

Dr Carly McKay, BKin, MSc, PhD, FHEA

- **Deputy Director Centre for Sport, Exercise and Osteoarthritis Research Versus Arthritis**
- **Senior Lecturer in Injury Prevention**



Centre Partner Institution – University of Bath

Carly has a background in sport injury epidemiology and sport/health psychology. She completed her undergraduate degree in Kinesiology (2006) and Masters degree in Sport Medicine (2008) at the University of Calgary, Canada, before completing a PhD in Sport and Health Psychology (2011) at the University of Western Ontario, Canada. From 2011-2015 she was a Postdoctoral Fellow at the Sport Injury Prevention Research Centre (Calgary), which is one of ten International Research Centres for the Prevention of Injury and Protection of Athlete Health supported by the International Olympic Committee.

In 2015, Carly joined the Department for Health at the University of Bath as a Lecturer in Injury Prevention. Her work is largely situated within the Rugby Science at Bath (RS@Bath) research group and the Centre for Motivation and Health Behaviour Change (University of Bath). Her research interests include exploring the role of psychosocial factors in sport injury risk and rehabilitation, and implementing psychological interventions to reduce negative health outcomes for injured athletes. Much of her research also focuses on using theories of health behaviour change to promote the uptake of injury prevention strategies in community and elite sport settings. Carly is currently investigating the short- and long-term health impacts of sport participation and developing programmes to assist those with various health conditions, including osteoarthritis, remain physically active for life.

www.bath.ac.uk/health/staff/carly-mckay