



University
of Essex

SPORTS SCIENCE TASTER SESSIONS FOR SCHOOLS AND COLLEGES

SPORT,
REHABILITATION
AND EXERCISE
SCIENCES

HUMAN
PERFORMANCE
UNIT



The British Association of
Sport and Exercise Sciences

ON CAMPUS

CURRICULUM FOCUS TASTER SESSIONS

Bring a group of students to visit our sport science laboratories **here at the University of Essex, Colchester Campus**. Our taster sessions are aligned with curriculum specifications to support the teaching and learning of the courses that you currently deliver at your school or college, using our specialist sports science equipment.

We have three sessions to choose from:



EXERCISE PHYSIOLOGY

Students will perform, record and interpret data collected from:

- VO2max test
- Sub-maximal cycle test
- Anaerobic cycle test
- Countermovement jump



BIOMECHANICS

Students are introduced to the topics of force, velocity and motion in sport.

- 2D and 3D motion analysis
- Force plate jump analysis
- Lever systems strength task



SPORTS PSYCHOLOGY

Students are introduced to the importance of stress, anxiety and motivation in sport.

- Competitive rowing task
- Golf putting with self talk
- Reaction task

Half Day Visit AM [9.30 - 13.00] or PM [12.30 - 16.00] one taster session
Full Day Visit [9.30 - 15.30] two taster sessions

For up to 20 students: Half Day visits = £150.00 or Full Day Visits = £200.00

Additional students can be added at the below rate:

Half day: £7.50 per student

Full day: £10.00 per student

FREE OF CHARGE

SRES EXPERIENCE TASTER SESSIONS

ON CAMPUS [YEARS 10 TO 13]

These sessions are designed to give students a taste of studying a sports degree and to experience 'a day in the life' of a sports practitioner.

During this full day visit **[9.30 - 15.30]** students will work in groups to conduct a needs analysis, debating the key components of fitness or common injuries of a sport. They will be provided with a library of equipment and testing protocols for their practical. With the support of our staff, students will conduct and participate in physiological testing and learn to analyse the data to produce a profile of their performance or injury risk.



PERFORMANCE PROFILING



INJURY SCREENING

These sessions require a minimum of 20 students

BASES NATIONAL POSTER COMPETITION

Following your visit, schools and colleges will be invited to create and submit a poster on the topics covered during your taster session.

We will choose one poster to submit to the British Association of Sport and Exercise Sciences (BASES), who will then select the best poster from the ten Outreach Hubs across the UK. The winner will receive a prize including a visit from a local high profile athlete or coach, and an invitation to the next BASES student conference.

**posters must be submitted by 15th December*



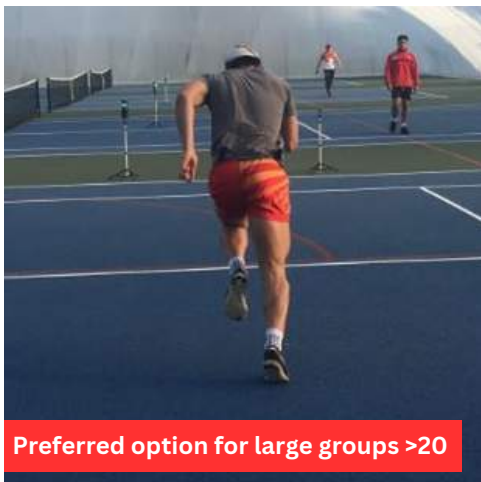
FREE OF CHARGE

SPORTS RESEARCH EXPERIENCE TASTER SESSIONS

AT YOUR SCHOOL / COLLEGE [YEARS 12 AND 13]

Our Sports Scientist will travel to your sixth form or college, bringing the University of Essex to you. These sessions are **three hours** in duration, starting with a presentation about the University of Essex and its School of Sport, Rehabilitation and Exercise Sciences. This is followed by a taster session of your choice, including a practical and a topic workshop where students learn the real world application of the data collected.

We have three sessions to choose from:



Preferred option for large groups >20

PERFORMANCE TESTING

Students will undertake a series of performance tests using timing gates and a jump mat. This includes sprints, jump height, agility and hydration analysis.

Access to a sports hall required.



EXERCISE PHYSIOLOGY

Students will undertake an aerobic fitness test, with one student wearing a portable gas analyser. We will compare measurements of VO₂max with predicted VO₂max.

Access to a sports hall required.



Ideal group size <15

SIMULATED ALTITUDE TRAINING

Select students will participate in exercise at sea level and simulated altitude. Remaining students will record data including oxygen saturation, heart rate and perceived exertion.

2x stationary bikes required.

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**HUMAN
PERFORMANCE
UNIT**

BOOK NOW

E: hpu@essex.ac.uk T: 01206 873290

www.humanperformanceunit.co.uk

