

Sport Science

Below follows a summary of SUSPI's sport science offerings. Click [here](#) to view the sports medicine offerings.

Strength and Conditioning



and core stability etc.

We apply the theory of training to help athletes get faster, stronger, more flexible and to improve their endurance. This ensures that they can perform at a higher level, while also steering clear of injuries. It encompasses the entire development of the athlete to improve the physical performance by including components such as speed, agility, plyometrics, strength training

Sport- and Fitness Testing

Sport Scientists focus on the use of sport-specific fitness- and skills tests as indicators of athletes' physical and motor capabilities in relation to their sport. The sport science staff can provide advice, assessment, and support in the following areas: body composition, flexibility, anaerobic power output, aerobic power output, muscular endurance, muscular strength, specialist field testing, muscular power, agility, and speed.



Exercise Physiology Lab



that is more efficient.

Our sport science and medicine centre has a state-of-the-art exercise physiology lab capable of performing metabolic and physiological testing, including the VO₂max, anaerobic threshold, RMR, wingate, critical power, pulmonary function tests, ECG's and body composition. The purpose of giving our members access to the latest sport science testing is to provide them with detailed physiological information for an enhanced training programme

Performance Analysis

Performance analysis is an area in sport science that provides statistical and video information to coaches and athletes about biomechanical aspects of performance. The analysis of game tactics and strategies also falls into this category. The consultants at the centre offers a range of computer-based video technology that can provide accurate and reliable feedback customised to team- or individual needs.



Talent Identification



The centre utilises a battery of physical- and motor ability tests to determine the underlying physical talent a boy or a girl may have related to a particular sport. Different combinations of tests are administered for different sporting codes.

Recovery Centre



The recovery centre provides services that aid recovery from training and matches, while also assisting in the prevention of overuse injuries in athletes involved in heavy training. Services such as sport massage, ice baths and contrast baths are available.

Sports Vision

Sports vision deals specifically with the development of techniques and practices aimed at enhancing an individual athlete's visual skill. Training the visual system, working the muscles associated with eye movements and eye-hand reflexes, and improving visual accommodation can enhance performance in sporting codes that rely heavily on visual input. Services include sport-specific visual tests, sessions with a sports vision consultant, as well as personalised vision training programmes.



Sports Nutrition

We can offer sportsmen and -women the opportunity to access accredited sports dieticians who will provide expert nutritional advice, tailored to meet their sport-specific nutritional demands. In this way the science of sports nutrition can be translated into the sportsperson's everyday eating and drinking habits.

Sports Psychology



Sports psychology is a component of training that focuses on developing mental toughness. By introducing concrete training strategies sports psychologists can help an athlete develop, amongst other things, his/her confidence, communication skills, concentration, motivation, while also improving his/her ability to deal with nerves and cope with problems effectively. The centre can assist sportspeople in developing specific strategies that will allow them to re thinking, feeling and doing whatever is required to produce their peak performance.