

Jonny Glen  
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## Personal profile

I am a lecturer in the division of Sport and Exercise Sciences at Abertay with a keen interest in coaching, sport psychology and applied sport science. I am also conducting research into the behaviours of sports coaches and how this can be changed as a result of coach education with the aim of obtaining a PhD by publication.

Prior to this I was a Teaching Fellow within the division from 2018-19. I started at Abertay University in August 2014 working as a teaching fellow and project assistant with the Dundee Academy of Sport (DAOS) from 2014-2018. During this time I was part of an exciting project that has worked with over 40,000 people in the Tayside and Fife area.

Prior to this I studied and worked at the University of Stirling, obtaining an Honours Degree in Sports Studies and Psychology and a Masters Degree in Sports Coaching. The work I did there involved working with undergraduate students, young coaches and prospective PE teachers in their seminars, workshops and marking of their assignments and exams.

Outside of the academic world I work with Dundee FC as a UEFA A & B and UEFA Elite Youth A qualified Academy Coach and Head of Youth Football Science. During this time we have worked with Abertay University to provide students with work based placements and paid employment. Prior to this I performed a similar role at Alloa Athletic. Also in 2013 I was coaching football in 13 different states in the USA. During this time I also conducted much coach training for the volunteer coaches in each state. This involved working with children as young as 3 years old, and also players who were trying to obtain college scholarships and perhaps professional contracts.

Since 2012 I have also been involved in performance analysis for elite teams in sports such as football, badminton and gaelic football (GAA).

My key areas of academic interest are Sport Psychology, Coaching, Sport Physiology, Pedagogy and Sports Development.

In terms of playing, I am still playing competitively in football and golf.

## Employment

### Lecturer

SAS - SES- Sports and Exercise Sciences  
Abertay University  
18 Aug 2014 → present

## Research outputs

### **The association of golf participation with health and wellbeing: a comparative study**

Sorbie, G., Richardson, A. K., Glen, J., Hardie, S., Taliip, S., Wade, M., Broughton, L., Mann, S., Steele, J. & Lavalley, D. , 1 Jun 2020, In : International Journal of Golf Science (IJGS). 15 p.

### **How do coach educators influence meaningful behavior change in sports coaches?**

Glen, J. & Lavalley, D., 23 Dec 2019, In : Kinesiology Slovenica. 25, 3, p. 16-30 15 p., 344.

### **Case study of the Dundee Academy of Sport secondary, further and higher education work (2013-17)**

Glen, J., 5 Sep 2018, In : Journal of Perspectives in Applied Academic Practice. 6, 2, p. 91-98 8 p.

### **An investigation into sleep patterns and the effect of time of day on performance in youth swimmers**

Grant, M. C. & Glen, J., 2018, In : Biological Rhythm Research. 49, 6, p. 830-843 14 p.

### **A reflective view of pedagogical teaching framework focused on experiential learning: achieving university teaching and learning enhancement strategy and graduate attributes**

Glen, J., Aug 2016, In : Professional Practice in Higher Education Teaching. 5, p. 126-132 6 p.

