

VIS ADVANCEMENT SERIES

SPORT SCIENCE



Sport Science is a broad topic that can be applied uniquely to different sports. These education sessions will take students through an interactive session where they will learn about each of the different areas of sport science and how they relate to elite athlete performance.

ABOUT THE SESSIONS

VIS Performance Scientists will take the students through real-life athlete examples and give them exclusive insights into how athletes train and how their performance in training and competition is closely monitored to ensure they reach their full potential.

The sessions will extend students understanding of basic sport science concepts to cover physiological, performance analysis, skill acquisition and biomechanical principles and how they apply to human performance and training programs.

The aim is to deliver age-appropriate content, specific to the health and physical education framework.

SPORT SCIENCE CURRICULUM

Sessions will be targeted toward the Year 7/8, Year 9/10 and Year 11/12 curriculum and competency levels, with focus on the following areas:

- Acute physiological responses to exercise in the cardiovascular, respiratory and muscular systems.
- Performance enhancing practices from a physiological perspective – heat and altitude training and how VIS athletes use the VIS climate chamber.
- Biomechanical principles for analysis of human movement.
- Assessment of fitness including the purpose of fitness testing, aims, reliability & validity, standardised tests used for aerobic power, anaerobic capacity, etc.
- Performance analysis as it relates to live coding and its application to inform decision with regards to game tactics and opposition scouting.
- Skill acquisition fundamentals to adapt or acquire skills for performance.

HOW TO BOOK

The VIS Advancement Series is FREE and only available for Victorian Government schools.

Booking requests can be made on the VIS website through our online booking system.

Click [HERE](#) to book.

SESSION DETAILS

Sessions run for 90 minutes and include a VIS Tour facilitated by a Performance Scientist.

Maximum 40 students per session.

View availability via the online booking system.

