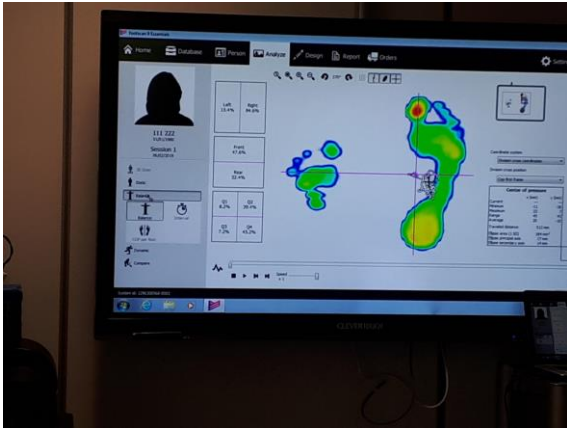


# Visit to Marjons 06 02 19

Sixth form A level PE and Cambridge Technical Sport students visited the College of St Mark and St John to take part in a range of taster sessions run by the university aimed at showing our students the variety of courses and career pathways available in sport. Students had already attended a two hour workshop at City College in Plymouth where they carried out fitness testing using state of the art equipment, which they very much enjoyed so this was another chance to use state of the art facilities.



At Marjons, students were welcomed by student ambassadors and took part in carousel activities, which included sports therapy, exercise physiology, biomechanics and sports psychology.

Students learnt how therapists use force plates in Sports Therapy to determine injury and assess lower limb dysfunction to enable them to improve performance, treat and prevent injury.

A lecture on Sports Psychology was then applied to a golfing challenge under pressure and then students experienced the amazing technology of 3d cameras and motion sensors as well as the golf simulator to show how knowledge of force, motion and speed can be used to gain advantages in performance.



In the Physiology lab, students saw an anti-gravity treadmill in action, which is used for rehabilitation of injuries by reducing body weight during running and walking. Students were also able to trial out tests for reaction and speed.

Students then had a talk on student life and student finance at university. Our students were wonderful on the day showing themselves as mature, independent and keen to learn from this experience, well done to all.

