

Luke Norris
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Hartpury Sports Coaching Centre
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Overview

Dr Luke Norris is a Lecturer in Sport and Exercise Psychology and Coaching, with key research interests in social support and sport coaches psychological well-being.

Luke completed his degree in Sport and Exercise Science at University of East Anglia before specialising in sport psychology by completing a masters in Sport and Exercise Psychology at Loughborough University and finishing by completing a PhD in Sport Psychology at Leeds Beckett University in 2018, entitled: 'A Qualitative Investigation of Social Support among Sports Coaches'.

Luke worked at Leeds Beckett University as a part-time lecturer for a year before moving to University of Exeter as an Associate Lecturer in Sport and Exercise Psychology. Luke was appointed as a Lecturer at Hartpury University in 2021.

Luke is also a UEFA B qualified coach with over 15 years experience, plying his trade in women's football.

Qualifications

Sport and Exercise Psychology, Doctorate (PhD), A Qualitative Investigation of Social Support among Sports Coaches, Leeds Beckett University
Award Date: 10 Dec 2018

Sport and Exercise Psychology, MSc, Loughborough University
Award Date: 4 Sept 2015

Applied Sports, Health, and Exercise, BSc (Hons), University of East Anglia
Award Date: 2 Jun 2014

23 Sept 2023 UWE / Hartpury Doctoral Supervision Training

2021 Fellowship Higher Education Academy Qualification, FHEA

Sept 2017 → May 2018 UEFA B Coaching Award in Football, UEFA B

Employment

Lecturer in Sport Psychology and Coaching

Department of Sport
Hartpury University
United Kingdom
15 Jul 2021 → present

Hartpury Sports Coaching Centre

Hartpury University
17 Oct 2022 → present

Applied Research Journal Editor

UK Coaching
United Kingdom
1 Apr 2021 → present

Research outputs

Enhancing Coach Self-care and Psychological Well-being

Norris, L. & Didymus, F., Dec 2024, *Coaching Stories: Navigating Storms, Triumphs, and Transformations in Sport*. Chroni, S., Olusoga, P., Dieffenbach, K. & Kentta, G. (eds.). Routledge, Taylor & Francis Group

Perceived and received social support functions among UEFA B licensed women football coaches

Norris, L., Didymus, F. & Kaiseler, M., 14 Feb 2024, In: International Journal of Sport and Exercise Psychology. p. 1-20 20 p.

Social networks for sport coaches: A photo-elicitation approach

Norris, L., Didymus, F. & Kaiseler, M., 2024, (Unpublished) 33 p.

How can social support make coaching less stressful? A longitudinal inquiry with sports coaches

Norris, L., Didymus, F. & Kaiseler, M., 4 Jul 2022, In: International Journal of Sports Science and Coaching. 17, 6, p. 1258-1269 12 p.

Psychological stress and performance

Didymus, F., Norris, L., Potts, A. & Staff, H., 15 Jun 2021, *Essentials of Sport and Exercise Psychology: An open access textbook*. Zenko, Z. & Jones, L. (eds.). Society for Transparency, Openness, and Replication in Kinesiology, p. 683-709 27 p.

An Evaluation of a Mentoring Programme to Support High-Performance Women Coaches

Norris, L., Norman, L. & Clarke, N., 2021, *Improving Gender Equity in Sports Coaching*. 1 ed. New York: Routledge, Taylor & Francis Group, 19 p.

Understanding social networks and social support resources with sports coaches

Norris, L. A., Didymus, F. F. & Kaiseler, M., 1 May 2020, In: Psychology of Sport and Exercise. 48

Stressors, coping, and well-being among sports coaches: A systematic review

Norris, L. A., Didymus, F. F. & Kaiseler, M., 1 Nov 2017, In: Psychology of Sport and Exercise. 33, p. 93-112 20 p.

Activities

Hartpury New Staff Induction 2024

Norris, L. (Speaker)

9 Dec 2024

Hartpury University Research & Knowledge Exchange Conference 2024

Norris, L. (Participant)

11 Jul 2024

Championing Inclusive Pedagogy in Practice Workshop

Greening, L. (Speaker), Norris, L. (Speaker), Klinkenberg, B. (Speaker), Whincup, R. (Speaker), Bradley-Covey, E. (Speaker) & Smith, B. (Speaker)

14 Jun 2024

Supporting Those Who Support Others: Social Support & Sports Coaches

Norris, L. (Chair) & Longworth, M. (Organiser)

14 Jun 2024

Projects

Gloucester Rugby Coach Education Programme

Norris, L. (PI)

7/11/22 → ...

Inclusivity at Hartpury university: how well are we supporting and including those that identify with a minority group.

Bradley-Covey, E. (PI), Norris, L. (Col), Greening, L. (Col), Smith, B. (Col), Klinkenberg, B. (Col), Twigg-Flesner, A. (Col) & Whincup, R. (Col)

7/10/24 → ...

Social networks for sport coaches: A photo-elicitation approach

Norris, L. (PI), Kaiseler, M. (Supervisor) & Didymus, F. (Supervisor)

Social Support and Coaches

Norris, L. (PI), De Martin Silva, L. (Col) & Kaiseler, M. (Col)

6/1/25 → ...

Student theses

A Qualitative Investigation of Social Support among Sports Coaches

Norris, L. (Author), Didymus, F. (Supervisor) & Kaiseler, M. (Supervisor), 10 Dec 2018