

Merilin Sikk
Department of Sport
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Overview

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Merilin Sikk is a member of the Sports Therapy team. She joined Hartpury University in February 2021. Merilin is a lecturer in sports therapy, who has background in philosophy and ethics, contributing to academic debate about moral and ethical issues in physical therapies and evidence based practice.

Her professional work started in financial corporations, moving to project management in local authorities. This included project management of setting up and running large infrastructural projects, as well as small community projects. Merilin has also worked in emergency services and been a successful entrepreneur. Her unique background enables her to succeed in project management and academia, making a link between industry and research.

Research interests:

- Ethical issues in sports and physical therapies, including evidence based practice
- Language use in physical therapies
- Optimal exercise load for health benefit in general population
- Embedding counselling skills into physical therapy framework
- Effect of touch on biochemical indicators and neurobiology of affective touch

Teaching:

- Functional Anatomy and Biomechanics for Sports Therapists
- Sports and Exercise Professional
- Introduction to Functional Anatomy & Biomechanics
- Applied Skills for Sports Therapists (Electrotherapy modalities)
- Sports Conditioning and Return to Play
- Screening and Prevention
- Undergraduate Dissertation

Qualifications

Sports Therapy, MSc, High hamstring tendinopathy management on female triathlete, University of Gloucestershire
2015 → 2017

Award Date: 4 Oct 2021

Philosophy and Political Science, BA (Hons), Feminism and Feminist Philosophy: Perspectives on Peace and War,
University of Tartu
2001 → 2005

Award Date: 6 Jun 2005

2018 L3 Award in Education and Teaching

2015 Certificate in Designing Pre-and Postnatal Exercise Program

2015 L2 Triathlon Coach

2015 L3 Diploma in GP Exercise Referral

2015 L4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients

2014 → 2015 L3 Diploma in Personal Training

2012 → 2013 L4 Certificate in Sports Massage Therapy

Employment

Lecturer in Sports Therapy

Department of Sport

Hartpury University

United Kingdom

1 Jan 2021 → present

Lecturer in Sports Therapy

University of Gloucestershire

United Kingdom

1 Sept 2019 → 1 Feb 2021

Sports Therapist

Airbus FC

United Kingdom

1 Jan 2018 → 1 Jan 2019

Physical Fitness Adviser

North Wales Fire and Rescue Service

United Kingdom

1 Sept 2015 → 1 May 2017

Business Owner

Merilin Sikk: Sports & Movement Therapy

United Kingdom

1 May 2013 → 1 Mar 2022

Soft tissue and rehabilitation therapist

RGC1404, Welsh Rugby Union (WRU)

United Kingdom

1 Oct 2012 → 1 Oct 2015

Project officer

Conwy County Borough Council

United Kingdom

1 Aug 2008 → 1 Jun 2015