

Abstract GLMS 19 November 2020, 15.00-16.00 PM

Lecturer: Floor Hettinga, Professor Department of Sport, Exercise and Rehabilitation, Northumbria University. Newcastle upon Tyne, Northumberland, United Kingdom

Title: Understanding and optimizing human performance and behaviour, with impact in sport, health & well-being, exercise and rehabilitation

Florentina will present her multi-disciplinary work focusing on 1) the secrets of competition & winning and the power of optimal pacing and tactics in head to head competition such as cycling, short track skating, athletics and rowing, 2) Applications to enhance training and exercise engagement for all through competition and social facilitation, 3) The potential of activity pacing, self-regulation, management of fatigue and active lifestyle in persons with chronic diseases and/or disabilities.