

Christopher Holland



Course Leader and Senior Lecturer in Sports Therapy

Institute of Sport & Exercise Science

Contact Details

email: c.holland@worc.ac.uk

tel: 01905 542857

Christopher is a graduate Sports Therapist and joined Worcester University in April 2016. He has over 10 years of experience teaching in Higher Education across all areas of Sports Science, and has taught on Sports Therapy programmes at both degree and Masters levels.

Christopher has a background as a professional footballer with Bournemouth, Bristol City and Exeter City, as well as playing semi-professionally for a number of regional conference clubs. He has significant experience as both a Sports Therapist and Strength & Conditioning Coach within semi-professional football. He has also worked with athletes from sports including distance running, mixed martial arts, golf, fitness competitions and cyclists. Christopher is co-lead Sports Therapist for the Worcester Wolves basketball team, and medical lead for Wales under 20 and under 18 squads. He also runs his own successful private Sports Therapy practice.

Qualifications:

- 1 MSc Sports Therapy (London Metropolitan University)
- 1 PGDip Education (Bath University)
- 1 PGCE Secondary Physical Education (Bath University)
- 1 BA (Hons) Coach Education & Sports Development (Bath University)

- 1 Fellow of the Higher Education Academy (FHEA)
- 1 Certified Strength & Conditioning Specialist (NSCA)
- 1 Level 3 First Person on Scene - Intermediate
- 1 Level 3 Assessor in Vocational Achievement (CAVA)
- 1 Level 3 Certificate in Personal Training
- 1 Level 2 Instructor in Cardiopulmonary Resuscitation and Automated External Defibrillation Kinesio Taping KT1 and KT2

Teaching & Research

Teaching Interests:

Christopher enjoys teaching all areas of Sports Therapy and is currently teaching on:

- 1 Sport & Exercise Physiology
- 1 Injuries & Illness in Sport and Exercise
- 1 Manual Therapy for Sports Therapists
- 1 Principles and Practice of Training
- 1 The Research Process
- 1 Clinical Placement
- 1 Massage and Injury Clinic Supervision

Research Interests:

Christopher is currently studying for his PhD. The focus of his study is the effect of Maitland mobilisations on chronic ankle instability, with a specific focus on the dose response relationship and underlying physiology.

Professional Bodies

- 1 Member of the Society of Sports Therapists (MSST)
- 1 Fellow of the Higher Education Academy (FHEA)
- 1 Player Member of the Professional Footballers Association (PFA)
- 1 Professional Member of the National Strength and Conditioning Association (Certified Strength & Conditioning Specialist)
- 1 Associate Member of the United Kingdom Strength & Conditioning Association (UKSCA)

Publications

Holland, C.J., Campbell, K. & Hutt, K. (2015). Increased treatment durations lead to greater improvements in dorsiflexion range of motion for asymptomatic individuals immediately following an anteroposterior grade IV mobilisation of the talus. *Manual Therapy*. 29(4): 598-602.

Holland, C.J., and Mills, C.D., (2013). Profiling sports therapy student preferred learning styles within a clinical education context. *Journal of Learning Development in Higher Education*. 9: 1-19.

Holland, C.J.(2016). Anteroposterior grade IV mobilisations of the talus confer greater residual effects on dorsiflexion range of motion as the duration of treatment increases. Podium presentation at the Association of Foot and Ankle Physiotherapists Annual Conference 2016, London, UK.

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