

FZS

ZVEME VŠECHNY ZÁJEMCE Z ŘAD
AKADEMICKÝCH PRACOVNÍKŮ I STUDENTŮ UJEP

na přednášku

SPORT AND EXERCISE SCIENCE: WHAT IS IT AND WHY IS IT SO IMPORTANT?

28. 11. 2024 | 15:00 - 16:00

FZS UJEP - AULA 1.12

přednese

BRIDGETTE O'MALLEY

PHD CANDIDATE, SCHOOL OF EXERCISE AND NUTRITION SCIENCES,
FACULTY OF HEALTH, QUEENSLAND UNIVERSITY OF TECHNOLOGY

"Bridgette O'Malley will speak on the realm of Exercise and Sport Science, what it is, and the critical role it plays in understanding human performance and physiology. This lecture will introduce to the very core of Exercise and Sport Science and its practical applications in healthy and athletic populations.

By attending audience members will learn about the role of a Sport and Exercise Scientist and the benefits exercise has for the wider community, not just athletes. This will involve discussions of the foundations of human physiology, principles of exercise testing and exercise prescription. To conclude the lecture, Bridgette will speak on the state of Exercise and Sport Science Research in Australia and more specifically, her research in better understanding the human response to maximal exercise conditions."

Přednáška bude probíhat v angličtině bez tlumočení