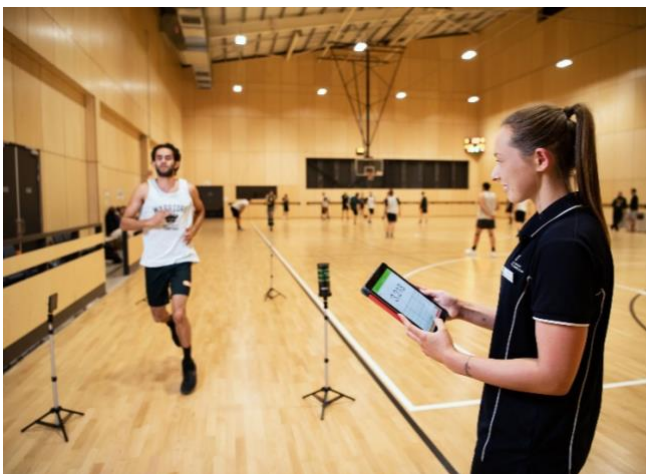




UniSA High Performance Sport Centre

UniSA's High Performance Sport Centre (HPSC) is based at the university's Sports Science Hub at Mile End and offers state-of-the-art exercise science testing facilities and analysis services to athletes across a wide range of sports. Services include, but are not limited to, VO₂ max/sub-max and lactate threshold testing, strength profiling, anthropometric profiling, biomechanical analysis and offsite field testing.

UniSA is committed to advancing school students' knowledge and awareness of high performance sport and the exciting careers within this area of health science. The HPSC currently offers unique educational experiences to high school students, providing an opportunity for exposure to its specialist facilities and services.



Why visit UniSA?

HPSC educational experiences are designed to build upon high school students' learning in Physical Education and similar subjects. We offer several experience packages, with opportunities provided both offsite and onsite at the UniSA Sports Science Hub. In particular, students have the chance to:

- Use exercise testing facilities to collect data

- Learn more about related health degrees on offer at UniSA, including Exercise and Sport Science, Human Movement and Clinical Exercise Physiology
- Explore clinical aspects of a range of careers in health and sport science
- Participate in interactive biomechanics and human anatomy classes
- Tour the UniSA Sports Science Hub

Package 1: Field Testing (offsite)

Our knowledgeable UniSA HPSC staff are able to provide a range of field testing services on school campuses, tailored to meet students' learning goals. Testing opportunities can assess a range of physical parameters, and may include vertical jump, sit and reach, handgrip strength, sprint testing and multistage shuttle run tests, among others. Additionally, we offer a Sports Profiling service, run by specially trained staff. The testing provides an indication as to which sports students may be best suited to.

Typical session duration: 2 hours

Cost per 2-hour session: \$500

Student capacity: max 30 students per class

Package 2: Lab Experiences (onsite at UniSA Sports Science Hub)

The state-of-the-art UniSA facilities allows students to participate in their own high performance sport testing. Under the guidance of UniSA staff and Exercise and Sport Science students, school students can conduct tests and collect data, as well as observe demonstrations. Facilities such as our environmental chamber and underwater weighing tank are among only a few of their kind in Australia and provide a fantastic learning opportunity to supplement students' school studies.

Lab experiences may include:

- VO₂ max/sub-max testing
- Lactate threshold testing
- Underwater weighing demonstration
- Use of the environmental chamber

Typical session duration: 2 hours

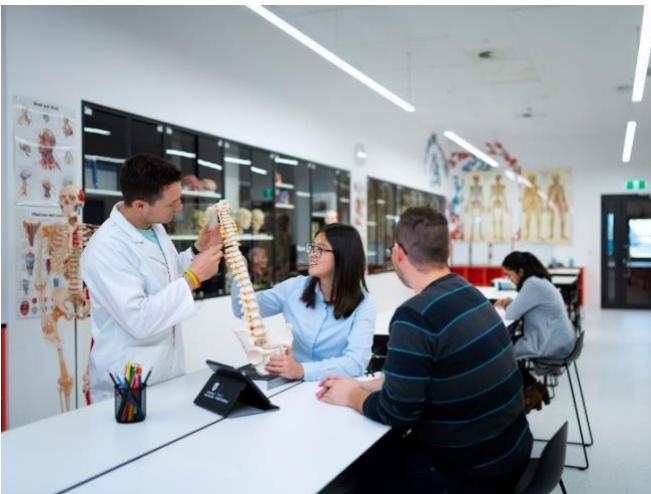
Cost per 2-hour session: \$450

Student capacity: max 20 students per class

Package 3: Educational Experiences

Human anatomy classes: Students are able to participate in interactive anatomy classes in City East's dry labs, run by an experienced UniSA anatomy tutor. These sessions generally run for 1.5 hours and can be tailored to focus on particular topics or body systems. Anatomy classes may include:

- Hands-on activities, such as dissections
- Observation of human bodies using specimens
- Workbook activities and quizzes
- Anatomical demonstrations guided by ultrasound technology



Biomechanics: Staff from our biomechanics lab run demonstrations of its industry standard analytical technology in action. These sessions are designed to enhance students' understanding of human movement through the use of 3D motion capture and force plate technology.

Typical session duration: 1.5 hours

Cost per session: \$400

Student capacity: max 20 students per class



Additional Campus Experiences

Tours of the UniSA Sports Science Hub can be added to any educational experience at the HPSC. Additionally tours of the SASI facility can be offered to school groups in conjunction with a free Talent ID session.

Note: all packages can be adjusted according to your school's needs. Requests for package variation can be made when booking.

Contact information:

To enquire about making a booking for your school, please visit the following link:

<https://form.jotform.com/222181900221845>

For further information about school experiences, please contact the HPSC.

Email: hpsc@unisa.edu.au

Phone: (08) 8302 1918

Location:

UniSA Sports Science Hub*

Level 2, SASI Building

145B Railway Terrace, Mile End SA 5031

Monday –Friday

(please contact us for opening hours as they will be dependent on available rooms to book and student/staff availability).

**Anatomy sessions are run at our City East campus*

More information about individual athlete and team testing is available here:

<https://www.unisa.edu.au/connect/community-clinics/high-performance/>