



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

ON CAMPUS

SRES EXPERIENCE TASTER SESSION

FREE OF CHARGE [YEARS 10 TO 13]

Experience a **Day in the Life of a Sports Practitioner** during our School of Sport, Rehabilitation and Exercise Sciences (SRES) Taster Session.

Join us for a full day visit **[9.30 - 15.30]**, designed to give students a first hand experience of studying a sports degree. During this engaging session, students will deliver and participate in a series of physiological assessments.

Morning Session: Performance Profiling

Students will assess key components of fitness such as power, strength, agility and speed, using a range of specialised equipment.

Afternoon Session: Injury Screening

The focus shifts to injury risk and prevention. Students will learn and apply specific testing protocols aimed at screening for injury risk.

**This session requires 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 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.

