

# ISHBEL LOMAX

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I am an MSc sport and health science student at the University of Exeter, with a passion for athlete development. After gaining relevant experience in the sports performance and health environment of Switzerland, I would like to enhance my study and contribute to the renowned sports culture of Red Bull and Salzburg University.

## Educational Background

**2019 – present University of Exeter, MSc Sport and Health Science**

**2015-2018 University of Basel, BSc Sport, Exercise and Health Science**

**2010-2014 Kantonsschule Wettingen, Swiss Maturität (A-level equivalent)**

## Employment

**May – July 2019 Sport Scientist (Intern), Department of ambulant and preventative cardiology and sports medicine, Inselspital Bern**

- ❖ conducted, analysed, and interpreted body composition measurements and CPET tests in a medical context, as well as deriving training recommendations from the ergometry and Spiroergometry tests
- ❖ trained new sport scientists and interns
- ❖ explained procedures and analyses of these tests to visitors of the European Association of Preventative Cardiology conference

**Feb – April 2019 Sport Scientist (Intern), Department of Sport Physiology and Team Sports, Swiss Federal Institute of Sport, Magglingen**

- ❖ monitored and evaluated performance of Swiss national junior and elite athletes, derived training recommendations
- ❖ defined and evaluated a team sport specific questionnaire for training contents in junior athletes
- ❖ contribution to a book chapter (Determinants of Performance in Team Sports)

**Aug– Oct 2018 Sport Scientist (Intern), Department of Sport Physiology and Strength, Swiss Federal Institute of Sport, Magglingen**

- ❖ monitored and evaluated performance of Swiss junior and elite athletes, derived training recommendations
- ❖ validated a smartphone app (vertical flight height) and force sensors in cross-country ski poles (Vicon)
- ❖ data processing and statistical analysis of performance parameters in ski cross
- ❖ co-author of the paper 'Simple Assessment of Height and Length of Flight in Complex Skills of Artistic Gymnastics: Reliability and Validity of a Two-Dimensional Video Analysis Software'

**2017 – 2018 Sport Scientist (Assistant), Department of Sport, Exercise and Health Science, University of Basel)**  
data collection and intervention training for the ExAMIN Age Project

**2017 – 2018 Swim Coach (Assistant); Department of Sport, Exercise and Health Science, University of Basel**  
teaching during undergraduate practicals and leading of tutorials

**2014 -2017 Ski Instructor, Swiss Ski and Snowboard School, Sörenberg**

- ❖ preparation and execution of group and private lessons for various age groups (3 – 16-year-olds)
- ❖ break time supervision

### Other Employment

2020– present Barista, The Plant, Exeter

2018– 2019 Barista, Kajüte, Baden

2017– 2018 Bartender, Mr. Pickwicks Pub, Basel

2014 P.A. in Event Management for Tiger Sports, Touch Rugby Events

## Voluntary Work

**Nov -Dec 2018 Obesity prevention with Projects Abroad, Samoa (November -December 2018)**

- ❖ Lessons on nutrition and exercise at various primary schools and the hospital
- ❖ Health screenings in businesses and for individuals

**2016-2019 Baden Banditos Touch Rugby**

- ❖ Board Member: organised local touch rugby tournaments and open day events
- ❖ Coached weekly training sessions and specific strength and conditioning sessions
- ❖ Team promotions by teaching touch rugby taster sessions at local schools

**2017-2018 Board Member, Touch Switzerland**

Coordinated and co-organised national touch rugby tournaments

**2012-2015 Gymnastics Coach, STV Brugg**

Coached junior gymnasts and accompanied them to competitions

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## Skills

### Languages

English Native  
German Native  
French Basic knowledge

### Statistics

SPSS -as taught at MSc level at the University of Exeter and used for small projects during my internships in Magglingen

### Data Collection Skills with Athletes

- Force Plates: Swiss junior and elite handball, ice hockey, football, beach soccer, alpine skiing, ski cross athletics, gymnastics, and trampolining athletes
  - Quattrojump
  - Drop jumps
  - Isometric strength tests
  - Muscle performance diagnostic tests (MLD developed in Magglingen, involving squat jumps and countermovement jumps with added weight relative to body mass)
- Watt Bikes: 6sec peak power and 30 sec sprint test for Swiss National Ski Cross Athletes
- Optojump: 40m Sprints for the Swiss National Junior Football teams (U15 – U20)
- Core Stability Testing for the Swiss National Junior Football teams (U15 – U20)
- Stop and Go Sprint Test for the Swiss National Junior Football teams (U15 – U20)
- Spiroergometry for amateur triathletes
- Vicon: validation of a force measuring sensor in Cross-Country ski poles
- Transcranial Doppler ultrasound measurements in Boxers and Sport and Exercise Students

### Data Collection Skills with Patients and Elderly

- CPET: conducted and analysed tests for cardiac, neuro, cancer and bariatric patients (Inselspital Bern) and for participants of the ExAMIN Age Study (University of Basel)
  - Ergometry tests with patients (Inselspital Bern)
  - Spirometry tests with patients (Inselspital Bern)
  - Intra-breath tests with paediatric patients (Inselspital Bern)
- Lactate sampling of patients and participants of the Examine Age study (Inselspital Bern, University of Basel)
- Body composition measurements (InBody, waist and hip circumference) for patients and participants

### Coaching and Teaching

- Lecture assistant for practical swimming modules for the BSc sports students (University of Basel)  
*I taught half the class during lectures and lead tutorials on my own*
- Ski Instructor at the Swiss Ski and Snowboard School (Sörenberg, Switzerland)  
*My responsibilities included preparing and teaching ski lessons for various age groups (3 – 16-year-olds) and abilities, as well as supervision during breaks, communication with parents*
- Gymnastics instructor for 6 – 8-year-olds (STV Brugg, Catterick North Yorkshire)  
*I coached my own group and accompanied them to competitions*
- Touch Rugby: Baden Banditos Touch Rugby Club and schools  
*I coached S&C sessions, as well as weekly training sessions and lead introductory lessons at various international and public schools*
- High-intensity interval training with participants of the Examine Age Study (University of Basel)
- Nutrition lessons: various primary schools in Samoa (Projects Abroad)

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## Publications

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Schärer, C., von Siebenthal, L., Lomax, I., Gross, M., Taube, W. and Hübner, K., 2019. Simple Assessment of Height and Length of Flight in Complex Gymnastic Skills: Validity and Reliability of a Two-Dimensional Video Analysis Method. *Applied Sciences*, 9(19), p.3975.

Born, D., Lomax, I., Hovarth, S., Meisser, E., Seidenschwarz, P., Burkhardt, D. and Romann, M., 2020. Competition-based success factors during the talent pathway of elite male swimmers. Under review in *Medicine & Science in Sports and Exercise*.

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## References

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