

Sport Science Advancement

Sport Science is a very broad topic that can be applied uniquely to different sports.

These Sport Science 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.

VIS Sport 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.

Sessions are targeted to Year 7/8, Year 9/10 and Year 11/12 curriculum and competency levels. The aim is to deliver age-appropriate content, specific to the health and physical education framework.

Please note: There is a minimum of 5 students per session.

These 90-minute sessions are available for on-demand bookings at the following times:

- MON: 10:30am and 12:30pm
- WED: 12:30pm
- FRI: 10:30am and 12:30pm

VICTORIAN INSTITUTE OF SPORT

ABN 33 007 358 321 ACN 007 358 321

Lakeside Stadium, 33 Aughtie Drive, Albert Park VIC 3206

T +61 3 9425 0000 E vis@vis.org.au

www.vis.org.au