

Project proposal template – Faculty studentships Summer 2014

<i>Project title</i>	<input type="text" value="Warm up protocols for optimal exercise performance"/>	<i>Director of Study</i>	<input type="text" value="Dr Owen Spendiff"/>
<i>Second Supervisor</i>	<input type="text" value="Mr James Brouner"/>	<i>School</i>	<input type="text" value="Life Sciences"/>
<i>Other members of supervisory team</i>	<input type="text"/>	<i>Any requirements from applicant (eg degree in specific subject area)</i>	<input type="text" value="Sport and Exercise Science or related discipline"/>
Project summary (max 1,000 characters)			
<p>Warm up (WU) is widely accepted by coaches and athletes to be a vital component of a pre competition routine. Positive effects associated with WU have been attributed to a number of temperature and non-temperature related mechanisms such as accelerated oxygen uptake kinetics, increased anaerobic metabolism as well as post activation potentiation of the muscles. With reported WU routines being comparable in timing to competition, the traditional WU could inhibit performance due to raised muscle and blood acidity and loss of energy substrates. Assessing alternative WU routines will allow for an optimal WU methodology to be established. The focus of the research is to examine both active and passive WU routines to establish if they might elicit the positive mechanisms without the performance limiting effects.</p>			