



EDUCATIONAL WORKSHOPS



University
of Worcester

Motion & Performance Centre

EDUCATIONAL WORKSHOPS

The Motion & Performance Centre at the University of Worcester offers a range of educational workshops, which have been designed to complement GCSE, A Level and BTEC Curricula and enhance knowledge in a wide range of areas. These workshops also provide a real experience of University life and aim to inspire the next generation into Higher Education.

Workshops can be booked on their own or can be combined with a student-life talk and campus tour (FREE) as part of a Uni Taster Day.

To book educational workshops, please visit our webpages:

www.worc.ac.uk/discover/mpc-educational-workshops and complete the online booking form or contact **visitsport@worc.ac.uk / 01905 542658**

There are also a range of FREE workshops available as part of our Sport & Exercise Science Uni Taster Days.

Please visit **www.worcester.ac.uk/discover/sport-uni-taster-days** for further information.

PHYSIOLOGY WORKSHOPS (£60 per hour)

Workshop Content	Who is it for?
1. Combined LAVO test (Lactate threshold and VO ₂ max) Max 25 with 1 student participant / 90 mins	GCSE or A level / equivalent
2. Responses to exercise practical (steady state) Max 25, 4 participants / 1 hour	GCSE or A level / equivalent

BIOMECHANICS WORKSHOPS (£60 per hour)

Workshop Content	Who is it for?
1. Sports Technique Analysis (e.g. projectile motion, ball speed analysis, linear movement, angular momentum) Max 25 pupils / 1-1½ hours	GCSE or A level / equivalent
2. Measuring Movement: Newtons Laws in an applied sporting context Max 25 pupils / 1 hour	GCSE or A level / equivalent
3. Measuring Movement: Displacement, velocity and acceleration Max 25 pupils / 1-1½ hours depending on numbers	GCSE or A level / equivalent
4. Isokinetic Dynamometer testing (muscle mechanics) Peak torque generated in knee flexion and extension using the quadriceps (thigh) muscles. Measurement of isokinetic concentric and eccentric contractions comparing left and right sides. Max 15 pupils / 1-1½ hours depending on numbers	A level / equivalent
5. Field v Lab based tests (e.g. sergeant jump vs vertical jump on force plates) Max 24 people / 1 hour	GCSE or A level / equivalent

PSYCHOLOGY WORKSHOPS (£60 per hour)

Workshop Content	Who is it for?
1. Dealing with pressure (arousal/anxiety/emotional control) Max 16 people / 1 hour	Can be tailored for any age group
2. Goal setting for sport (motivation/confidence) Max 16 people / 1 hour	GCSE or A level / equivalent
3. Evaluating your performance (reflection) Max 16 people / 1 hour	GCSE or A level / equivalent
4. Preparing to perform: Psychological skills training (self-talk, relaxation & imagery) Max 16 people / 2 hours (or 1 hour to cover 1 of the 3 techniques)	GCSE or A level / equivalent
5. Personality factors influencing performance Max 20 people / 1 hour	GCSE or A level / equivalent



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