



TIPS FROM THE OLYMPICS

The Sports Science Team at Buckinghamshire New University have designed an exciting day of professional development that will invite your team to think about their health and activity levels.

Olympians employ a selection of practices in all areas of their life to perform consistently and maximise their chances of success – all based around the key principles of training, recovery and nutrition.

By sharing lessons learnt from years of working with some of the world's top athletes, the Sports Science & Therapy teams will give you some ideas on how to make marginal gains to your daily practice to improve health and productivity at home and work.

Over the course of a day you will learn the tips and tricks that help elite athletes daily, learn about your own health and activity habits, and hopefully identify some small ways in which you can improve.

AGENDA

Introduction

Session 1

Lessons from Elite Sport

Session 2

Health Assessment

Body composition; Blood pressure; Cholesterol; Lung function

Session 3

Ergonomic assessment

Chair/desk/computer do's & don'ts

LUNCH BREAK

Session 4

Nutrition

Healthy eating & diet analysis

Session 5

Cardiorespiratory fitness assessment

A **low-intensity** challenge to provide a baseline marker of all-round fitness – suitable for all
(All participant will receive a health and fitness report after the event)

Session 6

Team building challenge

DELIVERED BY:

DR MARK HOMER

An experienced applied sport scientist who has supported elite athlete at the Beijing, London & Rio Olympic Games. Mark is a British Association of Sport and Exercise Science (BASES) accredited practitioner

PHIL WOODBRIDGE MSc

An experienced Sports Nutritionist who has supported Elite level athletes including Reading WFC and ultra-endurance athletes racing across Europe. Phil is registered with the Sports & Exercise Nutrition Register

DR DEARBHLA GALLAGHER & NEAL REYNOLDS

The Sports Therapy team at BNU have a wealth of experience working with elite athletes, the military and the general population. The team are a mix of chartered Physiotherapists and Sports Therapists

MSC SPORTS PERFORMANCE/SPORTS THERAPY STUDENTS

Students working towards a post-graduate qualification will assist the members of staff during the day