

FIRSTBEAT SPORTS & LIFESTYLE ASSESSMENT WORKSHOP

TUESDAY 14 MARCH 2017, COMMENCING 10.30AM

UNIVERSITY OF CANBERRA CAMPUS, BUILDING 29, LEVEL C, ROOM 19A (BRUMBIES MEETING ROOM)



- 10.30** **ATHLETE MONITORING USING FIRSTBEAT SPORTS - BACKGROUND AND THEORY OF TRAINING EFFECT FOR ASSESSING LOAD AND HRV FOR ASSESSING READINESS**
- 11.15** **USING THE FIRSTBEAT LIFESTYLE ASSESSMENT SYSTEM TO MONITOR REAL-LIFE- THEORY AND BACKGROUND COMBINED WITH REAL-LIFE EXAMPLES OF “SEEING THE UNSEEN”**
- 11.45** **Q&A**
- 12.00** **DEMONSTRATIONS FOR INTERESTED PARTIES AND TRAINING WORKSHOPS FOR EXISTING USERS**
UC Exercise Physiology and Prescription students. Downstairs in both the UC Sports Hub lab (29B31) and UC sports fields immediately adjacent to Building 29.

The Workshop will be presented by Nigel Stockill, Performance Director, Professional Sports, Firstbeat Technologies.

All welcome. For further information/RSVP (by 7 March 2017) please contact alex.jamieson@canberra.edu.au or nigel.stockill@firstbeat.com.



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