

# APPLICANT VISIT DAY SCHEDULE

## School of Health Sciences Undergraduate Applicant Visit Day Wednesday 7 March 2018 2.00pm – 4.00pm

This event is for applicants holding offers for:

**BSc (Hons) Sports Science (Human Performance, Performance Analysis, and Strength and Conditioning)**

Time	Details
2.00pm – 2.15pm	<b>Introduction to the event</b> A general overview of what the day is about, and what we will be doing.
2.15pm – 3.00pm	<b>Session 1 – Testing strength, power and speed</b> A practical session to allow you to experience some 'hands on' testing using advanced equipment.
3.00pm – 3.15pm	<b>Teas and Coffees</b> A quick break to refresh the mind and body!
3.15pm – 3.45pm	<b>Session 2 – Making sense of the data; How do we feed back to the athlete and coach to allow performance enhancement?</b> We will take our data and use advanced scientific analysis skills to answer a basic question, 'Is being stronger and more powerful likely to make you faster in sport?'
3.45pm – 4.00pm	<b>Questions and answers</b> Time with staff and students to answer any questions you may have.



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