represented England at Under-20 level and has secured a contract with Exeter Chiefs following graduation.



“I never imagined I would compete at the Rio Olympics and I owe a lot to the coaches at Exeter who believed in me and helped me to get there.”

Alumna Issy Bailey (English, 2016) played for the University's Hockey 1st team before a car accident left her unable to walk. After taking a year out Issy returned to Exeter, completed her studies and secured selection for the Rio 2016 Paralympics in shooting.

# Home advantage: Developing Topsham Sports Ground

Our Topsham Sports Ground, which opened in 1999, is home to our top teams in Rugby, Football, Cricket, and Lacrosse. We finished the 2015/16 season as the number one ranked UK University for Rugby and number two for Cricket and Lacrosse.

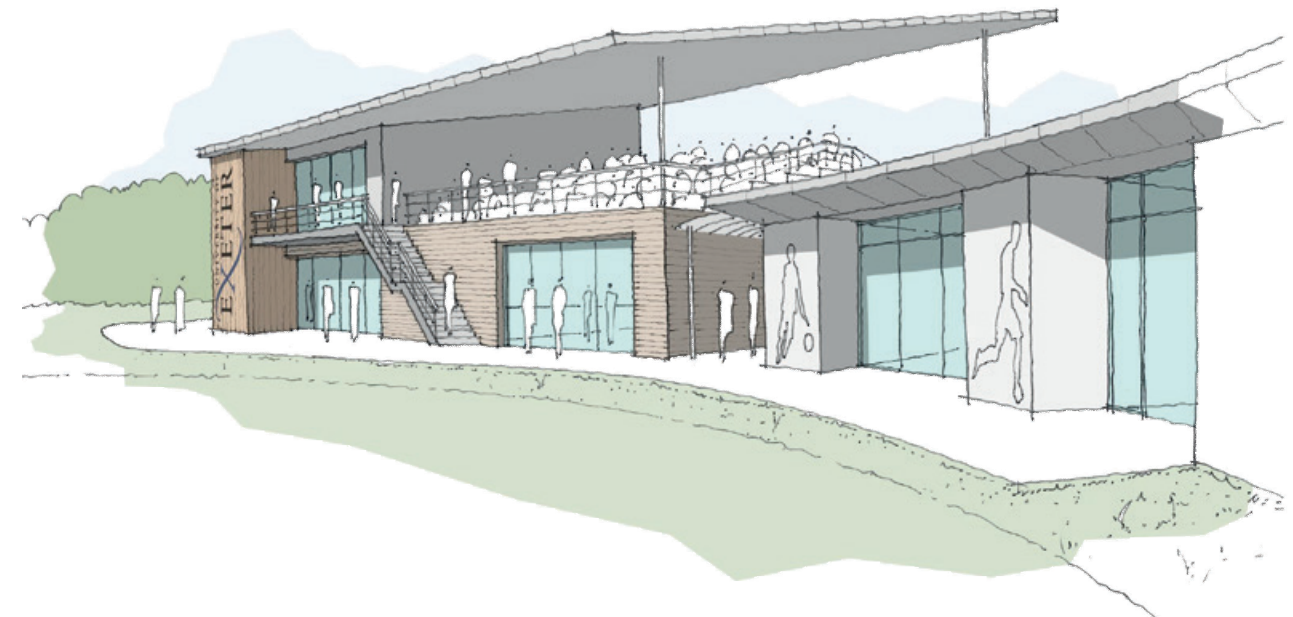
The playing surfaces have seen significant investment, however growing student numbers combined with our teams playing at a higher level than ever before puts increased pressure on facilities. The need for upgrading the infrastructure of Topsham Sports Ground is now urgent.

Our ambitious development plans for the site will greatly enhance the sporting experience for students, spectators and community partners. Students will benefit from enhanced changing rooms, a dedicated treatment area, and a teaching space for performance analysis, workshops and seminars while a floodlit artificial turf pitch will enable training and fixtures to continue later in the day and in all weather, freeing up other facilities for additional activity. A first floor double-sided grandstand would afford spectators views of the rugby and cricket pitches, while a hospitality suite would host guests in comfort.

With your support these developments will enable us to promote Topsham Sports Ground as a premier sports venue for our students, offering increased usage and more opportunities for schools, clubs and professional sports teams and will benefit the University and the wider community for many years to come.



**PROPOSED SITE PLAN**  
ARTIST'S CONCEPT



**PROPOSED PAVILION**  
ARTIST'S CONCEPT



# Innovation in Sport and Health Sciences Research

Our globally renowned Sport and Health Sciences researchers are addressing some of the most fundamental health challenges as well as working with leading athletes to push the boundaries of human performance.

## EXETER IMPACT

We have developed evidence-based physical activity guidelines for children with cystic fibrosis and congenital heart conditions which are now implemented in clinical centres and schools to support long-term health and wellbeing.

## EXETER IMPACT

The prevention and treatment of diabetes may be advanced by research indicating that brief bouts of high intensity exercise improve blood vessel function in children, enhancing the metabolism of sugar and fat and potentially reducing susceptibility to the disease.

## EXETER IMPACT

Exeter has pioneered research into nitrate supplementation using beetroot juice to increase endurance, a technique which has since been widely adopted by many leading athletes and sports teams. We are now leading research into the use of cherry supplementation to enhance recovery.

## EXETER IMPACT

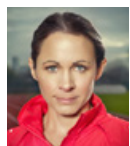
We are developing nutrition and physical activity guidelines that support healthy ageing by slowing the loss of bone and muscle mass, reducing blood pressure and improving cognitive function in later life. Our research contributes to Government policy through the Chief Medical Officer's Physical Activity Expert Group.

## EXETER IMPACT

Our innovative research on eye tracking has supported the development of more effective techniques for elite athletes as well as surgeons, pilots, military personnel and children with motor co-ordination difficulties to learn new motor skills. We have identified a range of factors that predict injury risk during intensive training, leading to development of preventive strategies that may reduce injury in military personnel and athletes.

## EXETER IMPACT

Our ambitions don't end here; we continue to pioneer nutrition and physical activity interventions designed to tackle global health challenges. You can help us by supporting our infrastructure needs and funding PhD Studentships, Early Career Posts and Professorships to support talented students and staff working at the cutting edge of sport and health sciences research.



“ Exeter's leading research in Sport and Health Science has helped me to perform at the highest level. ”

Joanne Pavey MBE  
Hon LLD, 2015  
2014 European 10,000m Champion



# World-class sport and health sciences facilities

Our specialist Sport and Health Sciences facilities are located on the historic St Luke's Campus, which has been welcoming students for over 160 years. Facilities include laboratories for sport and exercise physiology, biomechanics, health and performance psychology and qualitative research. To sustain and enhance our position as a world-leader in Sport and Health Sciences it is crucial that we invest in cutting edge facilities. Two key projects have been identified that will be hugely valuable in supporting research and teaching strategies.

Expansion of our specialist facilities to develop a suite of Translational Exercise Science Laboratories on St Luke's Campus will support our world leading interdisciplinary research into injury and movement disorders, metabolic and cardiovascular diseases, age-related changes in muscle and bone structure and function, and the aging of the brain, as well as cystic fibrosis and congenital heart disease. Growth in recent years has created a critical need for increased infrastructure to enable our researchers to continue to work at the forefront of scientific discovery and in parallel expand our teaching laboratory facilities to allow us to continue to attract the most talented students and educate the sports scientists of the future.

Establishing a Human Performance Laboratory within the Sports Park on our Streatham Campus will enable us to deliver a range of sports science services to elite student athletes as well as the wider community. Activity will support the design of optimum training programmes through the application of physiological testing, nutritional supplementation, as well as sports psychology support, cognitive training and gait assessment.

Alongside its impact on elite sport, this facility will enable us to offer wellness checks including nutritional analysis, body composition analysis, blood lipid and glucose profiling. As well as supporting the wellbeing of University students and staff, these services will also be offered to the local community. The laboratory will support graduate employment prospects for our students by providing the perfect environment to acquire real world applied sport and exercise science experience and engage in applied research.







# Will you help us to deliver excellence in Sport and Health?

## YOUR IMPACT

A gift of **£2,000** could fund a Women in Sport Scholarship. Women are underrepresented in Exercise and Sports Sciences at Exeter and these scholarships will help us to redress this imbalance.

## YOUR IMPACT

A gift of **£9,000** could fund a three year Sports Scholarship that will attract and support a talented student athlete during their time at Exeter and enable them to fulfil their academic and sporting potential.

## YOUR IMPACT

A gift of **£25,000** could be used to increase staff resource for community outreach activity, enhancing sporting opportunities for local schoolchildren and providing real-world coaching and teaching experience for our students.

## YOUR IMPACT

A gift of **£50,000** could fund advanced equipment such as a weight-supported treadmill to allow our researchers to work with individuals with Parkinson's disease, those recovering from a stroke, and children with cerebral palsy.

## YOUR IMPACT

Gifts of **£12,000 - £100,000** could support a PhD studentship and help our world-leading research teams deliver impact in some of the biggest global health challenges. Gifts to PhD studentships can be paid over four years and matched 2:1 through our Diamond Jubilee Doctoral Scholarship Match Fund.

## YOUR IMPACT

Gifts of **£100,000 - £300,000** could enable us to develop a Human Performance Laboratory in our Streatham Sports Park, bringing our research to our student athletes and giving our students opportunities to develop sport and health sciences skills in a real-world setting.

## YOUR IMPACT

Gifts of **£200,000 - £1 million** towards developments at our Topsham Sports Ground site would have a profound impact on sporting opportunities for a huge numbers of students, schoolchildren and community members.

## YOUR IMPACT

Gifts of **£400,000 - £1.25million** could allow us to develop a suite of translational exercise science laboratories to support our world-class research and teaching into age and lifestyle related clinical conditions as well as inherited conditions such as cystic fibrosis and congenital heart disease.



# Recognising exceptional generosity

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Will you help sport at Exeter go from strength to strength? – contact us today.


We are committed to recognising your support. From naming opportunities for buildings and rooms or academic posts and scholarships, to events publicly thanking our supporters, we would be delighted to discuss options with you.

Contact us today on [exceptional@exeter.ac.uk](mailto:exceptional@exeter.ac.uk) or +44 (0)1392 723141 and help us to make the exceptional happen.



**Contact us:**

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