



PROFILE

An enthusiastic PhD Candidate and Graduate Teaching Assistant at the University of Kent.

I am passionate about sport and the application of scientific principles to help individuals reach their performance goals.

I am committed to continually advancing my knowledge and expertise and thrive off new challenges that stretch my abilities.

CONTACT

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DATE OF BIRTH:
20/30/1994

HANNAH SANGAN

WORK EXPERIENCE- APPLIED PRACTICE

Sport Science Support.

Conducting physiological testing with elite sports athletes as part of their high-performance program. Associations and clubs include:



British Para-Swimming – January 2020

Lactate testing and critical speed testing: Head coach Jacqueline Marshall.

Gillingham Ladies Football Club- September 2019-present

Develop and deliver strength and conditioning program: Team Manager Jamie Raynor.

Tonbridge Swim Club- September 2018- present

Critical speed testing, athlete wellness and nutrition support. Head Coach Peter Withey.

Huddersfield Town Football Club- August 2018

Screening first team for exercise induced asthma: Supporting Dr John Dickinson.

Liverpool Football Club- July 2017

field based lactate profiling with u18- first team during pre-season: LJMU internship.

British Cycling Junior Track Team- June 2017

On camp video analysis, providing immediate feedback to athletes and coaches and analyzing footage post-camp: Performance pathways manager Ian Yates.

Team Wiggins – January 2017

Lactate testing and VO_{2max} : LJMU internship.

Exercise Physiologist-UoK Performance Clinic – October 2017- Present

Safely and accurately complete laboratory based physiological testing for a range of clients both for sporting and clinical purposes.

Planning and delivering sessions in the environmental chamber to acclimatize athletes for exercise in extreme conditions.

Graduate Teaching Assistant – October 2017- Present

Work with the module lead to plan lectures and seminars.

Effectively communicate scientific theory to undergraduate students.

Leading seminars and lectures ensuring teaching quality is in line with the teaching excellence framework.

Coaching:

Medway Triathlon Club. January 2019- Present

Plan and coach weekly sessions in all three disciplines for Junior (8+) and Adult athletes. Assistant manager of the south east junior regional team.

Activate Sports Camps. June

Camp manager for summer sports camps. Organizing camp venues and recruitment. Ensuring safety of all children and managing staff on camp.

QUALIFICATIONS

- Associate Fellowship Scheme: Teaching in higher education qualification.

- British Association for Sport and Exercise Science (BASES) Accredited Physiologist – ongoing under the supervised experience.

-Level 2 BTF Coach.

-UKA Running Leader and Assistant Coach qualification.

-Qualified Phlebotomy

-First aid and DBS checked.

CPD'S/ WORKSHOPS.

-British association of Sport and Exercise Science (BASES) Ethics and Confidentiality workshop.

-BASES Reflective Practice workshop.

-Child/Vulnerable Adult Safeguarding (1st4Sport).

-UKSCA Plyometrics, Agility and Speed workshop.

-Rstudio statistics workshop (University of Kent).

-Athlete tracking using Catapult GPS devices and analytics (ECSS Conference).

REFERENCES

Dr James Hopker:
PhD Supervisor.
I.G.Hopker@kent.ac.uk

Dr Glen Davison:
BASES Supervisor.
g.davison@kent.ac.uk

Elizabeth Scott
Head Coach Medway Triathlon Club.
liz@thetrilife.com

RESEARCH

The Individual optimization of endurance training and recovery- University of Kent- 2017-2020.

Supervisors: Dr James Hopker, Dr Glen Davidson.
Vice Chancellor Scholarship, 3 year funded PhD.

The use of Cell-Free DNA as a marker for training load in Cycling- Liverpool John Moore's University-2017.

Co-Authors Ben Brown and Dr Craig Turner.
Masters dissertation project.

There is no association between dietary protein intake and gains in lean muscle mass and strength during prolonged resistance training in young males- The University of Birmingham-2016.

Supervisor: Dr Leigh Breen.
Bachelor degree dissertation.

Peripheral physiological mechanisms of extreme cardiovascular reactivity-2014.

Supervisor: Dr Rhyen Brindle.
Presenting the preliminary data at a British heart foundation conference held at the University of Birmingham 2014.

CONFERENCES

ECSS Annual Conference- Prague 2019

Poster presentation- The utility of submaximal running test to monitor fatigue in Ultra-marathon athletes.

ICCE Global coaching conference- Liverpool 2017

Poster presentation- The utilization of cell free DNA to monitor training load in cyclists.

LJMU student research conference- Liverpool 2017

Presentation under the topic of concurrent training. Awarded best presentation at conference.

EDUCATION

PhD Research Degree | To complete September 2020 | Univeristy of Kent .

Vice Chancellor's research Scholarship-School of Sport and Exercise Science. Graduate Teaching Assistant.

Masters Degree| July 2017 | Liverpool John Moores University.

Master of Science with Honours, Class one in Sport and Exercise Physiology.

Bachelors Degree | July 2016 | The University of Birmingham

Bachelor of Science with Honours, Class one in Sport and Exercise Science with International year abroad.
Year abroad completed in Kinesiology at Wilfred Laurier University – Canada.

A Levels | June 2012 | Reading Blue Coats

Physical Education: A
Mathematics: B
Biology: B

GCSE | June 2010 | Cranford House School

10 A*-B grade.