

Inspiration Career Event Programme

Date: Friday 5th February 2021

Time: 09:00am- 17:00pm

Online via Google Meet



Google Meet

Plan your day and select the speakers most relevant for you!
20 minute talk & 5 minutes Q&A for each speaker

***Tip: Keep your schedule open throughout the day to access
the links provided.***

To gain access to the google meet links we recommend you use a supporting browser:
Chrome, Mozilla firefox, Microsoft edge or Apple safari.

****Please note all speakers will be recorded****

****Remember we are dealing with technology****

**F I T N E S S
E V O L U T I O N**
elite | performance | leisure

Fitness Evolution is hosting a jam packed day with 25 industry leading professionals within the Sport and Fitness sector. A fantastic opportunity to connect with professional athletes, physiotherapists, strength and conditioning coaches, leading personal trainers plus MUCH MORE!

Listen to a range of inspirational stories, learn about different career pathways, and take the chance to connect and ask your questions to the people leading the way in the Sport and Fitness sector!

Whether you have an interest in the Sport and Fitness Sector or not, this is a unique event where you will come away learning something new, feel motivated and inspired, and gain them industry connections.

A fantastic event for something for everyone!

No booking required.

Limited numbers available, access will be granted via the individual Google Meet link assigned for each speaker.

Online etiquette: Please arrive **2 minutes before** each speaker ensuring your microphone is on **mute** and recommended to have cameras turned on. You will need to wait to be granted access from the host for each speaker.

F I T N E S S
E V O L U T I O N
elite | performance | leisure

Overview speaker schedule and access links

Time	Speaker	Link	Time	Speaker	Link
09:00am-09:30am	Ayaz Bhuta: <i>Paralympian</i>	Click here to join	<i>Scroll down and check out our speaker bios</i>		
09:30am-10:00am	Sam McGowan: <i>Personal Trainer & online coach</i>	Click here to join	09:30am-10:00am	Chris Peil: <i>Sport Rehabilitator</i>	Click here to join
10:00am-10:30am	Steve Akamo: <i>Physiotherapist</i>	Click here to join	10:15am-10:45am	Zoe Clair: <i>Sports scientist</i>	Click here to join
10:30am-11:00am	Lee Doughty: <i>Professional Referee/ ex PE Teacher</i>	Click here to join	10:45am-11:15pm	Mathew Beenham: <i>Personal Trainer</i>	Click here to join
11:00am-11:30am	Alex Winstanley: <i>Entrepreneur/PE Teacher</i>	Click here to join	11:15am-11:45pm	Lisa Cockburn: <i>S&C coach and Pro Rugby Player</i>	Click here to join
11:30am-12:00pm	Gemma Cartwright: <i>Fitness & health coach</i>	Click here to join	11:45am-12:15pm	Ricky Burns: <i>Professional Boxer</i>	Click here to join
BREAK					
12:30pm-1:00pm	Teresa Wheatley: <i>Presenter, educator & writer</i>	Click here to join	12:45pm-1:15pm	Tommy Holland: <i>Gym owner/Ex-pro rugby player</i>	Click here to join
1:00pm-1:30pm	Brendan Blood: <i>Specialised PT and business owner</i>	Click here to join	1:15pm-1:45pm	Josh Cartman & Aleisha Bauer: <i>F45 instructor, pro dancer & pilates instructor</i>	Click here to join
1:30pm-2:00pm	Steven burke: <i>3x Olympic Medalist & MBE</i>	Click here to join	1:45pm-2:15pm	Matthew Fox: <i>Physiotherapist & owner of Physiocore</i>	Click here to join
2:00pm-2:30pm	Sam Marsh: <i>Managing director Jigsaw Ltd</i>	Click here to join	2:15pm-2:45pm	Steven Rimmer: <i>Sports nutritionist & lecturer</i>	Click here to join
BREAK					
3:00pm-3:30pm	Joe Gurley: <i>Head S&C Coach</i>	Click here to join	3:15pm-3:45pm	Phil Marsden: <i>Owner of Wellness Strength Training</i>	Click here to Join
3:30pm-4:00pm	Lewis Eccleston: <i>Ironman & triathlon competitor</i>	Click here to join	3:45pm-4:15pm	Michael Carolan: <i>Rehabilitation, S&C and Performance Coaching.</i>	Click here to join
4:00pm-4:30pm	Sarah Ramsden: <i>Yoga in Sport</i>	Click here to join	4:15pm-4:45pm	Nick Ward: <i>Sport Performance Director and Performance Coach</i>	Click here to join

Event programme

9:00am-9:30am: Ayaz Bhuta



[Click here to join](#)

Ayaz was born with Robert's Syndrome, a rare genetic disorder which affects both upper and lower body limbs. During his college years, Ayaz struggled to cope with his disability. During this period he was very inactive, became overweight and had little confidence. Shortly after getting involved with Wheelchair Basketball Ayaz was scouted by Great Britain Wheelchair Rugby. Ayaz has become a double European Champion, competed at two World Championships (one where he was voted the Fan's Most Valuable Player) and competed in his first Paralympics in Rio 2016.

09:30am -10:00am: Sam Mcgowan

[Click here to join](#)

Sam is a personal trainer, online coach and Under Armour athlete training clients all over the world to become the best versions of themselves that they can be. With a focus on encouraging better health through strength training and performance-based goals, Sam has turned her self-ran business into a success after making a huge career change from marketing to full time personal training.



09:30am - 10:00am: Chris Peil

[Click here to join](#)

Chris is a BASRaT registered Sport Rehabilitator and currently a professional doctorate candidate on the elite performance programme at UCLan. He works as a Teaching and Learning Fellow in Sport Rehabilitation at University of Salford and a S&C tutor at Wigan Warriors. His private practice injury management clients include Olympian Rebecca Adlington, World's Strongest Man Eddie Hall, and I Coach Strength and Rehabilitation to GB pathway & GBR Masters athletes representing British Triathlon. Contributor to T-Nation, Breaking Muscle & Bestfit magazines, been a presenter at Body Power Expo, featured in Men's Health & appeared in a joint production series from Facebook Watch and Sport Bible that had over 1 million viewers. This all started with a gym attendant job in 2002 and an OCR Level 2 in Gym Instruction shortly after..



10:00am-10:30am: Steve Akamo

[Click here to join](#)

Steven Akamo MSc, has a background in fitness instructing that has led to him to becoming an experienced Physiotherapist. He has worked in gyms as a gym instructor, class teacher and personal trainer. Following this he studied Physiotherapy which allowed him to become a Manchester City Academy Physio. Since then he has completed a Master of Science in Advanced Physiotherapy and is now a First Contact Physiotherapist.



10:15am- 10:45am: Zoe Clair

[Click here to join](#)

Zoe Clair. Academy sports scientist for BWFC for 6 years. Currently Lead Strength and Conditioning Coach at Blackburn Rovers Ladies Football Club and worked here for the past two seasons.

10:30am-11:00am: Lee Doughty

[Click here to join](#)

Started teaching in 2012 as a PE Teacher at Carr Hill High School, Preston. Referee since 2006 and worked my way up the leagues over the past 15 years. For the last 2 years I've balanced teaching whilst officiating professional football until the start of this season when I was successful in my interview to become a full time professional referee for the Professional Game Match Officials LTD (PGMOL). I finished working as a teacher in October and have been getting stuck into full time referee life since – enjoying every minute!



10:45am-11:15am: Mathew Beenham

[Click here to join](#)

Mathew Beenham: Having worked in the fitness industry for almost a decade, I now work in the UAE where I coach clients both face to face and remotely. I will be covering my journey in the fitness industry and sharing some of my best tips to building a successful business.



11:00am-11:30am: Alex Winstanley

[Click here to join](#)

Award-winning individual with international experience of working with children and young people. Years of experience as a teacher, carer and SENCo led to me setting up a not-for-profit organisation. Happy Smiles Training CIC empowers disabled young adults to create positive social change, by delivering awareness training across schools, community groups, businesses and more (www.happysmilesblog.co.uk). We have positively impacted thousands of people and been nominated for two national awards.



11:15am-11:45am: Lisa Cockburn

[Click here to join](#)

Strength and Conditioning Coach at Functional Intelligent Training and Rugby Player for DMP Durham Sharks and Scotland. I will be discussing my journey into S&C whilst playing elite rugby.



11:30am-12:00pm: Gemma Cartwright

[Click here to join](#)

Group Fitness Specialist Lanzarote, Online Fitness Classes, Motivator, Bootcamp Retreats Lanzarote, Master Trainer HIIT STEP.



11:45am-12:15pm: Ricky Burns

[Click here to join](#)

Ricky Burns is a Scottish professional boxer. He is one of only three British boxers to have won world titles in three weight divisions and the first from Scotland, having held the WBO super-featherweight title from 2010 to 2011; the WBO lightweight title from 2012 to 2014; and the WBA light-welterweight title from 2016 to 2017.



12:30pm-1:00pm - Teresa Wheatley

[Click here to join](#)

Teresa is exceptionally passionate about championing and continually raising standards of fitness & fitness education so that more people are positively influenced by moving more often. Teresa is confident and has the skills and the desire to enthuse, lead and manage others. After qualifying nearly thirty years ago to teach Exercise to Music, she has ensured to stay up to date with the latest research, trends and qualifications. Through the years she has continued her professional development through roles such as an international trainer for a variety of fitness training providers, presenter, writer, assessor and tutor specialising in many areas.



12:45pm-1:15pm - Tommy Holland

[Click here to join](#)

Tommy Holland, 25, is the founder and owner of House of Grit & Glory. I'm an ex professional rugby league player. I've been coaching all things health and fitness for 10 years. Started my first internship at 15 years old while still in education. My passion is helping others achieve their goals not just physically but also to understand the mental health benefits that leading a healthy lifestyle can bring.



1:00pm-1:30pm - Brendan Blood

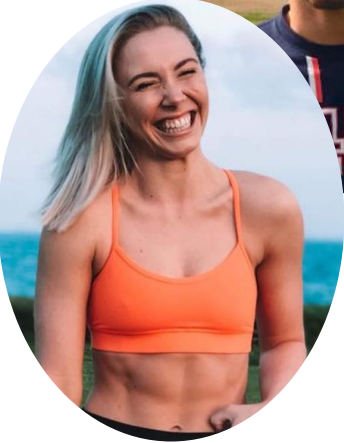

[Click here to join](#)

Brendan Blood has over 20 years of experience in providing fitness training for all ages and abilities. He is a qualified Advanced Level 3 PT instructor and tutor in sports, with a diploma in Sports Psychology and Performance Nutrition. Having worked with International athletes and professional football and rugby league teams I can provide sports specific performance training sessions that provide each individual or team the opportunity to enhance speed, power, multi-directional quickness, conditioning and flexibility through a combination of strength training and plyometric/agility work.



1:15pm-1:45pm- Josh Catman & Aleisha Bauer

[Click here to join](#)



Josh has a background in football coaching and achieved a BSc in Sports Coaching. Traveled with the biggest cruise ship company as a sports staff and ripcord ifly instructor. Has been head trainer at F45 training in both New Zealand and currently in Australia, leading F45 high-intensity interval group training classes.

Professional aerialist and dancer, Aleisha has travelled the globe performing. She is a group exercise instructor and certified pilates instructor at F45 training in Australia.

1:30pm-2:00pm: Steven Burke


[Click here to join](#)

Steven Burke, MBE is an English track and road cyclist, who rides for the Team Wiggins Le Col cycling team. Burke was an integral member of the team pursuit squad who claimed the gold medal in both the London 2012 and Rio 2016 Olympic Games, and in Beijing 2008 he won bronze in the individual pursuit at just 20 years of age. In addition to his Olympic medal collection, Burke has won three elite European titles and one elite world title during his extensive career. Burke was appointed Member of the Order of the British Empire (MBE) in the 2013 New Year Honours, for services to cycling.



1:45pm-2:15pm: Matthew Fox

[Click here to join](#)



Matt Fox, Msc, Bsc, MCSP, SRP. I am a Physiotherapist and have been qualified since 2004. Prior to qualifying I obtained a degree in Sport Science. I am the owner of Physiocore, based in Altrincham where we help people become Fitter, Flexible and Stronger. This is achieved through weekly classes online or face to face. My career started in the NHS and progressed to me working full time at Manchester City FC and Bolton Wanderers FC. I worked out my notice in 2016 and since then I have worked in my own clinic and deliver weekly physiocore classes. My role has moved to Injury prevention and performance training and I am passionate about empowering individuals to be resilient and robust to injuries and perform at their best level.

2:00pm-2:30pm- Sam Marsh

[Click here to join](#)

Managing Director, Sam is the boss and captain of this crazy ship. Jigsaw Fitness was born from Sam's University bedroom in 2013 and has grown to what it is today under his leadership. His background in Sports Science and Biomechanics combined with growing up in a household full of engineering explains largely how he's ended up where he is today. Combining this with his passion for sport and fitness makes running Jigsaw Sam's dream job. He'll be the first to tell you just how lucky he is!



2:15pm-2:45pm- Steven Rimmer

[Click here to join](#)

Lecturer in Human Biology.

Sport & Exercise Scientist.

Specialism: Nutrition & Physiology

Performance Nutritionist at Burton Albion Football Club & to elite level athletes in multiple sports.



3:00pm-3:30pm: Joe Gurley

[Click here to join](#)

From Birmingham, Alabama USA. Currently the Head Strength and Conditioning Coach for Myerscough Basketball Academy and sales representative for EliteFTS UK. Prior to being at Myerscough, was the head strength and conditioning coach for D1 Sports Training in Alabama. Before that, Associate Director of Athletic Performance for University of Alabama at Birmingham basketball and golf programs.



3:15pm-3:45pm: Phil Marsden

Phil is passionate about continually learning and providing the best service and training possible to all those he works with and who are part of Wellness Strength Training. Ranging from professional MMA fighters, Semi-Professional football and Rugby players, youth and adults. He has also been conditioning Coach for two local Open Age Rugby League teams both of which won the National Premier League and provided a programme for England

Lions Under 23's community rugby league team to follow on their tour of South Africa.



3:30pm-4:00pm: Lewis Eccleston

[Click here to join](#)

'From building site to Kona'.

A 27 year old tradesman in the construction industry. I balance a full time job whilst training and competing in the sport of long course triathlon. The winner of the 18-24 category at IRONMAN UK – by huge margins – in both 2016 and 2017. On his second visit to Kona 2019, Lewis Eccleston had the performance of his life, finishing 3rd in his age-group in a PB time of 8:57:49!



3:45pm-4:15pm: Michael Carolan

[Click here to join](#)



Michael Carolan is a multi-skilled practitioner in Rehabilitation, Strength and Conditioning and Performance Coaching. He holds a degree in Sport Rehabilitation from the University of Salford, an MSc in Exercise and Sports Injury Science from MMU. He also holds post graduate certifications and qualifications in Strength and Conditioning, Nutrition, Athletics, Weightlifting and Sports Performance. He is a full-time lecturer and the admissions tutor on the Sport Rehabilitation degree at the University of Salford where he studied and currently works for England/GB Basketball and is Lead Performance Coach for Andrew Robertson, the GB 60m Indoor Champion and second fastest 100m Sprinter in the

UK in 2020. He is also currently developing his PhD theme around 'core stability' for performance and rehabilitation. His previous work includes occupational health, children with disabilities and hydrotherapy, professional football where he has consulted at West Brom and Manchester United FC. He spent 6 years with Macclesfield Rugby Union leading the performance and medical team, after this spent nearly 4 years working for the Ministry of Defence setting up a rehabilitation program for a camp of 500 soldiers with an additional 5000 attached - one of the most successful programs in the UK military.

4:00pm-4:30pm: Sarah Ramsden

[Click here to join](#)

Sarah has worked in professional football for 13 years, including 11 years at Manchester City & Manchester United football clubs, where she worked long-term with Ryan Giggs. She has worked at MCFE & MUFC with senior, youth & academy players. Other clients include GB Women's Football, GB Taekwondo, many other football clubs, & many individual athletes. Sarah is passionate about using yoga-inspired training in sport - the effective training of flexibility, stability, movement patterns and mental states - and draws from her extensive knowledge of functional anatomy, traditional yoga, sports science, pilates, fascial connection & many other movement and mental disciplines. Sarah holds the highest teaching accreditation with Yoga Alliance Professionals (with over 12,000 accredited teaching hours), an Msc. in Sports Science, and many other movement trainings.



4:15pm-4:45pm: Nick Ward

[Click here to join](#)



Nick Ward is the ALTIS Programs Director bringing over 30 years of experience in performance and physical preparation for sports. ALTIS is an elite athlete training and education company using the power of coaching to change lives. He gained his bachelors degree in sport science at the University of Northumbria and holds a masters degree in exercise physiology and functional fitness from the University of Calgary, Canada. His is a former board member of

and is accredited by the UKSCA. Continual learning and sharing with the participants who attend the workshops, lectures or courses he has delivered for the UKSCA, NASM through Sport981.com, and with Brendan Chaplin's Strength and Conditioning Education highlights his pedagogical beliefs. Over the past 4 years he created a Performance team at Barton Health, Lake Tahoe and ensured a unique approach to health care by bringing together expertise in Orthopedics, Sports Medicine and Rehabilitation. This led to him consulting with US Ski and Snowboard and is currently working with two Olympic Skiers. Nick has built his approach over a number of years through both experiencing failure and success. From a gym instructor at Bodyzone Health Club, Newcastle upon Tyne, to Performance Director for University of Durham and later Bobsleigh Canada Skeleton.

We hope you enjoy this opportunity to feel inspired, connect and learn from industry professionals.

Any further questions please contact our organisers and hosts below via email:



Hayley Vincent

Hybrid Sports & Fitness
Co-ordinator

BSc, MRes

01282 733101 | h.vincent@burnley.ac.uk



Matt Cottle

Hybrid Sports & Fitness Lecturer
BSc Hons

01282 733180 | m.cottle@burnley.ac.uk

A big thank you to all our guest speakers!