

## **Dr Spencer Earl Boyle**

Senior Lecturer Sport and Physical Activity, Faculty of Health & Life Sciences, Northumbria University, Newcastle upon Tyne, NE1 8ST.

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### ***Education***

***PhD:*** Evaluation of Physical Activity Levels Among Adolescents in the Southwest and the Northwest: Consideration of Health Issues. School of Health and Related Research, University of Sheffield. Sept' 2005 – Dec 2008

***Graduate Registered Teacher Programme (GRTP):*** Qualified Teacher Status. Awarded by Edge Hill University. 2003 – 2004.

***BA in Sports Studies (first class honours):*** University of Central Lancashire (UCLan). 2002 – 2003.

***BTEC HND Sports Studies (distinction):*** Blackburn College (accredited by UCLan). 2000 – 2002.

### ***Employment***

***Northumbria University.*** Jan 2013 – Present: Senior Lecturer in Faculty of Health and Life Sciences. Duties include module leading and management at all undergraduate levels, lecturing and researching in the areas of PE, coaching, development, health and fitness.

***University of Bolton.*** Nov 2011 – Jan 2013: Lecturer Sport and Physical Activity Development and Coaching. Lead lecturer, developing, evaluating and moderating students on various modules at level 4, 5 and 6. Pastoral duties of personal tutor of undergraduates, recruitment experience, degree development and revalidation.

***University of Bolton & University of Central Lancashire.*** Jan 2010 – Nov 2011: Lecturer Sports Development, Coaching PE and Personal Fitness. Lecturing, evaluating and moderating students on various undergraduate modules. Pastoral duties of personal tutor, recruitment duties and module development.

***Blackburn with Darwen Borough Council.*** Jan 2009 – 2010: Physical activity participation project included planning and instruction of various classes for both adults and children including inductions and fitness tuition in the gym, exercise to music classes, swimming teaching, life guarding and admin duties. There were responsibilities for client's safety, well-being and satisfaction in all roles.

***Concorde Teaching Bank, Truro.*** 2004 – 2005: Physical Education Supply Teacher. To teach PE to pupils aged 11-16 in several secondary schools across Cornwall inclusive of teaching GCSE PE practical and theory at KS 4 and pastoral guidance to the pupils.

*Fearns Sports College, Bacup, Lancashire.* 2003 – 2004: GTP Trainee PE Teacher. An intensive route into secondary education providing invaluable hands on PE teaching experience to all key stage 3 and 4 pupils including theory and practical. Pastoral duties of a form tutor inclusive of lesson planning, report writing and parent liaison.

*Blackburn with Darwen Borough Council.* 1999 – 2003: Life guarding, gym instruction, fitness classes, reception and swimming teaching. All roles were of casual part-time nature while studying at University.

### ***Research outputs & projects***

**Boyle, S.E.,** Jones, G.L., Walters, S.J. (2008) Physical activity among adolescents and barriers to delivering physical education in Cornwall and Lancashire, UK: A qualitative study of heads of PE and heads of schools. BMC Public Health Journal 2008 Aug 1;8:273.

**Boyle, S.E.,** Jones, G.L., Walters, S.J. (2010) Physical activity, quality of life, weight status and diet in adolescents. Quality of life journal Vol. 19 No. 7: 943-954

**Boyle, S.E.,** Jones, G.L., Walters, S.J. (2010) Physical activity, weight status and diet in adolescents: are children meeting the guidelines? Health Vol.2, No.10, 1142-1149

Khan, K.A., Petrou, S Rivero-Arias, O., Walters, S., **Boyle, S.E.** (2014) Mapping EQ-5D Utility Scores from the PedsQL™ Generic Core Scales. Pharmaco Economics 04/2014; DOI: 10.1007/s40273-014-0153-y

**Boyle, S.E.** (2014) A comparison of children's fitness in the Northwest and Southwest of England. Advances in Physical Education (APE) (November Vol.4, No.4).

**Current projects** – Moderate/vigorous physical activity [MVPA] levels of primary school children and teaching method in Physical Education lessons. Mixed methods study, examining levels of children's activity during their PE lesson according to the teaching method employed by the class teacher. [Expected publications 2017]

MVPA of primary school children and class sizes in PE lessons. Accelerometry based study, assessing relationship between class size and PE lesson MVPA. [Expected publication 2015/16]

**PhD Supervision** – Four student projects including, HIIT and children, coaching and teaching methods and activity levels in PE, impact and sustainability of school-based physical activity and use of boot camp and its value in PE.

**Interdisciplinary projects** – involved with a team of colleague's across different research specialism's on the evaluation of Newcastle United Foundation's school based physical activity intervention. [expected publication 2015]

**FUSE Physical activity group:** member

**Skills/other qualifications**

### ***Project management***

Successful completion of PhD in 3 years. Liaised with and formed working partnerships with several different groups or organisations which utilised and developed extensive communication skills.

Management of fixed term family activity project.

Consultancy for adult weight loss programme in Blackburn and Darwen Borough [Aspire]

### ***Health related fitness qualifications***

Cardiac rehab, exercise prescription [Registered exercise professional (REPS) level 4 accredited] – 2014

GP referral to exercise [REPS level 3 accredited] – 2013

Freestyle Fitness Yoga teacher – 2013

Advanced gym instructor and personal trainer [REPS level 3 accredited] – 2010

Shokk training Ltd (youth activity specialists) Instruction award – 2009

British Lawn Tennis teacher training programme KS 3 & 4 teachers course – 2004

UKAA athletics coaching award (teacher training) – 2004

Gymnastics coaching award (teacher training) – 2004

Boxercise instructor – 2004

England basketball coaching award – 2003

England youth rugby coaching award – 2003

FA football coaching award – 2002/2003

RSA exercise to music instructor – 2001

Sports coach UK good practice and child protection

Amateur swimming association (ASA) assistant instructor – 2001

Focus training gym instructor – 2000