

EMILY BUDZYNSKI- SEYMOUR



PHD STUDENT

RESEARCHING HOW TO ENGAGE CHILDREN IN PHYSICAL ACTIVITY

"One of the best things about being at university and researching is being able to get involved in other projects"

Academic profile

Degree

Applied Sports Science (BSc)

Post grad

Applied Sports and Exercise
Science (MSc)

Qualification/achievement you are most proud of

Achieving a First in my degree

Subjects you enjoyed at school

PE and Science

Career Summary

I spent three years at Solent University in Southampton studying Applied Sports Science, and a further year at the University of Winchester completing my master's degree. Although I really enjoyed sport at university and was given lots of opportunities to gain extra experience in a variety of different subjects, I wasn't sure which I wanted to research further in my PhD. It took me a year to decide and sort out my research project, and I started my PhD investigating how to engage children in physical activity. As a PhD student I have to complete a number of research projects, these are studies where I want to test an idea or hypothesis that I have come up with. One of my studies is investigating how the Disney/Marvel Avengers characters can be used to help children enjoy their physical activity sessions. I created a questionnaire for children to fill in after then had completed the physical activity video.

What inspired you?

I didn't always want to be a scientist. I really enjoyed science at school but didn't pick any science A levels. When it came to results day I called up my university and asked to switch degree to a more Science based Sports degree, luckily they agreed and had spaces!

I enjoyed PE at school, and when I left and went to college I knew that I wanted to continue to learn more about the subject, so I took it as an A-Level. When I was in my second year at college, I was able to do an "Extended Project Qualification" which was a research project, I did mine on swimming starts. It was a mini research project and I really enjoyed it. This helped me to realise that researching sport at University was something that I wanted to do.

Describe your job



Did you know

As a sports scientist you can end up working and researching anyone from Olympic athletes to pregnant women (I have done both!). You can specialise into a specific area and work with professional athletes or the general population, there are lots of opportunities out there.

Top tip

Make sure you get some added experience that sets you apart, there will be lots of people qualifying with the same GCSE's, A-Levels and Degrees as you, but what makes you different will be the added experiences you can talk about.

Best thing about my job

I got to work with Olympic athletes, professional football teams, and currently I am collaborating on research with other academics from around the world including Australia and America.

Find out more

• [@Emily_CBS](#)

Watch the video:

QR code in here