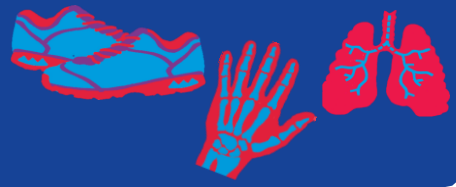


The Winning Edge...



“**The Winning Edge**” program is designed to give students a practical and theoretical introduction to University and research level Anatomy, Physiology, Fitness Components and / or Biomechanics. The program offers a fantastic insight in to exercise, health and medical science career pathways.

All students will participate and rotate through three Laboratory experiences, using cutting edge technologies, which will allow them to measure, investigate and record a number of biomechanical, anatomical and physiological concepts.

Lab 1 – Anatomy: Bones, Muscles and Joints.

- 3D Models
- Strength and Conditioning Lab
- iBook

Lab 2 (Option 1) - Biomechanics: Force and Gait Analysis of running.

- Force platform
- Treadmill filming
- Dartfish analysis

Lab 2 (Option 2) – Fitness Components: Anaerobic Capacity

- Anaerobic Sprint Test – 6 x 35m
- Timing Gates
- Reactive Agility Test

Lab 3 - Physiology: Submaximal Testing.

- Åstrand protocol (Aerobic Capacity)
- Cycle Ergometer use
- Predictive VO_2 Max

2020 DATES AVAILABLE:

Block 1: Monday 24th February – Friday 6th March

Block 2: Monday 1st June – Friday 5th June

Monday 22nd June – Friday 26th June

Block 3: Monday 26th October – Friday 6th November

PROGRAM TIMES (The Winning Edge is a 3.5hour student experience):

Start: 9.30am **Finish:** 1pm

LOCATION:

Deakin University, Waurn Ponds campus: REACH Building of the School of Exercise and Nutrition Sciences.

CLASS SIZE:

Maximum class size of 28 students (if you have more students, you will be booked in over 2 days).