

Sport Science and Medicine



The Stellenbosch University Sport Performance Institute (SUSPI) follows a **multi-disciplinary approach** to sport science and sports medicine.



On a **high performance** level all services and programmes that support top level sport are performance-focused and athlete-centred. Coaches and managers are involved to ensure that what the athlete receives at SUSPI can be translated to

his/her sport performance.

While embracing a culture of winning, SUSPI also offers a variety of support services to the **developing athlete** that are sensitive to the age, maturity, and the social and cultural environment that influence the performance of each individual.



Click [here](#) for a breakdown of our **Sport Science offerings**.



Click [here](#) for a breakdown of our **Sports Medicine offerings**.

Click [here](#) for an overview of all SUSPI's service offerings.