

University Centre Colchester (UCC)

Staff Profile

Name:	Katherine Ewing
Job title/role:	Lecturer in Sport
Subjects taught/administrative responsibilities:	<p>Course leader and internal verification lead for HNC/D in Sport.</p> <p>Katherine teaches the following modules: Sport and Exercise Nutrition, Exercise and Health, Lifestyle and Wellbeing, Fitness Assessment and Exercise Prescription, Anatomy and Physiology, Study, Communication and Employability Skills.</p>
Qualifications and Membership of Professional bodies:	BSc Sport and Exercise Science, University of Hertfordshire Diploma to Teach in the Lifelong Learning Sector (QTLS), Anglia Ruskin University
Experience in Education:	<p>Katherine has taught at Hertford Regional College and Redbridge College before joining Colchester Institute.</p> <p>She has been a lecturer at University Centre Colchester since 2013. She has also worked at the University of Essex, providing nutritional advice to the Talented Athlete Scholarship Scheme (TASS) athletes.</p>
Biography and personal interests:	<p>Katherine graduated from the University of Hertfordshire with a BSc Hons in Sport and Exercise Science and qualified as a lecturer in 2010, teaching across Further and Higher Education.</p> <p>Her hobbies include health and fitness activities, travel and food.</p>
Professional practice / research interests:	Katherine's current research is an investigation into the nutritional knowledge of university performance basketball athletes, carried out as the dissertation part of an MSc course in Sport and Exercise Nutrition at the University of Ulster.