

**Ms. Rachel Deere**  
**PhD Researcher**  
**University of Bath**



Rachel graduated from Swansea University in 2016, with a BSc (Hons) in Sport and Exercise Science. She then received a scholarship from Swansea University to undertake a MSc by Research in exercise physiology with a focus on Type 1 Diabetes, graduating in 2018. Following this, Rachel started her PhD studentship at the University of Bath in January 2019, with her research focused on how exercise and/or diet manipulation can influence biomarkers and pain mechanisms associated with knee osteoarthritis.

Rachel previously worked as a short-term research assistant at Swansea University following her MSc and was involved in pre-season fitness testing with Swansea City AFC during her undergraduate. Rachels research interests include clinical exercise physiology, exercise testing, pain, Type 1 Diabetes and Osteoarthritis.