Have you ever wondered how Mo Farah can run so fast for so long? Or have you ever asked can I be an Olympian?

When the difference between an Olympic gold or silver medal can come down to less than 0.01%, every performance gain an athlete can make counts. Through research and practice in the disciplines of physiology, nutrition, psychology and biomechanics, sports scientists are assisting athletes to break performance barriers and edge ahead of their competition.

Sports Scientists from one of the UK’s leading Sport and Exercise Science departments invite your school to get “Inside Sports Science”. Interactive experiences from across the sports science disciplines of physiology, exercise and health, biomechanics, nutrition and psychology will enhance your pupils knowledge by providing experiential insight into the translation of theory into practice.

Ultimately your pupils will experience the sports science and research that underpins athletic performance, which include:

- Training and assessment
- Heart and lung function
- Nutrition and anti-doping considerations
- Exercise and performance psychology
- Performance biomechanics

Running the interactive experiences will be staff and students from the School of Sport and Exercise Sciences at the University of Kent. Sports scientists within the School have supported some of Great Britain’s elite athletes and contributed to Olympics gold medals and World Championship performances, so bring your students to see what goes on behind the scenes with some of the greatest athletes in the world.

Inside Sports Science includes workshops targeted at secondary school students (aged between 14-19) it can be booked by contacting sses-insidesportsscience@kent.ac.uk

FURTHER INFORMATION
www.kent.ac.uk/sportsciences/
isses-insidesportsscience@kent.ac.uk