

# ISESA 2026 Conference

21st and 22nd May 2026

Technological University of the Shannon  
Athlone Campus  
Mary Ward Centre of Science  
Athlone Campus  
N37 HD68





# Day 1: 21st May 2026

8:45 **Registration, Poster set up and Refreshments**  
(Building 8: Mary Ward Centre)

9:30 **Opening Address**  
Welcome from ISESA Chair Prof Tom Comyns and  
ISESA Conference Chair, Dr Ciara Sinnott O'Connor  
(Building 1: Main Building)

9:40 **Keynote by Dr Nick Tiller**  
**Friendly Fire: How Bad Science Contributes to the Spread of Health Misinformation**  
(Building 1: Main Building)

10:25 **Parallel Sessions**



Symposium	Symposium	Symposium
<p><b>Forward Momentum: Advancing physical activity, exercise and sport during pregnancy and postpartum across the island of Ireland</b></p> <p>Maria Faulkner (ATU) Lizzy Deery (Ulster University) Catherine George (RCSI) Grainne Donnelly (Cardiff Metropolitan University)</p>	<p><b>Optimising Talent Pathways: Where Stories and Statistics Align</b></p> <p>Áine MacNamara (DCU) Stephanie Brennan (DCU) Dean Clark (DCU) Amy Shelley (DCU)</p>	<p><b>Where is the science in sports and exercise science?</b></p> <p>Massimiliano Ditroilo (UCD) Joe Warne (TU Dublin) Barry Gorman (TU Dublin) Ciaran O’Cathain (Maynooth University) Robin Healy (TUS Athlone)</p>
<i>Building 7: Engineering</i>	<i>Building 8: Mary Ward Centre</i>	<i>Building 1: Main Building</i>

11:10 **Refreshment break with poster viewing, networking and exhibitors**  
(Building 8: Mary Ward Centre)

11:40 **Postgraduate Presentations and parallel Workshop**

<b>Coaching, PE and Sport Pedagogy</b>	<b>Physiology and Nutrition</b>	<b>Sport Psychology</b>	<p><b>Workshop with HRIG</b></p> 
<i>Building 1: Main Building</i>	<i>Building 7: Engineering</i>	<i>Building 8: Mary Ward Centre</i>	<i>Building 8: Mary Ward Upstairs</i>

12:25 **Parallel Sessions**

<p>Panel Sponsored by ARTI:</p> 	<p>Oral Presentations</p>	<p>Sport Ireland Feature Session</p> 
<p><b>From Acute Injury to Return to Performance: What Does Truly Integrated Care of the Multidisciplinary Team Look Like?</b></p> <p>Sinead O’Keefe (DCU) Ciara Losty (SETU Waterford) Neil Irwin (TUS Athlone) Ryan Alexander (DCU) Laurie Ryan (TUS Athlone)</p>	<p><b>A systematic market analysis of quality assurance and evidence alignment of sports supplements available on the Irish market</b> Conor Carey (UCC)</p> <p><b>The Prevalence and Predictors of Iron Deficiency Among Female Gaelic Games Players</b> Nóra Ní Fhlannagáin (ATU)</p> <p><b>Human Skeletal Muscle Stem Cells Retain Life-Long Exercise-Induced Mitochondrial and Transcriptional Imprints</b> John Noone (UL)</p> <p><b>Non-Invasive Detection of Metabolic Thresholds in Aerobic Exercise: Validity of Heart Rate and Biomechanical Indicators</b> Eoghan McCarthy (University of Groningen)</p>	<p><b>Data, Demographics and Dollars - Sport Ireland Research and Innovation Unit Updates</b></p> <p>Benny Cullen Gary McKeegan Barry Horgan</p>
<p><i>Building 1: Main Building</i></p>	<p><i>Building 8: Mary Ward Centre</i></p>	<p><i>Building 7: Engineering</i></p>

- 13:00      **Lunch**  
(Building 8: Mary Ward Centre)
- 13:45      **Postgraduate Posters**  
(Building 8: Mary Ward Centre Upstairs)
- 14:20      **Keynote by Dr Katie Liston**  
**Kickback: Online Hate, Sport and Gender**  
(Building 1: Main Building)
- 15:00      **TUS Spotlight**  
(Building 1: Main Building)
- 15:20      **Refreshment break, networking and exhibitors**  
(Building 8: Mary Ward Centre)
- 15:50      **Parallel Sessions**

Symposium	<p>Oral Presentations Sponsored by Stat Sports</p> 	Symposium
<p><b>Building Physical Literacy Capacity in Ireland - Novel Research and Strategic Implementation</b></p> <p>Maeve Murray (DCU) Hayley Kavanagh (TU Dublin) Tom Causar (Badminton Ireland)</p>	<p><b>Training intensity distribution in Gaelic Football Players: Is It Time To Be More Objective Rather Than Subjective?</b> Shane Malone, TU Dublin</p> <p><b>Performance and Physiological Characteristics of World-Class Rowers: A Systematic Review of Male and Female Competitors</b> Lorcan Daly, TUS Athlone</p> <p><b>Match-Play Running Demands and Profiling of Athletes Across Elite Career Stages in Intercounty Hurling: Implications for Player Development Pathways</b> Conor Clancy, TU Dublin</p> <p><b>Longitudinal Analysis of Match-Play Shoulder Injury Incidence Rate and Burden in Male Amateur Rugby Union.</b> William Hughes, UL</p> <p><b>The Effects of a Six-Week Pre-Season Games-Based Approach Program on Components of Fitness Among Sub-Elite Gaelic Football Players</b> Cian O’Dea, TUS Athlone</p>	<p><b>Beyond the One-to-One: Applied Sport Psychology in Team Environments</b></p> <p>Shane Noonan-Holohan (SETU Waterford) Kevin McManamon (SETU Waterford) Ciara Losty (SETU Waterford) Emma Saunders (SETU Waterford)</p>
<i>Building 1: Main Building</i>	<i>Building 8: Mary Ward Centre</i>	<i>Building 7: Engineering</i>

- 16:40      **Irish Elite Athlete and Coach Panel Discussion**  
**Inside High Performance: Athletes, Coaches and Sport Science in Action**  
MC: Aoife Sheeran  
Athlete: Niamh Mallon  
Athlete: Noel Hendrick  
Coach: Jack Cooney  
*(Building 1: Main Building)*
- 17:20      **Day 1 Close**
- 19:00-Late      **Sean's Bar for BBQ and Music (ticket required)**



# Day 2: 22nd May 2026

06:30

### Social Run: Start at Old Rail Greenway

Prize sponsored by TeamOppy Sports:  
A free 12-month subscription to the TeamOppy Analyst Elite package

*(Meet at Radisson Blu carpark)*



08:30

### Registration, Poster set up and Refreshments

*(Building 8: Mary Ward Centre)*

09:00

### Opening Address

*(Building 1: Main Building)*

09:15

### Keynote by Dr Josephine Perry

**Performing under Pressure: From Threat to Thriving**

*(Building 1: Main Building)*

10:00

### Parallel Sessions

Symposium	Symposium	Symposium	Workshop
<p><b>Supporting Physical Activity Across the Cancer Continuum: Clinical Integration, Digital Innovation and Real-World Implementation</b></p> <p>Mairead Cantwell (TUS Athlone) Elisa Habluetzel Esposito (SETU Waterford) Michael O'Brien (TUS Athlone) Patricia Sheehan (SETU Waterford)</p>	<p><b>Collaborative case studies: Skill acquisition in partnership with other sport science domains (Movement and Skill Acquisition Ireland)</b></p> <p>Phil Kearney (UL) Oliver Logan (Logan Performance Consulting) Edward Coughlan (MTU Cork) Alan Dunton (MTU Cork)</p>	<p><b>Who Gets In and How They Experience It? Selection, Streaming, and Coaching in Youth Gaelic Games</b></p> <p>Peter Horgan (GAA) Paul Donnelly (Ulster University) Michael McKay (Ulster University) David Moran (DCU) Stephen Behan (DCU) Aaron Kyles (ATU)</p>	<p><b>Beyond Numbers: Safe, skilled and ethical practice in body composition</b></p> <p>Sharon Madigan (Sport Ireland Institute) SarahJane Cullen (DCU)</p>
<i>Building 7: Engineering</i>	<i>Building 1: Main Building</i>	<i>Building 8: Mary Ward Centre</i>	<i>Building 8: Mary Ward Centre Upstairs</i>

10:45 **Refreshment break with poster viewing, networking and exhibitors**  
(Building 8: Mary Ward Centre)

11:15 **Postgraduate Presentations**

<b>Athletic Therapy, Sports Medicine &amp; Biomechanics</b>	<b>Physical Activity and Health</b>	<b>Applied Sports Performance</b>	<b>Workshop: From Sprint Data to Training Decisions: Practical Applications of the 1080 Sprint</b>  Shane Ryan (UL) Alex Ryan (St. Mary's University, Twickenham)
<i>Building 7: Engineering</i>	<i>Building 8: Mary Ward Centre</i>	<i>Building 1: Main Building</i>	<i>Workshop will take place on the TUS Outdoor Track (weather-permitting)</i>

12:00 **Parallel Sessions**

Oral Presentations	Panel	Panel	Workshop
<b>Profiling Coaching Expertise as Adaptive Skill in Premier League Academy Football: Development and Pilot Evaluation of Simulation-Based Assessment</b> John Alexander Burns (DCU)	<b>The Role of Human Evolution in Musculoskeletal Health and Disease</b>  Liam Hughes (SETU Carlow) Aoife Langford (SETU Carlow) Jia Wei Siow (SETU Carlow) Mark Nolan (SETU Carlow) Elisabetta Brigo (SETU Carlow)	<b>Sleep and Travel: Whose role is it? How to develop a novel service in a multisport environment.</b>  Sarah Jane McDonnell (Sport Ireland Institute) Toni Rossiter (Sport Ireland Institute) Michelle Biggins (Sport Ireland Institute)	<b>Delivering Community-Based Balance and Resistance Training for Older Adults: The Forever Fit Carlow Model</b>  Conor Dowling (SETU Carlow) Lawrence King (SETU Carlow) Deborah Foley (Active Carlow) Ger Bonner (Active Carlow)
<b>Exploring the influence of a collaborative coach education programme on coaches questioning practice</b> Niall O’Nahony (MTU Kerry)			
<b>The game is the teacher? Understandings and misunderstandings of games based approaches</b> David Moran (DCU)			
<i>Building 8: Mary Ward Centre</i>	<i>Building 7: Engineering</i>	<i>Building 1: Main Building</i>	<i>Building 8: Mary Ward Centre Upstairs</i>


12:35 **Lunch**  
(Building 8: Mary Ward Centre)

13:20 **Parallel Sessions**

<b>Undergraduate Poster Presentations</b>	<b>Workshop with HRIG</b> 
<i>Building 8: Mary Ward Centre Upstairs</i>	<i>Building 8: Mary Ward Centre Upstairs</i>

13:55 **Keynote by Prof Sam Robertson**  
**The Algorithmic Athlete?**  
**The Importance of Science in Sport and Medicine in the Age of AI.**  
(Building 1: Main Building)

14:40 **Parallel Sessions**

Oral Presentations	Oral Presentations	Panel Sponsored by RYPT 	Workshop
<p><b>Active Allyship in Sport and Exercise Science: A Micro-Credential for Undergraduate Students</b> Emma Cowley (TUS Athlone)</p> <p><b>Evaluating the Reach, Accessibility, and Perceived Impact of the Dare to Believe Athlete Ambassador Programme in Irish Schools</b> Eimear Kelly (TUS Athlone)</p> <p><b>From the Sublime to the Ridiculous: Applied Insights from the World of Red Bull.</b> Kate O’Keefe (Red Bull Athlete Performance Centre)</p> <p><b>The association between subjective sleep and stress in recreational athletes</b> Jay Walsh (SETU Waterford)</p>	<p><b>"More low-cost or free activities mean that everybody has an equal chance to be active." A mixed-methods study of parental perspectives on children's access to free/low-cost physical activity opportunities in Northern Ireland.</b> Roisin McCafferty (Ulster University)</p> <p><b>Pitch and Putt Participation and Health Among Older Women: A National Survey from Ireland</b> Orla Flynn (UCD)</p> <p><b>LTC Pathway Presentation</b> Ciara McCormack (Maynooth University)</p>	<p><b>Measuring What Matters: Practical Load Monitoring for Team Environments</b></p> <p>Bruce Wardrop (SETU Waterford) Shane Malone (TU Dublin) Paul Talty (University of Salford) Paul McGrath (University of Lancashire) Ed Slattery (IRFU)</p>	<p><b>Being a brilliantly inclusive sport psych: Attracting and supporting Neurodivergent participants</b></p> <p>Josephine Perry (Performance in Mind)</p>
<i>Building 7: Engineering</i>	<i>Building 8: Mary Ward Centre</i>	<i>Building 1: Main Building</i>	<i>Building 8: Mary Ward Centre Upstairs</i>

15:20

**Closing Panel**

**Truth, Tech and Performance: Modern Challenges for Sport & Exercise Science**

MC: Bruce Wardrop

Sam Robertson

Nick Tiller

Niamh Ni Cheilleachair

Sharon Madigan

*(Building 1: Main Building)*

15:50

**Awards Ceremony and Closing Address**



# Locations



## Main Campus

- 1 Main Building
  - Canteen
  - Starbucks
  - Science Labs
  - Student Resource Center - SRC
  - Registration
- 2 Library
- 3 Design / Science Building
- 4 Business Faculty
- 5 Hospitality, Tourism and Leisure Building
- 6 John McCormack MPH
  - Health Centre
  - Students' Union
  - Sports Hall
  - Sports Office
- 7 Engineering Faculty
- 8 Mary Ward Centre
- 9 APT
- 10 International Arena
- 11 TUS Gym

## East Campus

- 12 Nursing Building
- 13 Trades
- 14 Research Hub
- 15 MIRC

### Parking and Public Transport

- Student Parking
- Guest Parking
- EV Charging
- Cycle Path
- Staff Parking
- Mixed Parking
- Bus Stop
- Bike Shelter



## Keynote Speakers



Dr. Nick Tiller is an exercise scientist and Research Associate at The Lundquist Institute at Harbor–UCLA Medical Center, and a leading voice in science-based health and fitness. He is the author of *The Skeptic’s Guide to Sports Science* (2020, named by Book Authority as one of the “Best Sports Science Books of All Time”) and *The Health and Wellness Lie* (June 2026). A former physiologist with the English Institute of Sport and associate professor in the UK, Tiller now focuses on research, writing, and public-facing scientific skepticism. He is a columnist for *Skeptical Inquirer* and *Ultra-Running Magazine*, and an Associate Editor of the *International Journal of Sport Nutrition and Exercise Metabolism*. In 2023, Tiller was elected as a Fellow of the Committee for Skeptical Inquiry for his ongoing work in science communication and critical thinking education.



Dr. Katie Liston is a researcher and public intellectual on sport in Ireland. She is an internationally recognised sociologist with extensive lived experience in sport as a former elite athlete, university sport coach, and volunteer administrator/board member. She is actively engaged as an independent advisor to the sport sector, working with the Gaelic Athletic Association, the Ladies Gaelic Football Association, the Football Association of Ireland, the Irish Football Association, Athletics Northern Ireland and Golf Ireland. She is also a member of the UK Safe Sport Oversight group. Katie has researched a wide range of issues, such as: pain and injury in sport, including concussion; DIY medical care and team doctoring in women’s sports; sport, culture and identity on the island of Ireland; sports migration; elite sports coaching sports policy, including equality, mergers and integration, and, most recently, online hate in sport. She is editor of the award-winning collection, *The Business and Culture of Sports: Society, Politics, Economy, Environment* and co-chair of *míde*, an interdisciplinary all-island research consortium driving equality in sport.



## Keynote Speakers

The graphic features the ISESA logo in the top left corner. On the right is a portrait of Dr Josephine Perry. The main text reads 'Meet Our Keynote Speaker' in large, bold letters. Below this, it says 'Introducing Dr Josephine Perry' with a blue arrow pointing right. To the right of the portrait, the text reads 'Performing under Pressure From Threat to Thriving.' At the bottom, it says '2026 Conference - 21<sup>st</sup> & 22<sup>nd</sup> May - @TUS Athlone'.

Dr Josephine Perry is a Chartered Sport Psychologist whose purpose is to help people accomplish more than they had previously believed possible. She integrates expertise in sport psychology and communications to support athletes, stage performers and business leaders to develop the approaches, mental skills and strategies which will help them achieve their ambitions. So far Josephine she has worked with athletes across 29 different sports and a whole range of professions (including the Military, Police, C-Suite execs, DJs, Actors, Dancers and some of the world's best Sommeliers) and loves to delve into new sectors, understanding their unique challenges.

To help people perform under pressure Josephine is able to explain the neuroscience of the threat system with clarity, teach ways to soothe it and share the tools that exceptional performers have learnt in order to keep the threat system calm and performance unhindered. Using the BE BRAVE she creates a clear route to handling worries and being better able to perform under pressure.

The graphic features the ISESA logo in the top left corner. On the right is a portrait of Prof Sam Robertson speaking into a microphone. The main text reads 'Meet Our Keynote Speaker' in large, bold letters. Below this, it says 'Introducing Prof Sam Robertson' with a blue arrow pointing right. To the right of the portrait, the text reads 'The algorithmic athlete? The importance of science in sport and medicine in the age of AI.' At the bottom, it says '2026 Conference - 21<sup>st</sup> & 22<sup>nd</sup> May - @TUS Athlone'.

Sam Robertson is a researcher and consultant focusing on developing methods and systems to optimise integrations between humans and technology. He specialises in collaborative projects that connect sporting teams, technology companies, governing bodies and universities to generate mutual and broad benefit for a range of stakeholders.

Sam's work and research has spanned topics such as sports innovation, skill acquisition, sports analytics, organisational decision-making, and technology strategy. He has worked with a range of sporting organisations including FIFA, The Australian Football League, San Antonio Spurs, Tennis Australia, Barça Innovation Hub, Kansas City Royals and the Western Bulldogs amongst others.

Sam is currently the Director of TCG Advisory, a consulting firm specialising in optimising human-technology (AI) integration. He is also the co-director of the Institute for Sports Tech Standards. Sam holds honorary professorships at the University of Queensland and Victoria University, and is also the host of the popular future of sport podcast, One Track Mind.



## Sponsors & Exhibitors



Athletic Rehabilitation Therapy Ireland (ARTI) is the professional body for Certified Athletic Therapists in Ireland. ARTI's objective is the promotion of the highest standards of professional conduct, care, and education of Certified Athletic Therapists in Ireland.

Certified Athletic Therapists are highly trained allied health professionals specialising in neuromusculoskeletal medicine through the prevention, assessment, diagnosis, treatment, rehabilitation and management of injury and illness. Certified Athletic Therapists provide specialised care for a diverse range of populations from general population to sporting athletes.



At BLK BOX, we don't just manufacture equipment; we empower coaches, gym owners and athletes to elevate their facilities and performance. With over a decade of experience, driven by our Pursuit of Better ethos, we engineer world-class strength equipment trusted by global brands including Nike, Adidas, FC Barcelona and the majority of English Premier League teams. We're the leader in UK manufacturing, with our products designed and manufactured in Northern Ireland using cutting-edge technology.



Danu is a performance and biomechanics company delivering real-world movement analysis through its sensor-integrated smart sock system. Developed through elite sport, the system captures high-resolution data on gait, load, asymmetry, and movement efficiency during natural activity. This enables teams and practitioners to monitor athlete performance, manage load, reduce injury risk, and support return-to-play decisions with objective data.

Trusted by professional sports organisations and leading brands, Danu brings lab-grade accuracy into everyday training and competition environments. The platform is also expanding into healthcare and clinical research, applying the same technology to rehabilitation and human performance at scale.



## Sponsors & Exhibitors



HRIG LTD develops precision isometric hamstring assessment technology designed to support clinicians, therapists, and performance professionals in accurately measuring hamstring strength and imbalance. Our device delivers reliable, repeatable data to aid injury prevention, rehabilitation monitoring, and return-to-play decision-making. Built for clinical, research, and elite sport environments, HRIG combines biomechanical insight with user-friendly design to enhance objective muscle assessment. We are committed to improving outcomes, reducing injury risk, and advancing evidence-based hamstring evaluation worldwide.



Output Sports combines wearable sensors with state-of-the-art software to make elite sports science simple and scalable. Our single, versatile system lets practitioners generate tests, design programmes, and track athlete progress faster than ever – delivering laboratory-grade data, reusable benchmarks, and contextual AI-driven insights. Trusted by over 1,400 clients in 40+ countries, including teams across the Premier League, NFL, NBA, Output streamlines testing, real-time integrations, and coach-friendly programming to accelerate performance and reduce injury risk.



Perform Nutrition is one of Ireland's leading sports nutrition brands. Manufacturing a range of Informed Sport Tested supplements on the west coast of Ireland. Fuelling some of Ireland's best athletes such as Kate O'Connor, Aoife O'Rourke, Galway United and many more.



## Sponsors & Exhibitors



Sports Analysis software for modern sport – TeamOppy delivers professional-grade software that helps sports teams at every level streamline their pre, live, and post-game workflows.

Our flagship product “TeamOppy Tagger” is a powerful, customisable tool designed to streamline event tagging and analysis during matches and training sessions. Its intuitive workflows and interactive dashboards make it easy to analyse outcomes and surface key insights quickly.

Tagger supports video and non-video workflows, works online or offline, and is accessible across devices and includes a powerful Video Studio for producing polished analysis content with graphics and text overlays to highlight important moments.



Timing Ireland delivers cutting-edge sports performance analysis systems trusted by clubs, schools, universities, and elite sporting bodies across Ireland and Europe. We specialise in precision timing, athlete monitoring, and real-time performance data that helps coaches make smarter decisions and athletes train better. From electronic timing and photo-finish systems to jump analysis, speed gates, LED scoreboards, and data-driven testing solutions, our technology turns performance into clear, actionable insight. Backed by expert support and deep knowledge of sport, Timing Ireland helps teams measure what matters, track progress with confidence, and unlock real performance gains at every level.



RYPT is an athletic development software platform designed to help multi-disciplinary coaching teams deliver athletic development programs and monitor performance efficiently, at scale. RYPT helps coaching teams manage every aspect of their coaching relationship, from delivering individualised training plans to monitoring readiness and workload, tracking growth and maturation, menstrual cycle, and injuries. Centralising data and streamlining communication to help coaches reduce injury risk and optimise performance.

Over 5,000 coaches worldwide, working from grassroots to Olympic level, trust RYPT to run their athletic development program. RYPT supports coaches, sports teams, private gyms and academies, schools and universities, and governing bodies.



## ISESA Members Exhibitors



Ollscoil  
Teicneolaíochta  
an Atlantaigh

Atlantic  
Technological  
University

The School of Health, Sport Science and Nutrition at the Atlantic Technological University (ATU) provides innovative, industry-engaged programmes that combine academic excellence with applied learning. Across the three departments of Sport, Exercise & Nutrition (Galway); Health & Nutritional Science (Sligo); and Sport Science & Performance (Letterkenny), the school offers a diverse portfolio of undergraduate programmes in the areas of Sport & Exercise Science, Sports Coaching, Public Health Nutrition, Sport & Exercise Nutrition, Athletic Rehabilitation Therapy, Applied Strength & Conditioning, Clinical Measurement Physiology, Health Science & Physical Activity, Health Science & Physiology and Human Nutrition.



MTU  
Ollscoil Teicneolaíochta na Mumhan  
Munster Technological University

The Department of Health and Leisure Studies (MTU) is based at the Tralee campus and includes programmes in Health, Sport and Exercise Science, PE Studies and Business, Health and Exercise with Massage Therapy and Coaching and Sports Performance.

The HEX-SPO Research Group at MTU is an internationally recognised research centre of excellence that focuses on inspiring meaningful, impactful research in the areas of Health, Exercise and Sport Science. This dynamic multidisciplinary research group collaborates with local, regional and international stakeholders to lead research aimed at (i) tackling societal health problems such as obesity and physical inactivity across the lifespan, and (ii) examining sport-related issues in the coaching science, performance analysis, and skill acquisition domains.



Setanta College is an internationally renowned provider of higher education in human performance and sports science. At Setanta, our mission is to deliver industry-defining education, insight and application to communities at a local and global level. Led by an advisory board and lecturing faculty highly experienced in elite-level sport, Setanta operates campus locations in Ireland, the UK, USA, Italy, South Africa and India. Evolving out of Dr Liam Hennessy's work in the industry, we have also worked with some of the world's leading sporting organisations across multiple countries and continents.



## ISESA Member Exhibitors



The Faculty of Health Science at SETU offers numerous programmes. At undergraduate level we offer a BSc in Exercise Sciences, a BSc in Sport and Exercise Sciences, a BSc in Health and Exercise Sciences, a BSc in Sports Coaching and Performance, a BSc in Sports Rehabilitation, and a BSc in Strength and Conditioning. At postgraduate level we offer a MSc in Strength and Conditioning and a MSc in Applied Sport and Exercise Psychology. With excellent laboratory facilities and strong links with industry and the community our students develop the skills, knowledge and experience to meet the demands of their future roles.



University College Cork (UCC) is a leading destination for innovation in sport, health, and education. With internationally recognised expertise in Physical Education, UCC is expanding its commitment to practitioner development through a soon to be launched undergraduate pathway in Applied Sports Performance and Coach Education. Students and researchers benefit from exceptional facilities, including full access to the world class Mardyke Arena and the broader UCC Sport infrastructure, supporting cutting edge practice, and athlete development.



University of Galway is a top 2% global university, ranked 284th in the QS World University Rankings 2026, known for excellence in research, sustainability, and student experience. The Discipline of Physiology at the University of Galway, based in the Human Biology Building, is a long-established centre of excellence in the study of human function and performance. The work of researchers spans key areas such as cardiovascular, respiratory, neuromuscular, and exercise physiology, with a strong focus on research that underpins health, physical performance, and recovery.



The Department of Physical Education and Sport Sciences (PESS) at University of Limerick has developed a strong reputation for the expertise of its staff, the quality and applied relevance of its programmes, and the strength of its research profile. In the 2026 QS World University Rankings, UL was ranked 41st globally for Sports-Related Subjects. PESS sustains a dynamic and research-led culture, with thriving activity across physical activity and health, physical education, and sport and human performance.