**BIOGRAPHYA person smiling at the camera

Description automatically generated**

Dr Mistrelle R. Ellmore (She / Her)

**Senior Lecturer in health, exercise physiology and nutrition and Programme Leader in the School of Sport and Exercise Science, Founder of the Girls to Women in Sports Science Network and Chair of the Carers and Parents Club.**

About Mistrelle Ellmore

Mistrelle began her academic career as a research assistant for the Health & Wellbeing Research Group at Loughborough University, then became head laboratory technician in the School of Sport at Lincoln College, followed by lecturer and programme Leader in sport science. She joined the School of Sport and Exercise Science at the University of Lincoln in 2006 and is Senior Lecturer and Module Leader in exercise physiology and nutrition, Programme Leader for BSc (Hons) Health, Exercise and Nutrition and BSc (Hons) Health and Exercise Science, Gender and Athena Swan Champion, Founder of the Girls to Women in Sports Science (GWSS) network, Chair of the University’s Carer and Parent group and Link Tutor for sport provision at University Centre Bishop Burton.

School Responsibilities

Mistrelle delivers core undergraduate modules in the School of Sport and Exercise Science and has been Module Leader for Nutrition for Health and Performance (Level 5), Advanced Sport and Exercise Nutrition (Level 6) and Advanced Sport Physiology (Level 6) since the validation of these modules. She also has pastoral and academic responsibilities as a Personal and Dissertation Tutor. She is proactive in supporting inclusive teaching and learning projects, developing strategies to enhance gender-informed student engagement practices and developing a vocationally-relevant curriculum to optimise graduate opportunities for sport, exercise and health students.

Subject Specialisms

Mistrelle has utilised her background as a vegan athlete in a male-dominated sport to shape her subject specialisms in sport and exercise science and use this lived experience as a motivator to overcome gender stereotyping in sport. This is reflected in her research- and practice-informed teaching and consultancy work in disciplines related to exercise physiology, elite athlete preparation and recovery from training and competition, endurance performance and high-performance nutrition. She places particular importance upon specialist adaptation of training and nutritional strategies for athletes with special considerations. These include female athletes who may be classified as at risk as a result of disordered eating habits, because they are pre or post-natal or menopausal and child athletes who have to balance energetic demands of growth and sports performance and maintain a healthy relationship with food and body image whilst navigating their complex social-media driven environment.

Consultancy

Mistrelle is recognised for her outreach work throughout Lincolnshire and the UK which aligns her subject specialisms with practical impact through engagement with primary and secondary pupils, college and University students and the teaching networks in prioritising enjoyment of physical activity in the short-term in order to improve wellbeing in the long-term. She has been proactive in applying theory to practice to help overcome gender bias and ensure boys and girls have appropriate opportunities to enjoy, engage in and pursue sport-related disciplines. She has used her experience in managing people and resources to lead initiatives to engage with teachers, coaches, sports development officers and careers advisors and formalised the GWSS Network as a facilitative and exploratory space to redefine teaching and coaching strategies, career advice approaches and professional practice tools. The Network has been influential in supporting positive educational climate change through inspiring more girls to engage in physical activity and to view sport and exercise science as a viable career pathway.

Mistrelle’s GWSS projects focus on understanding the pedagogical climate that impacts girls’ career pathways into sport and exercise science and enhancing engagement of teenage girls with physical education by championing what’s in it for them. By growing a collaborative network of civically engaged organisations and personnel, she aspires to break down gender stereotypes and institutional bias to enhance opportunity and inspire confidence in young girls through physical activity, thereby supporting young women in subject selection at school and to progress into careers in sport and exercise science.

Being embedded in the teaching and coaching community, Mistrelle seeks to challenge conventional research approaches and encourage practical application of burgeoning theory in order to directly benefit the community in which she engages. She is proactive in leading initiatives providing a secure platform for the minority group voice to inform and develop specialist teaching and coaching techniques.

As Chair of the University Staff Carer and Parent Network, Mistrelle champions the rights of those not formerly classified as disadvantaged and provides this group with a voice to share their complex and challenging needs whilst working effectively in an academic environment. Her work with the Carers and Parents Research Group highlights the complex balancing act of caring and working in an academic institution and examines experiences of professional services and academic staff members with diverse caring responsibilities in order to determine the impact of University culture and available policy upon employee productivity, work-life balance and well-being.

Mistrelle also supports the Student Carer and Parent community and has developed a Toolkit to help inform policy and institutional practice. She has translated the student voice into themed teaching practices which propose an alternative to the traditional ‘Teaching & Learning’ narrative. Examples of inclusive, student-centred practices were based on ‘Communication, Engagement and Empowerment’ which monopolised the strengths of the student carer or parent and enriches the University student experience for all engaged. She is working to share this model more widely due to it’s application across a number of environments including primary and secondary education and sports coaching in order to foster inclusive learning more diversely.

Mistrelle champions a positive pathway for girls to women in sports science and aspects of inclusivity appear throughout her curriculum, across ten undergraduate degree programmes delivered on Brayford Campus, University of Lincoln, University Centre, Bishop Burton and Chai Wan Campus, Institute of Vocational Education, Hong Kong. She is engaged with community-based projects which involve elite adult and child athletes, teams and vulnerable clients and has experience in integrating National initiatives by the Youth Sport Trust, Sport England, Women in Sport and Active Lincolnshire into local and regional practice. Examples of campaigns include Sit Less, Move More and This Girl Can and integration of the Reframing Sport for Teenage Girls Programme into Lincolnshire secondary schools through the GWSS Network.

HE Qualifications

* PhD Sport and Exercise Science University of Lincoln, 2015
* MSc Sports Science Loughborough University, 1996
* BA Sport Studies Northumbria University, 1994