

**Sport & Exercise Science Uni Taster Day**  
**Practical Workshop Choices**

**Sport & Exercise Science Workshops**

<p>1. <b>Anaerobic Power &amp; Reaction Testing</b></p>	<p>In this workshop, students will investigate their anaerobic power by completing the Wingate test and explore how good their reactions are by completing various tests on the batak wall.</p>
<p>2. <b>Fitness Testing: Compare your Performance to the Professionals</b></p>	<p>How long can you run at world record marathon pace? This is just one of the challenges that students will undertake in this hands-on workshop. Students will take part in a variety of fitness tests in the physiology lab and will be able to compare their performance to normative data and to that of the professionals.</p>
<p>3. <b>An Introduction to Biomechanics: Motion Capture</b></p>	<p>This interactive workshop will introduce students to motion capture and the role of biomechanics in sports performance.</p>
<p>4. <b>Sports Therapy</b></p>	<p>This workshop will provide an insight into some of the areas included in Sports Therapy. Activities may include musculoskeletal screening, foam rolling, trauma management and functional anatomy and its links with sports injuries.</p>
<p>5. <b>Developing a Team Culture</b></p>	<p>One of the most important jobs as a coach is to develop a team culture. Using a series of practical group based activities, this workshop will explore how team culture can be developed.</p>
<p>6. <b>Sports from around the World</b></p>	<p>In this workshop, students will have the opportunity to experience an international sport they have never played before. Sports include handball, ultimate (frisbee), futsal and tchoukball.</p>
<p>7. <b>Experience Paralympic Sport: Adapted Physical Activity Games</b></p>	<p>This workshop will give students the opportunity to have a go at a number of Paralympic sports and explore how physical activity games can be adapted to be fully inclusive. Activities include boccia, blind football, sitting volleyball and goalball.</p>
<p>8. <b>The Superhuman Experience: Wheelchair Basketball</b></p>	<p>Wheelchair Basketball is the largest and one of the leading Paralympic sports. This workshop will enable students to try their hand at the sport and discover their superhuman side.</p>
<p>9. <b>What is Dance at University?</b></p>	<p>In this hands-on workshop, students will experience how dance is taught at Universities, including technique classes, dance making, community dance and dance fitness. You will also have chance to chat and learn about careers in dance and PE and dance.</p>

**10. Inclusive and Adaptive Exercise for the Older Adult: A Simulated Learning Experience**

During this interactive workshop students will wear the GERT age suit which simulates ageing to carry out several exercises and activities. Students will experience a range of age-related impairments and experience the associated difficulties in movement, physical activity and sports participation which are associated with old age following a sedentary lifestyle. This session will encourage students to think about inclusive and adaptive sport and exercise for older adults, and the benefits of lifelong participation in exercise for health purposes.

**Mental Health & Well Being Workshops**

**Workshop Content**

**1. Managing the Transition to University**

Taking the step up to university is a challenging one. In this workshop we explore issues surrounding this life-changing experience and focus on a variety of controllable elements that will help students to manage this transition effectively.

To book a Uni Taster Day, please visit: [www.worcester.ac.uk/discover/sport-uni-taster-days](http://www.worcester.ac.uk/discover/sport-uni-taster-days)

For further information, contact [visitsport@worc.ac.uk](mailto:visitsport@worc.ac.uk) / 01905 542658