

**Sheffield
Hallam
University**
Knowledge Applied



**Sheffield Hallam
University
Athlete Support
Guide**

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This is Hallam Performance!

At Sheffield Hallam we are committed to helping student athletes achieve their sporting and academic potential. Within our Performance Sport offer, we provide tailored athlete support, through the expertise of our practitioner team.

The Performance Athlete Support Programme (PASP) is an application based scholarship, awarded to home and international students. Successful applicants to the programme receive holistic support that is tailored to their sport, helping dual career athletes excel on and off the court.



Our goals



At Sport Hallam, we are here to help you succeed

We want you to reach your maximum potential in sport, your studies, and as a person. Our team of expert practitioners are here to help, with a bespoke approach for your needs.



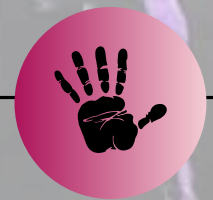
Sport

From UK Anti Doping advice, to Physiotherapy, our support services are here to help you reach your individual sporting goals.



Studies

You can excel in your academic goals too. With Lifestyle Advisors and Academic Flexibility, we help get you there.



You

We want to support your development as an individual, preparing you for all future endeavours.

Meet the Performance Sport Team

We pride ourselves on our programme delivery and our fantastic staff are here to support you throughout the year.



James Blencowe

Performance Sport Manager &
Dual Careers Lead



Nathan McDowell

Physical Performance
Coordinator



Adam Barr

Sport Programmes and
Partnership Manager



Emily Branch

Physiotherapy Clinic
Manager



Michael Eachus

Physiotherapy



Dawn Kidger

Sports Nutrition



Paige Hanson

Personal Development
and Lifestyle



Zeynep Atha

Sport Psychology

Our athlete support



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Physiotherapy

Performance-focused physiotherapy delivering expert assessment and return-to-play support.



Strength and Conditioning

Creating great movers, enhancing your athletic performance and longevity.



Nutrition

Strategies for fuelling, hydration and recovery to give you the edge.



Lifestyle

The support around your sport; guidance with all of the challenges faced by performance athletes.



Sport Psychology

Get your head in the game! Support with the mental side of sport to improve your performance.



Academic Flexibility

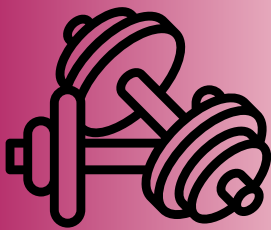
Support with your academic requirements, around your sporting commitments.

Physiotherapy Clinic



Our physiotherapy service can help to enhance athlete recovery and improve your performance, with support provided by musculoskeletal and sports injury specialists from our College of Health, Wellbeing and Life Sciences.

Our practitioners provide guidance on injury prevention, with athlete baselines identified through initial screening processes. We want to ensure you are injury free and ready to perform.



Strength and Conditioning



Discover a science-backed approach, aimed at optimising your athletic performance while minimising the risk of injuries. Our tailored service is designed to unleash your full potential in your sport.

We provide facility access to our dedicated strength and conditioning suite, with tailored programming for your sport, and expert coaching from our friendly and knowledgeable staff.

Sports Nutrition



Develop strategies to eat and hydrate well, with expert advice on supplements, weight management, body composition and more.

Sports Nutrition can make the difference when it comes to preparation and refuelling for training, events and recovery. Our support is made specific to your sport and personal characteristics; we tailor guidance to each individual to meet your needs.

Athlete Personal Development and Lifestyle support



Our Personal Development and Lifestyle sessions help to guide athletes in identifying self-directed solutions, while offering guidance to everyday issues that can occur. This is about considerations outside of your sporting activity.

Support is provided in a safe and confidential space to explore concerns and develop skills to manage commitments. Individual needs can vary, with support given in areas such as major transitions, organisational skills, financial concerns and travel.

Sport Psychology



Our Sport Psychology support helps you to prepare mentally for the demands of your sport, and covers aspects related to performance. We aim to build on strengths you already have, while identifying challenges and opportunities for you to improve your mental preparedness.

Our 1:1 consultation can help you to maximise communication within your team, overcoming competition nerves, set meaningful targets and give you the competitive edge.



Academic Flexibility

At Sheffield Hallam, we believe that you can fully realise your academic potential alongside excellence in your sport. Academic Flexibility across is administered the our courses to support you studying alongside additional sporting commitments.

Flexibility may be offered* in the form of timetable adjustments, assessment/exam support, and deadline extensions, with student support staff in place to guide you.

*Circumstances must be deemed appropriate, by respective departments, for granting flexibility. Aspects of courses (e.g. lectures) can not be altered.

Finance and Funding

We appreciate the cost of sport alongside full time education. We provide funding to high performing student athletes to support with costs during the academic year.

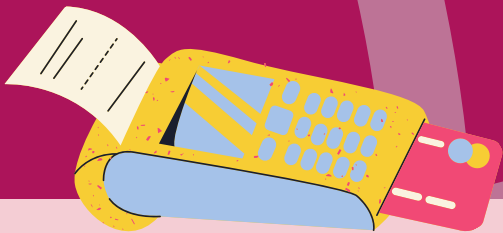
Scholarships

We provide up to 30 student scholarships per year of £1,000*. Our scholarships are typically awarded to athletes competing at senior international level.

Sport expenses

We allocate funding to performance athletes, claimable against sport related expense (e.g. kit, training, travel and membership fees). Our athletes are awarded a minimum of £150 to claim.*

* We continuously review our programme delivery and allocation of student funding. There may potentially be changes in future. Figures demonstrated here are correct for 2025-26 academic year



Performance Athlete Support Programme tiers

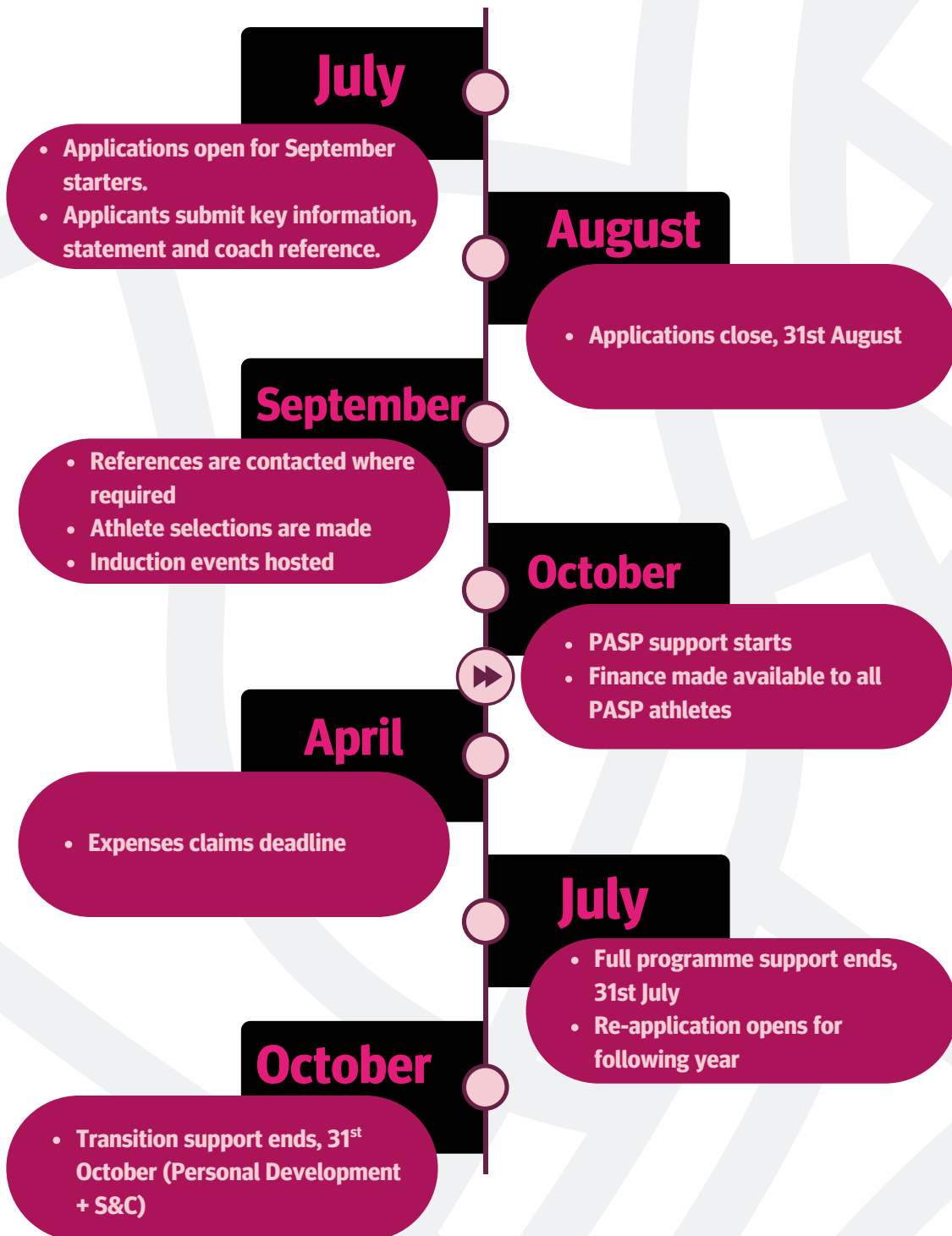
This table shows the PASP support available based on which tier is successfully applied for.
 In 2025-26, up to 30* individuals were selected as Performance Athletes.
 Up to 30* Scholar places were also available.

	Performance Athlete	Scholar
Physiotherapy	6 Sessions*	6 Sessions*
Strength and Conditioning	✓	✓
Psychology	✓	✓
Nutrition	✓	✓
Development and Lifestyle	✓	✓
Academic Flexibility	✓	✓
SHU sport club membership	✓	✓
Facilities membership/access	✓	✓
Scholarship	✗	£1,000*
Sport Expenses	£150*	£350*
Branded Performance T-shirt and fleece	✓	✓
Performance group workshops	✓	✓

* Figures are subject to change in 2026-27 academic year

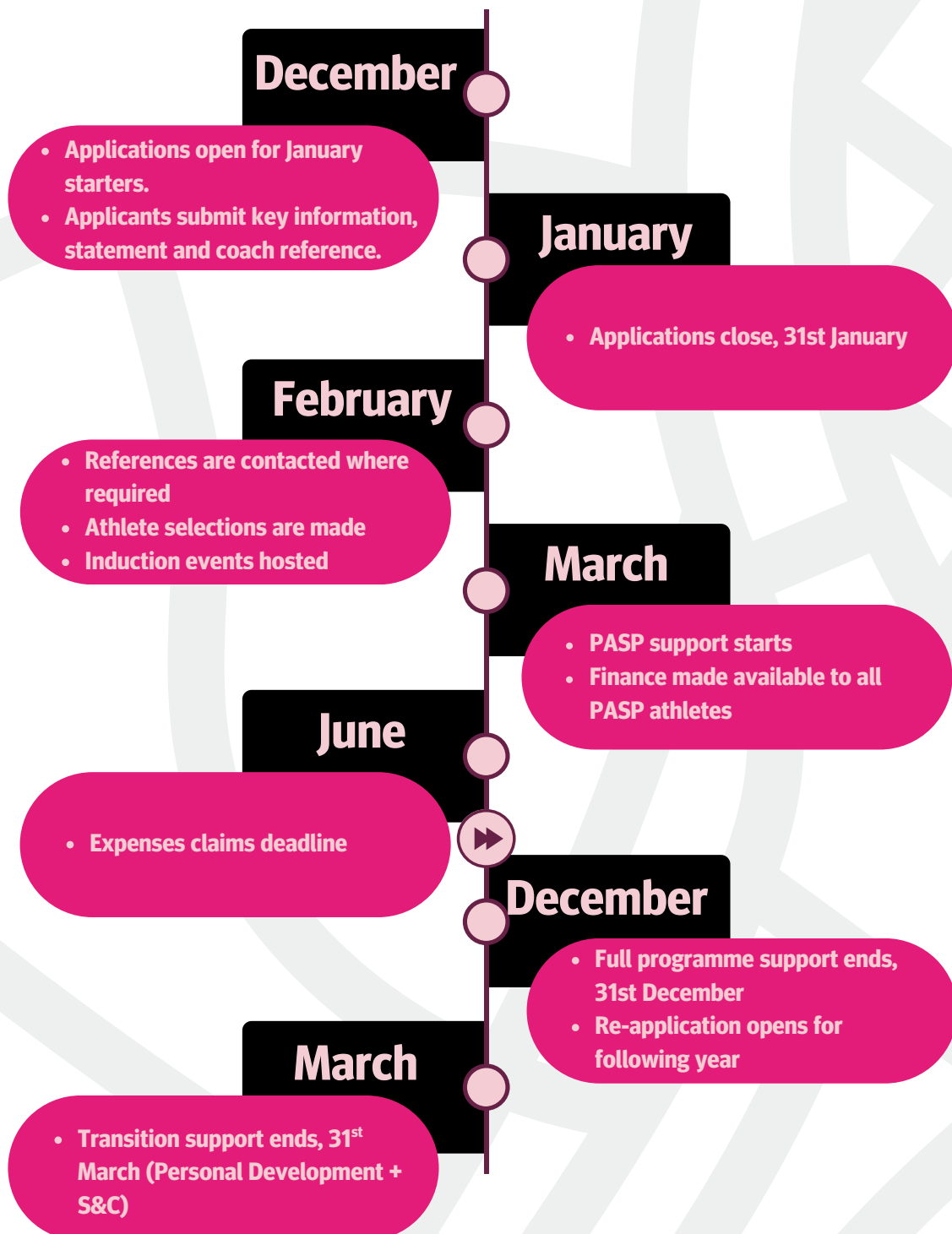
September starter timeline

Support on the Performance Athlete Support Programme is awarded for one year. We provide a three month transition period to end each cycle, with access to Personal Development + S&C only. Re-application for each year of study is required by all athletes. Re-selection is not guaranteed.



January starters timeline

Application is also available for courses starting in January. We award one year of support plus three months of transition support, with personal development + S&C only. Re-application is required for each year of study. Re-selection is not guaranteed.



Questions?

Please get in touch.

We are happy to answer any questions you have about our athlete support. Please get in touch if you would like to arrange an online call to discuss our programme.

Performance Sport inbox
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James, Performance Sport Manager
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International student enquiries -
Adam, Sport Programmes and Partnerships Manager
a.barr@shu.ac.uk

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