
*Emma Simpson – Sport Development Officer -
Performance @ DMUsport*



What course did you do at University?

Sport and Exercise Science BSc, Exercise Physiology MSc

Did you take part in sport whilst you were a student?

I've always done Athletics, but when I started University I decided to do something different so I enjoyed the rowing club. Going to University was a great opportunity to try something different, it was a lot of early starts and one too many 2K tests, so it only last during my first year. In my second year I went back to Athletics and created the University Athletics club with one of my friends, it was great to start a club from the ground and see it blossom.

What made you want to get involved in sport at University?

I've always been involved with sport and so going to University just opened up more doors to be involved with different sports I couldn't access at school. I was really excited to try as many sports as I can, and make best use of the opportunities available to me at University – so I would tell anyone at University to make the most of these opportunities while it's there for you to access!

Have any females in sport inspired you and how have they inspired you?

There are so many females that have inspired me, one of the main ones for me is Jessica Ennis-Hill. Jessica Ennis-Hill is a pure inspiration, watching her through the 2012 Olympic Games was the

pinnacle for me and then again, watching her try to defend her Gold Medal in Rio 2016 after having her first child was incredible. The tenacity and commitment she made during that time just shows you what women can do, and then in addition, not quite achieving the gold medal just shows that you can still be a winner and an inspiration even if you don't get the gold.

What advice do you have for any other females looking to get involved in sport or physical activity?

I think the best advice I can give, is for anyone to just to give sport a go! You never know, you may find a sport that you absolutely love, you can meet friends that stay with you forever, and you're looking after your body by keeping fit and healthy. Sport has been a huge part of my life, it's given me so many friends and it's given me a career that I absolutely love.

Would you ever try another sport?

I would love to try as many sports as I can, coming from an Athletics background it's quite an individual sport so I would love to be involved with more team sports as I really envy the comradery that team sports bring and the social aspect of that. I don't think I would shy away from trying any sport, I may not be very good but I don't think that matters, I think being open to trying new sports and experiences is great for everyone to do!

How has playing sport helped you in your day to day life/career?

I think my parents will tell anyone that I was a bit of a nightmare toddler, I would just run everywhere, so as soon as I was old enough I was trying all sorts of sports. Sport has always been a huge part of my life and so it was pretty predictable that I would aim for a career in sport and that's what I did. I now live and breathe sport every day in my role as Sport Development Officer, and I thoroughly enjoy it. I've had so many experiences across the sport system in my career so far which has been fuelled by my passion for sport, I've worked with the Great Britain Paralympic team during their World Championships and European Championships which was a fantastic experience, and incredibly inspirational.

Favourite personal sporting moment?

I've got quite a few favourite sporting moments, I think one that sticks with me from my student days is just playing tennis with my friends for hours at a time. We could access courts and rackets for free and we just had fun playing sport and laughing at how terrible we were at tennis! It's one of my all-time favourite memories.

Favourite female sporting role model?

Kare Adenegan – T34 Paralympic Wheelchair Racer

Kare has achieved so much in the past year and it's been an inspiration to watch. This year, at the age of 17 she has improved at great lengths and has beaten her long term rival Hannah Cockroft in the 100m for the first time. Not only beating her, but taking the World Record at the London Anniversary Games. She is an inspiration for para sport, if you haven't seen the race – give it a watch!