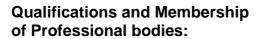# UCC Staff Profile

Name:
Katherine Ewing

Job title/role:
Lecturer in Sport

Subjects taught/administrative responsibilities:

Course leader and internal verification lead for HNC/D in Sport.

Katherine teaches the following modules: Sport and Exercise Nutrition, Athlete Lifestyle, Exercise and Health, Lifestyle and Wellbeing, Fitness Assessment and Exercise Prescription, Study, Communication and Employability Skills.

Qualifications and Membership of Professional bodies:

MSc Sport and Exercise Nutrition (Ulster University)

BSc Sport and Exercise Science (University of Hertfordshire)

Diploma to Teach in the Lifelong Learning Sector (QTLS), (Anglia Ruskin University)

Member of Sport and Exercise Nutrition register (SENr)

Experience in Education:

Katherine has taught at Hertford Regional College and Redbridge College before joining Colchester Institute. She has been a lecturer at University Centre Colchester since 2013.

Katherine also works at the University of Hertfordshire as a Teaching Fellow in

Nutrition and Dietetics. She works for the University of Essex, providing nutritional advice and lifestyle support to the Talented Athlete Scholarship Scheme (TASS) student athletes and Ipswich Town WSL Academy. Katherine also works at UK Anti-Doping (UKAD) as a National Trainer providing clean sport education to athletes and athlete support personnel.

Biography and personal interests:

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. Katherine completed the MSc in Sport and Exercise Nutrition in 2018 and enjoys working with athletes across different sporting disciplines in nutrition, lifestyle and anti-doping.

Her hobbies include health and fitness activities, travel and food.

Professional practice / research interests:

Katherine's most research was an investigation into the nutritional knowledge of university performance basketball athletes, carried out as part of the MSc course in Sport and Exercise Nutrition at Ulster University.