

UL Beo

UL Beo is hosting a short spring public lecture series of interest to sports coaches, teachers and athletes. The series is delivered by some of Ireland's leading Sports Scientists and the lectures will be held on Wednesdays at 7pm in **Room P1033** of the PESS building at the University of Limerick.

Admission is free

Please follow the links to register

Date	Presenter	Workshop	To Book or find out more
23 rd March 2016	Dr. Brian Carson	HIIT Training vs. Traditional Aerobic Exercise – Not one HIIT fits all!	Click here to find out more and register for free
30 th March 2016	Dr. PJ Smyth	Skill in Sport: Some Concepts, Facts and Myths	Click here to find out more and register for free
6 th April 2016	Dr. Giles Warrington	Training Considerations for the young athlete	Click here to find out more and register for free
13 th April 2016	Rosie Daniel	Nutrition for optimal sports performance and boosting immune function	Click here to find out more and register for free

UL Beo will host a weekly spring lecture series for 4 weeks with topics of interest to all involved in Sport.

The series kicks off with Exercise Physiology lecturer and UL Sigerson Football manager, Dr. Brian Carson, comparing the benefits of High Intensity Interval training with traditional aerobic exercise. To register and attend for free for this lecture go to <https://www.eventbrite.ie/e/hiit-training-vs-traditional-aerobic-exercise-not-one-hiit-fits-all-tickets-22158997157>

The following week Dr. PJ Smyth, one of the best known figures in Ireland in the area of sports psychology discusses the development of skill in sport, and some facts and myths that might help you as a coach or a teacher. To register and attend for free for this lecture go to <https://www.eventbrite.ie/e/skill-in-sport-some-concepts-facts-and-myths-tickets-22164091394>

Dr. Giles Warrington is one of Ireland's leading Exercise Physiologists and has been working with some of the country's top athletes for the last 20 years. He will be leading the support the Irish Olympic team this summer and his lecture looks at the very topical area of training for young athletes and what we might consider to avoid overtraining and burnout. To register and attend for free for this lecture go to <https://www.eventbrite.ie/e/training-considerations-for-the-young-athlete-tickets-22164597909>

The last workshop in the series will be delivered by UL Beo's Applied Sports Experimental officer Rosie Daniel. Rosie who has in the past delivered a workshop series for the National Coaching and Training Centre is a former National High Jump champion. This workshop will be an introduction to effective nutrition for the athlete, and will be of general interest to club athletes and coaches wishing to get a good introduction to performance nutrition and the science behind it. To register and attend for free for this lecture go to <https://www.eventbrite.ie/e/nutrition-for-optimal-sports-performance-and-boosting-immune-function-tickets-22165018166>

All lectures kick off at 7pm and will be held in P1033, in the Physical Education and Sports Sciences Building at the University of Limerick. All lectures are free but please do register beforehand on Eventbrite beforehand.

Gary Ryan

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