Exercise and Sport Science
School Packages

Bond University
High Performance Training Centre
Bond University Exercise and Sport Science program has developed a suite of packages targeted at high school level physical education students. These packages are aligned with the new Physical Education syllabus and allow students with an interest in high performance sport, technology and testing to learn from a highly experienced staff in the award winning High Performance Training Centre.

Schools and teachers can choose one, or a suite of packages (below) relevant to their current learning schedule and timing preferences. Packages range from 1.5hrs to 5hrs in duration. Bond University will provide a detailed workbook on the day, which allows students to record and measure outcomes, and where relevant, answer specific questions on the task and around the new PE Syllabus Unit objectives 3 and 4.

PACKAGES:
1. Maximal Oxygen Uptake (VO2max) Test
   Used to determine the maximal aerobic capacity (VO2max) of two athletes on a cycle ergometer. Students will test various athletes of different genders and record workloads, heart rates, Rating of Perceived Exertion (RPE) as well as VO2.

2. 10-Second and 30-Second Power Tests
   This session will focus on the two anaerobic systems. 3 - 4 student athletes will utilise the equipment and subsequently measure peak power, mean power and a fatigue index of each athlete.

3. Altitude and Exercise
   Using the Bond University altitude and heat chamber, students will measure heart rate and oxygen saturation in the blood. Measurements are taken at rest outside the chamber, inside the chamber, then during low intensity exercise on ergometers in the chamber.

4. Force Plate Testing
   Utilising an embedded force plate in the Biomechanics lab, students will measure force and power using different types of jumps.

5. Body Composition Measurement
   Using the Bond University ‘BodPod’, students will take turns measuring fat and lean body mass on different athletes and genders.

6. GPS Technology Module
   Using the large grassed area beside the High Performance Training Centre, students will simulate a game of Touch wearing GPS equipment. Students analyse the outputs of speeds, number of sprints, maximum speeds, distance covered and time spent in different zones.

7. Recovery Experience
   Using the High Performance Training Centre’s hot (33ºC - 34ºC) and cold (13ºC - 14ºC) plunge pools plus the 25m heated swim pool, students experience exactly what elite athletes do to enhance recovery from training and / or competition.

To enquire now, contact Sally Perry at SPEXevents@bond.edu.au