



SportsLab.



SportsLab is a sport science consultancy unit based on the Canterbury Christ Church University Canterbury campus.

It offers a range of professional services to aspiring athletes and local people keen to enhance their sports performance, health and fitness.

SportsLab also conducts performance-based research and provides support to businesses, helping them to enhance workforce performance and boost productivity through methods and practices underpinned by world-leading research. This has previously included sessions on coaching, nutrition, strength and conditioning, and sports psychology.



Services available through SportsLab include:

LABORATORY-BASED TESTING

- VO₂ Max - provides an indication of the maximum capacity of your body to transport and use oxygen whilst performing exercise.
- Lactate threshold - assesses accumulation of lactate in the blood to find an individual's threshold so training can be structured to improve performance.
- Haemoglobin and haematocrit - measures the body's ability to transport oxygen to the exercising muscle.
- Motion capture - the ability to digitally capture human or animal mechanical movement across a space.

NUTRITION SUPPORT

- Body composition assessment
- 1-on-1 nutritional advice
- Nutritional strategy workshops
- Meal planning
- Hydration status.

STRENGTH AND CONDITIONING

- Strength, power and speed assessments
- Functional movement screening
- Training plan design
- Flexibility assessments.

SPORT AND EXERCISE PSYCHOLOGY SUPPORT

- Motivation management
- Enhance skill acquisition
- Control focus
- Enhance confidence
- Manage emotions.

EQUIPMENT

- Altitude chamber
- Antigravity treadmill
- Blood analysis equipment
- BodPod body composition analyser
- Cardiac analysis equipment
- ECG, EEG and EMG analysers
- Force platforms
- Gas analysis equipment
- Isokinetic dynamometers
- Light gates and reaction timers
- Spirometry equipment
- 3D analysis equipment.